



FREE Prenatal Classes

June - December 2019

Register at CrestwoodMaternityCenter.com • Questions? Call 256-429-5251

Prepared Child Birth Class provides expectant parents with knowledge about 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. If you are attending the Saturday Session, we recommend bringing money for lunch. Note: A Saturday session is a condensed version of the four week session and offers an abbreviated version of breathing and relaxation. If you want more education on breathing and relaxation, please consider attending the 4 session course.

TUESDAY SERIES

(each session held once weekly for 3-4 weeks, as listed)

6:30 PM - 8:30 PM

June 4, 11, 18, 25

July 9, 16, 23, 30

August 6, 13, 20, 27

September 24 • October 1, 8, 15

October 22, 29 • November 5

December 3, 10, 17

SATURDAY SESSION

(condensed one day course)

9:00 AM - 4:00 PM

June 15

July 13

August 17

September 7

October 12

November 2

December 7



One Hospital Drive • Huntsville

256-429-5250

CrestwoodMaternityCenter.com

In the event of severe weather, we follow Huntsville City School cancellations.

Natural Child Birth Class explores different strategies for child birth to include relaxation, breathing, and meditation. We will discuss birth plans and the important role of the partner as coach for labor and birth. Please wear comfortable clothes.

TIME: 6:30-8:30 PM

DATES: 6/20 • 7/18 • 8/22 • 9/26 • 10/24 • 11/21 • 12/19

Breastfeeding Class provides mom and dad with the information needed to assure a successful breastfeeding experience. 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. Please bring baby doll or teddy bear for exercises. **TIME: 6:30-8:30 PM**

DATES: 6/17 • 7/15 • 8/26 • 9/16 • 10/21 • 11/18 • 12/16

Sibling Class is designed to 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 older siblings understand some of the changes that will occur in the family. Recommended for children 3 and up. Please bring baby doll or teddy bear for exercises.

TIME: 5-6 PM

DATES: 6/17 • 8/26 • 10/21 • 12/16

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, and dressing and feeding techniques, along with instruction on cardiopulmonary resuscitation and how to respond to a choking infant. Please bring baby doll or teddy bear for exercises. **TIME: 6:30-8:30 PM**

DATES: 6/10 • 7/22 • 8/12 • 9/9 • 10/7 • 11/4 • 12/2

Daddy Baby Boot Camp is perfect for expectant dads who are having concerns about how they can best support their partner during the birth experience and care of the newborn. This class will ensure Dad is confident in the basics of baby care to include: Diapering, burping, feeding baby, bathing, getting baby to sleep, tummy time, play time, cord care, taking baby's temperature, keeping baby safe, and warning signs that need to be reported to baby's pediatrician immediately. For dads only - no girls allowed.

TIME: 6:30-8:30 PM

DATES: 6/24 • 8/19 • 10/28 • 12/9

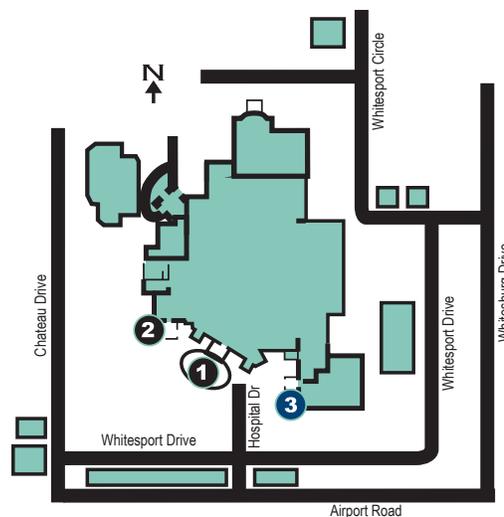
Grandparenting Class helps prepare grandparents for their new roles. We will address changes in prenatal care, delivery, and childcare, and what grandparents need to know in order to keep their grandchildren safe and support the parents in their new role. This class will bring grandparents up-to-date with the latest birthing and child care information.

TIME: 5-6 PM

DATES: 7/22 • 9/9 • 11/4

Breastfeeding Support Group is available for mothers who need a little extra help. A Crestwood Lactation Consultant will be available to answer questions and address concerns. **Wed: 5-6:30 PM & Thurs: 10:30 AM- 12 PM**
185Chateau Drive • Huntsville (behind Starbucks)

Gestational Diabetes Education is an education program that can improve pregnancy outcomes for mothers with diabetes and their babies. Through one-on-one consultation with registered nurses and dietitians, expectant moms learn about diabetes management, meal planning, glucose meter use, and insulin administration. A physician referral is required. Covered by most insurance. **By appointment only. To register, call 256-429-5250.**
Note: This class is not part of the free prenatal class offerings at Crestwood.



- 1 Visitor's Entrance
- 2 Emergency Department Entrance
- 3 **Medical Pavilion - Crestwood Maternity Center Entrance**
OB Classroom - 2nd Floor
South Huntsville OB/GYN • Ste 202 • 256-429-5285

Directions to OB Classroom

All Prenatal Classes will be held in the OB Classroom. Enter Crestwood through the Maternity Center Entrance (#3 on the map). Take Elevator D to the 2nd floor. Turn right after exiting the elevator, and then take an immediate right through the double doors. The OB classroom will be on the left side.