

destination maternity™

**“Everything a pregnant woman could ever want or need,
featuring a huge selection of Maternity Fashion”**

Schedule of Events

March 2008

Registration is available at Destination Maternity by using the Parent Education Phone at the Juice Bar or call the Parent Education department at (704) 355 – Baby (2229)

Pre-Registration is required for all classes

Mondays:

March 3rd

5:00 PM – 8:00 PM Taking Care of Baby / Infant CPR

March 10th

5:00 PM – 6:00 PM Infant CPR
6:00 PM – 8:00PM Infant / Child

Tuesdays:

6:00 PM – 8:00 PM Prepared Parents Childbirth Class

Wednesdays:

10:00 AM – 11:00 AM Infant Massage

12:00 PM – 1:00 PM Infant Massage

March 5th & 19th

6:00 PM – 8:00 PM A Parents Guide to Breastfeeding

Thursdays:

March 6th

6:30 PM - 8:00 PM **I’m Pregnant, What’s Next?** Meet with other newly pregnant women and shop Destination for all your maternity fashion needs. First Thursday of every month. (description on back)

March 13th

5:00 PM – 8:00 PM Taking Care of Baby / Infant CPR

March 20th

5:00 PM – 8:00PM Taking Care of Baby / Infant CPR

6:30 PM – 8:00 PM

Destination Maternity Book Club: Meet with other women to discuss Destination’s book of the month. This month’s book is “I’m too Sexy for my Volvo” by Betty Londergan. Third Thursday of every month (description on back)

Saturdays:

March 29th

9:00 AM – 12:30 PM Prepared Parents Childbirth Class Part 1

1:30 PM – 4:30PM

Taking Care of Baby / Infant CPR

Sundays:

Mar. 30th

2:00 PM – 5:30PM Prepared Parents Childbirth Class Part 2



Carolinus Medical Center

Uncompromising Excellence. Commitment to Care.

Destination Maternity has partnered with Carolinus Medical Center to offer Parent Education classes and physician lectures at its Charlotte location

PARENT EDUCATION CLASSES
Offered in Partnership with Carolinas Medical Center 2008

I'm Pregnant, What's Next?

Come and meet other newly pregnant women and share your experiences with each other. Attend the event and receive an essentials maternity wardrobe checklist and goodies for you to take home. Also, you will be entered into a raffle. Can't make it this month, don't worry we are meeting the first Thursday of every month from 6:30-8:00 PM. This event will take place in the T.V. Relax Area.

Destination Maternity Book Club

Come into Destination to find our book pick of the month. Then join us at the store to meet with other women to discuss the book and share your thoughts. Third Thursday of every month, 6:30 - 8:00 PM. This event will take place in the T.V. Relax Area.

Infant CPR

The infant CPR class teaches parents and care givers how to perform lifesaving skills. After watching a video on infant CPR, parents will work with infant mannequins to perfect their skills and receive a book for reference.

This class is complimentary to parents, grandparents and care givers.

Taking Care of Baby

Both mother and father are encouraged to attend these classes for taking care of your baby. Taught by a registered nurse, these classes give you a chance to learn the basics of newborn care and ask questions before your baby arrives.

One class is \$10 per couple or free if you take the Prepared Childbirth Class at Carolinas Medical Center (CMC).

Taking Care of Baby / Infant CPR Combination Class

For your convenience, it's possible to combine the "Taking Care of Baby" and the "Infant CPR" classes into one visit.

Infant / Child CPR Class

This 2 hour class is for parents who are expecting their second child and would like to learn life saving skills for their new baby and older child. Class includes information for newborns to adolescents. All classes are taught by certified CPR instructors.

One class cost \$10 per person.

Prepared Parent Childbirth Class

We offer childbirth classes which cover what to expect during labor and delivery, relaxation and breathing techniques and pain management choices. In addition to in-class discussions on the above topics, films on birth and Cesarean Delivery are shown.

All classes are taught by certified childbirth educators who are Registered Nurses in the Maternity Center.

Weekend and evening series are offered.

Cost is \$60 per couple.

Breastfeeding Class

Taught by a Certified Lactation Consultant or a Lactation Educator, these classes are beneficial for mothers considering breastfeeding. This class covers such important topics as 'latching on', milk supply and feeding schedule. Fathers / support persons are encouraged to attend. All parents will receive a copy of "Breastfeeding: A Parent's Guide".

One class is \$30.

Infant Massage

Infant massage is an expression of love for your baby through touch. Massage helps your baby relax, sleep better, and grow emotionally and physically. All classes are taught by a certified Infant Massage Instructor.

Three class series for babies between the age of three weeks and six months.

\$40 per series

4716 Sharon Road, Charlotte, NC 28210
704.552.8190

Across from SouthPark Mall at Sharon & Fairview Roads, behind Harper's