

# 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 or call the Parent Education department at (704) 355 – Baby (2229)

Pre -Registration is required for all classes

### Mondays

July 20

5:30PM – 6:30PM

6:30PM – 8:00PM

Infant CPR

Taking Care of Baby

### Tuesdays

6:00PM – 8:00PM

Childbirth Class

### Wednesdays

July 8, 29

6:00PM – 8:00PM

Breastfeeding Class

July 15

5:30PM – 6:30PM

6:30PM – 8:00PM

Infant CPR

Infant/Child CPR

### Fridays

July 17

5:30PM – 6:30PM

6:30PM – 8:00PM

Infant CPR

Taking Care of Baby

### Saturdays

July 18

9:00AM – 12:30PM

Childbirth Class Part 1

July 25

9:30AM – 11:30AM

Breastfeeding Class

### Sundays

July 12

2:00PM – 3:00PM

3:00PM – 5:00PM

Infant CPR

Taking Care of Baby

July 19

2:00PM – 5:30PM

Childbirth Class Part 2



Carolinan Medical Center

*Uncompromising Excellence. Commitment to Care.*

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

4716 Sharon Road, Charlotte, NC 28210  
704. 552.8190

destinationmaternity.com

## PARENT EDUCATION CLASSES

### **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



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.



Carolinan Medical Center

*Uncompromising Excellence. Commitment to Care.*

4716 Sharon Road, Charlotte, NC 28210  
704.552.8190

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