

destination maternity™

Schedule of events

November 2011

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

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 878-7342 for more information

Mondays:

6:00pm-8:00pm

Ready, Set, Parent! (no class 11/28)

Tuesdays:

November 8

6:00pm – 8:00pm

Baby Basics

November 29

6:00pm – 8:00pm

CPR

Wednesdays:

6:00pm – 8:00pm

Prepared Childbirth Class (no class 11/23)

Thursday:

November 3

6:00pm – 8:00pm

Breastfeeding

Fridays:

6:30pm – 7:30pm

Postpartum Yoga

Saturdays:

12:00pm – 2:30pm

Hypnobirthing



**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 Avenue
Cheektowaga, NY 14225
716-685-2365

Pre -Registration is required for all classes

Infant Massage

Phone: 472-9237

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: Barb Lydon, 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

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 Hynobirthing Practitioner

Phone: 868-0319

Now It's Personal

Clay Impressions – Babies Feet & Hands

Phone: 523-7575

Prenatal Massage

Instructor: Susan Fiegl

Phone: 861-4546

Postnatal Yoga

Phone: 681-8100

Prenatal Yoga

Phone: 835-0703

Happiest Baby on the Block

Phone: 681-8100

Nutrition Workshop

Phone: 332-4153

Mommy and Me Class

Phone: 878-7342

Car Seat Check – appointments in store only

Grandparents Class

Infant Massage Instruction- 4 week series

Instructor: Justine Tutuska, MPH, LMT, CEIM, CIMI

This class is designed to teach parents and caregivers massage techniques for their infant, to assist with stress, sleep, colic and gas, communication and bonding.

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