

destination maternity™

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

Schedule of Events

July 2009

Registration is available at Destination Maternity by using the Parent Education Phone at the Juice Bar and calling the phone number listed with each class as indicated or call 878-1660 for more information

Monday

6:00pm – 7:00pm Prenatal Nutrition

Tuesday

July 14

6:00pm – 7:15pm Prenatal Belly Dancing

July 28

6:00pm – 8:00pm Baby Basics

Wednesday:

July 1, 8, 15, & 22

6:00pm-8:00pm Prepared Childbirth Class

Thursday:

July 2

6:00pm – 8:00pm Mommy & Me Postpartum Support Class

July 30

1:00pm – 2:30pm Breastfeeding

Saturday:

12:00pm – 2:30pm Hypnobirthing

July 11

12:00pm – 2:30pm Car Seat Check Sponsored by Cheektowaga Police



**WOMEN & CHILDREN'S
HOSPITAL OF BUFFALO**

A Kaleida Health Facility

Destination Maternity has partnered with Women & Children's Hospital of Buffalo to offer Parent Education classes and physician lectures at its Buffalo location

2130 Walden Place, Buffalo, NY (716) 685-2365

Class Descriptions

Pre -Registration is required for all classes

Infant Massage

Instructor: Jennifer Green, LMT-CIMI

Phone: 878-7370

Ready, Set, Parent!

Instructor: Sherri Weinholtz, EPIC (Every Person Influences Children)

Phone: 332-4153

Childbirth Education

This class includes instruction in labor and delivery, breathing techniques, exercises, caesarean births, recovery, and infant feeding and care. Sibling classes, as well as classes in infant safety and CPR, vaginal birth after Caesarean, and infant development and stimulation, are also offered. The instructors, Patti and Lynn, have extensive knowledge of L&D including 10 years of certified childbirth instruction.

Instructors: Lynn Stroehlein, RN, and Patti Neff, RN, Certified Childbirth Instructors

Phone: 878-7342

Breastfeeding

This class covers the anatomy of the breast, as well as how the breast makes milk. Demonstration on latching the baby to the breast and positioning is done with dolls. How often, how long to feed, and how to tell if your baby is getting enough to eat are important topics also covered. Breast pump demonstration is a hands on approach to finding the pump that is right for you

Instructor: Kyle Brach, RN, Certified Lactation Consultant

Phone: 878-7046

Baby Basics

In this class you will receive practical information on the care of your new baby. Ms. Stroehlein has extensive experience including 20 years in L&D and over 10 years as a certified childbirth educator. Open to moms, dads, and grandparents covering many topics pertaining to newborn care. Teaching includes newborn appearance, basic infant care, crying, feeding, and much more. These topics will provide parents with information to help boost your confidence and ease the transition into parenthood.

Instructor: Lynn Stroehlein, RN, Certified Childbirth Instructor

Phone: 878-7342

Ask the Nurse

Congratulations on your pregnancy! These months are filled with wonderful dreams and anticipation as you wait for the arrival of your new baby. It can also fill you with fears and concerns of the upcoming delivery. Come spend some time with our "ask the nurse" who have over 20 years labor and delivery experience and over 10 years as certified childbirth educators. Let them help build your confidence in this open discussion class.

Instructor: Lynn Stroehlein, RN, and Patti Neff, RN, Certified Childbirth Instructors

Phone: 878-7342

Nurse Midwifery

Instructor: Elaine Clutterbuck, R.N.

Phone: 870-0548

Maternity Belly Dancing

Instructor: Jennifer Starkley, Middle Eastern Dance

Phone: 990-0282

Ask the Obstetrician

Dr. Balaya is a certified Obstetrician by the American Board of Obstetrics and Gynecology. He completed his residency at the University of Buffalo where he is currently Clinical Instructor of Obstetrics and Gynecology. In addition to prenatal care and gynecology Dr. Balaya specializes in urogynecology surgery and laparoscopy. Following the appointment of Dr. Balaya Women's and Children's Hospital of Buffalo is expanding its obstetric and gynecology services at the North Buffalo Medical Park location. This session is a great opportunity to ask questions of this board certified physician

Instructor: Farkad Balaya, M.D., Women & Children's Hospital at North Buffalo Medical Park

Phone: 447-0414

Make-Up, Color, Wardrobe & Image Consulting

Instructor: Camille Jarmusz

Phone: 603-1767

Hypnobirthing

HypnoBirthing, the Mongan Method, is a unique method of relaxed childbirth education, enhanced by self-hypnosis techniques. HypnoBirthing provides the missing link that allows women to use their natural instincts to bring about a safer, easier, more comfortable birthing.

Instructor: Kari Kukoda, Msn, WHNP, Certified Hypnobirthing Practitioner

Phone: 868-0319



With a new baby arriving there are tons of things that will need to be done. Don't let yourself forget about college savings. The Futuretrust program can help turn your everyday spending into college savings. Learn how to save for your child's future when you buy gas, groceries, clothes and more.

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