



Expecting?

Expect more from Crestwood Maternity Center

Prenatal Class Schedule 2010

We recommend you attend Prenatal Classes between 28 - 32 weeks of pregnancy.

To register for Prenatal Classes, call 429.4888

All classes, except Sibling, are held in the Crestwood Women's Center located at 185 Chateau Drive - See # 5 on Map (Building directly behind the Airport Road Starbucks. Large bronze statue on front lawn.)

Prepared Child Birth Class

Prepared Child Birth Class provides expectant parents with knowledge of the stages of labor and birth, hospital procedures, the different types of anesthesia, relaxation skills and comfort measures. The information provided will enable moms and dads to make better, more informed decisions regarding their birth experience. A tour of the Maternity Center is also included in the class. What you will need: Please bring two pillows and a blanket with you to class for the relaxation exercises. Support person encouraged to attend. For questions regarding any of Crestwood's Prenatal Classes, please call 429.5250.

Cost: *Free*

**Once a week for four weeks 6:30 - 9 p.m.
Choose either Tuesday or Thursday Sessions**

Tuesday Sessions

January 5, 12, 19, 26
February 9, 16, 23 March 2
March 23, 30 April 6, 13
April 27 May 4, 11, 18
June 8, 15, 22, 29
July 6, 13, 20, 27
August 3, 10, 17, 24
September 7, 14, 21, 28
October 19, 26 November 2, 9
November 16, 30 December 7, 14

Thursday Sessions

January 7, 14, 21, 28
February 11, 18, 25 March 4
March 25 April 1, 8, 15
April 29 May 6, 13, 20
June 10, 17, 24 July 1
July 8, 15, 22, 29
August 5, 12, 19, 26
September 9, 16, 23, 30
October 21, 28 November 4, 11
November 18 December 2, 9, 16

One day only Saturday Sessions 9 a.m. - 5p.m.

January 9 • February 6 • February 20 • March 13 • April 3 • April 17
May 1 • May 22 • June 12 • June 26 • July 17 • July 31 • August 21
September 18 • October 2 • October 23 • November 13
December 4 • December 18



Breast Feeding Class

Breast feeding class provides mom and dad with the information needed to make an informed decision regarding feeding their baby. We explore topics on how to get started, first feedings, positioning, dealing with common breastfeeding difficulties and nutrition while breastfeeding. Mom's support person is encouraged to attend.

Time: 7 - 9 p.m.

Cost: Free

January 25 • February 22 • March 1 • March 29 • April 12
April 26 • May 10 • May 24 • June 14 • July 12 • August 23
September 20 • October 25 • November 1 • November 15
December 13

Sibling Class

Designed for preschool and early elementary school-aged children, Sibling Class can help moms and dads prepare older siblings for the birth of a little brother or sister. Through activities and discussion, this class provides an introduction to the hospital environment where mom and their new sibling will stay. It also helps the older siblings understand some of the changes that will be occurring in the family.

Time: 6 - 7 p.m.

Cost: Free

January 25 • February 22 • March 22 • April 19
June 21 • July 19 • August 16 • September 20
October 18 • November 15 • December 20

*Location: Sibling Class is held in the Maternity Center - 2nd Floor classroom.
See #1 on the map.*

Newborn Care

Newborn Care is designed for first time moms and dads. During the class, you will learn how to prepare for your baby, baby care basics, car seat safety and SIDS prevention. The class offers experience with skills such as diapering, bathing, cord care, dressing and feeding techniques. The class also includes cardiopulmonary resuscitation and choking for infants.

Time: 7 - 9 p.m.

Cost: Free

January 11 • February 8 • March 8 • March 29
April 5 • April 19 • May 3 • June 28 • July 5 • August 16
August 30 • September 13 • September 27 • October 18
November 8 • November 29 • December 6

Mom's Support Group

Join other new moms who are learning to face many of the challenges that new parents may encounter. We'll explore feeding issues, sleeping patterns, developmental milestones, child proofing and teething. Babies are welcome!

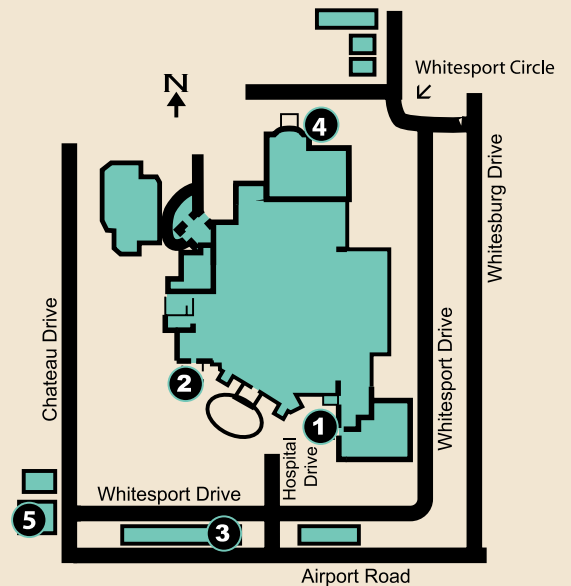
Cost: Free

Date & Times: Every Thursday from 11:00 a.m. - 1:00 p.m.,
except Holidays

1st and 3rd Thursdays for Newborn and Crawler Moms
2nd & 4th Thursdays for Toddler Moms



Crestwood Campus Map



- 1 Maternity Center Entrance**
Crestwood Medical Pavilion
Complimentary Valet Parking
Mon. - Fri. 8 a.m. - 5 p.m.
- 2 Emergency Department**
- 3 Imaging & Diagnostics Center**
700 Airport Road
- 4 Outpatient Center Entrance**
- 5 Women's Center**
185 Chateau Drive

CRESTWOOD
Maternity Center

One Hospital Drive • Huntsville, Alabama 35801
crestwoodmedcenter.com

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For more information: 429.5250