

# destination maternity™

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

## Schedule of Events

**Registration is available at Destination Maternity by using the Parent Education Phone at the Juice Bar or call the Parent Education department at 201.291.6151**

### **Pre -Registration is required for all classes April 2008**

#### **Mondays:**

12:00 -1:00 PM Baby and Me Yoga (\$85 for 5 Classes)

7:30 -8:30 PM Prenatal Pilates

#### **Tuesdays:**

10:30 - 11:30 AM Prenatal Yoga (\$85 for 5 Classes)

7:30 - 8:30 PM Prenatal Yoga (\$85 for 5 Classes)

#### **Wednesdays:**

7:30 – 8:30 PM Prenatal Yoga (\$85 for 5 Classes)

#### **Thursdays:**

6:00-7:00 PM Belly Dancing ( April 3<sup>rd</sup> & 10<sup>th</sup>)

April 3<sup>rd</sup>  
6:30-8:00 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)

April 17<sup>th</sup>  
6:00 – 9:00 PM Newborn Care (\$50/couple)

April 17<sup>th</sup>  
6:30 – 8:00 PM **Destination Maternity Book Club:** Meet with other women to discuss Destination’s book of the month. This month’s book is “Diary Of A Mad Mom-To-Be” by Laura Wolf. Third Thursday of every month (description on back)

April 24<sup>th</sup>  
7:00 – 9:00 PM Dad’s on Duty (\$40/couple)

#### **Fridays:**

April 18<sup>th</sup>  
7:00-8:30 PM Partner Massage (\$50/couple)

April 25<sup>th</sup>  
7:30-8:30 PM Postpartum Pilates

#### **Saturdays:**

10:30 - 11:30 AM Prenatal Yoga Class (\$85 for 5 Classes)

12:00 – 5:00 PM Lamaze (April 5<sup>th</sup> & 12<sup>th</sup>)



*Destination Maternity has partnered with The Valley Hospital to offer Parent Education classes and physician lectures at its Paramus location*

65 E State Rte 4  
Paramus, NJ 07652  
(35 Plaza on Westbound Route 4)  
201-843-5895

**PARENT EDUCATION CLASSES**  
**Offered in Partnership with The Valley Hospital 2006**

**Please call The Valley Hospital Parent Education Department at 201-291-6151 for more information and to register.**

**Lamaze Childbirth Preparation:** Topics include labor and birth, coaching skills for comfort measures, and coping methods, such as breathing and relaxation techniques. Includes videos on medications, anesthesia and vaginal and cesarean birth. Space is limited; early registration is encouraged.

**Weeknight classes, 3 consecutive Mondays, 6 to 9 p.m. (\$150 per couple)**  
**Weekend classes, 2 consecutive Saturdays, 12 to 5 p.m. (\$175 per couple)**

**Lamaze Refresher – 1 class, Wednesdays, 6 to 8 p.m. (\$50 per couple)**

**Preparing for Your C-Section: 1 class, Mondays, 6 to 8 p.m. (\$50 per couple)**

Learn about preparation before and after surgery, medications and anesthesia, the surgery and recovery period, the emotional aspects of a C-section, and helpful hints for your recovery at home.

**Marvelous Multiples: 3 consecutive Tuesdays, 7 to 9 p.m. (\$150 per couple)**

Learn early in your pregnancy about proper nutrition and ways to reduce the risks of preterm labor and pregnancy complications. Class also focuses on labor, delivery, and adapting to life with multiples.

**Breastfeeding Basics: 1 class, Thursdays, 7 to 9 p.m. (\$50 per couple)**

Covers the advantages and benefits of breastfeeding, proper nutrition, comfortable positions for breastfeeding, common problems, pumping and storage of breast milk, and correct use of the breast pumping equipment.

**Newborn Care: 1 class, various days, 6 to 9 p.m. (\$50 per couple)**

Topics include bathing, bath products, diapering, cord care, temperature-taking, dressing, sleep patterns, and pediatrician intervention. A Valley Hospital pediatrician will be present for presentation/questions. Childcare providers are welcome to register.

**Dads on Duty – No Moms Allowed! 1 class, various days, 7 to 9 p.m. (\$40)**

An experienced dad will provide “on-the-job-training” tips. Learn the value of developing and maintaining a strong father/child bond during the formative years of a child’s life. Dads get together to discuss how they really feel, their fears and anxieties and get answers to questions on how to overcome them

**Partner Yoga: Friday night is Date Night (\$50 per couple)**

Building strength in your relationship through eye contact, touch and proximity of the yoga postures will help create and foster closeness during your pregnancy.

**Prenatal Yoga: 5 classes, Saturdays/Tuesdays, 10:15 to 11:15 a.m. and Wednesday from 7 to 8 p.m. (\$85)**

Yoga can help you prepare physically, mentally and emotionally for giving birth and becoming a mother. Moms-to-be are led through a wide range of poses adapted for the ever-changing pregnant body, preparing her for labor and motherhood, as well as helping to alleviate some of the associated discomforts of pregnancy.

**Baby & Me Yoga: 5 classes, various days and times (\$85)**

This yoga class for mothers and their babies, approximately 6 weeks to 1 year of age, is both challenging and relaxing. It helps women regain strength, as well as adapt and grow in their new role as mother.

**What is a Doula? 1 class, various days and times (\$15 per couple)**

Not sure what a doula does? Wondering how a doula will work with Dad? What are the benefits of using a doula? Learn how a birth doula can enhance the birth experience.

**Prenatal Belly Dancing: 5 classes, various days and times (\$85)**

Our belly dancing class is a safe, gentle way to get exercise while Mom is expecting. Easy movements provide a fun and healthy way to stay flexible and in shape. Family and friends can join in too.

**Partner Massage: 1 class, various days, 7 to 8:30p.m (\$50 per couple)**

Building strength in your relationship through eye contact, touch and closeness. Massage will help create and foster closeness before, during, and after your pregnancy. It has long-term effects on your relationship through bonding the mind, body and spirit. Be prepared to have fun and gain a greater understanding of your relationship through the power of massage. Prenatal, Postpartum, and bring your friends!!!!

**Pediatric Seminar: 1 class, various days, 7 to 8:30p.m. (this class is free of charge but does require a reservation)**

“Can’t we all Get Some Sleep” Promoting Good Sleep Habits in Infants and Young Children” An experienced pediatrician discusses normal sleep patterns and associations in infants and young children, and answers questions about common childhood sleep problems. Instructed by Jill Stiller, M.D., FAAP, Pediatrician, The Valley Hospital.

**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.

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