Breastfeeding Support Group

Open to any breastfeeding mothers and babies in our service area. Led by a certified lactation consultant.

2nd Wednesday of Month, **10-11:30 a.m.**
at Shawano Medical Center, room 282

4th Wednesday of Month, **10-11:30 a.m.**
at Shawano Medical Center, room 282

Mom/Baby Massage

Patients delivering at Shawano Medical Center will receive a complimentary mom/baby massage during their hospitalization.

Car Seat Safety Checks

A safety check of your baby's car seat is encouraged to ensure your baby is properly secured for every car ride.

Call (715) 526-7184 to find out information on the next scheduled free car seat safety check.

Family Birth Center
at Shawano Medical Center

Shawano
MEDICAL CENTER

309 N. Bartlett Street
Shawano, WI 54166
(715) 526-2111 or
(800) 743-2924
www.thedacare.org

To register for classes
call (715) 526-7184
or (800) 743-2924, ext. 7184
or email Mary at
mary.alexander@thedacare.org

Family Birth Center at Shawano Medical Center

CLASSES FOR PARENTS

Offsprings 2012

Individualized Care | Certified Lactation Consultant

Shawano
MEDICAL CENTER

Offsprings are classes for new parents

These classes are an "offshoot" of Shawano Medical Center's Family Birth Center taught by members of our nursing staff.

Cost

Childbirth Preparation is $50. The Refresher Class is $25. If you take Childbirth Preparation or the Refresher classes, then the Breastfeeding and Child Care classes are free! (Otherwise they are $25 each)

Register

Call **(715) 526-7184** or **(800) 743-2924**, extension 7184, preferably on Monday, Wednesday and Friday mornings or email Mary at mary.alexander@ thedacare.org. If class times will not work for your schedule, please contact the Family Birth Center.

Family Birth Center at Shawano Medical Center

CLASSES FOR PARENTS

Offsprings 2012

Childbirth Preparation Class

Childbirth preparation helps you and your coach have an active role in the birth of your baby, confident, well-informed and in control.

Five 2-hour classes, take about 6-8 weeks before your delivery date.

Thursday evenings, **7-9 p.m.**
at Shawano Medical Center

January 5 - February 2

February 23 - March 29 (no class March 8)

April 26 - May 24

June 28 - August 2 (no class July 5)

August 30 - September 27

October 25 - November 29 (no class Nov. 22)

- Get ready for the delivery of your baby!
- Relaxation and breathing
- What to expect in labor and delivery
- What to expect in the hospital/OB tour
- Create your own birth plan
- Preparing for a C-section

Weekend Express

Childbirth Preparation Class

Shortened childbirth preparation class for those **unable** to attend the 5-week class.

Saturday, 1-8:30 p.m.
at Shawano Medical Center

Includes a sandwich supper. **Choose a day:**

February 25

April 28

June 30

August 25

October 27

December 1

Childbirth Refresher Class

A nice review of labor, delivery and breathing exercises for couples who have previously taken childbirth classes within the past three years.

Two 2.5-hour classes, take about one month before your delivery date.

Thursday evenings, **7-9:30 p.m.**
at Shawano Medical Center

January 19 and 26

March 15 and 22

May 10 and 17

July 19 and 26

September 13 and 20

November 8 and 15

Breastfeeding Class

One 2.5-hour class, take this class at any time during your pregnancy if you plan to nurse your baby or if you are undecided about whether to breast- or bottle-feed. Taught by a certified lactation consultant.

Thursday evenings, **6:30-9 p.m.**
at Shawano Medical Center

February 9

April 12

June 7

August 9

October 4

December 6

- How to make breastfeeding a positive experience for you and your baby
- Your options when returning to work

Child Care Class

One 3-hour class, take this later in your pregnancy.

Thursday evenings, **6:30-9:30 p.m.**
at Shawano Medical Center

February 16

April 19

June 14

August 16

October 11

December 13

- How to prepare for your newborn!
- Basic baby care
- Possible problems and how to cope
- Supplies you'll need
- Bottlefeeding
- Car seat use