

destination maternity™

Schedule of events

February 2012

"Everything pregnant women could ever want or need,
Featuring a huge selection of Maternity Fashions"

Registration is available at Destination Maternity by using the Parent Education Phone at the Juice Bar or call the Parent Education department at 1-516-663-2858

Pre-Registration is required for all classes

SEE OTHER SIDE FOR CLASS DESCRIPTIONS & FEES

Pre-Natal YOGA

Every Tuesday (8 week series)

6:30 to 7:30 PM

8:00 to 9:00 PM

Me & You Music

Every Saturday (10 week series)

10:00 AM

Every Thursday (10 week series)

10:00 AM

..... "Free" Pediatric Lectures, Support Groups & Workshops

Breastfeeding Support: Facilitated by a Board Certified Lactation Consultant, Wednesdays, from 1:00 PM -3:00 PM at the Winthrop Wellness Pavilion, 1300 Franklin Ave, ML5, Garden City, NY-call 1-866-WINTHROP to register.

Destination Maternity Educational Class Offerings

Breastfeeding	Wednesday, February 8 & 22	6:30 PM
Breastfeeding	Sunday, February 19	1:00 PM
Child Birth Prep (3 week series)	Monday, Jan. 30, Feb. 6 & 13	7:00 PM
Child Birth Prep (1 day session)	Sunday, February 12	11:00 AM-6:00 PM
Infant CPR	Thursday, February 2	6:00 PM, 7:30 PM
Infant CPR	Monday, February 27	6:00 PM, 7:30 PM
Infant Care Class	Wednesday, February 1 & 15	7:00 PM
Infant Care Class	Saturday, February 11	1:00 PM

Other course locations: Winthrop University Hospital, Mineola & Winthrop Wellness Pavilion, Garden City

- Preparing for Childbirth (Saturday class Saturday, February 4, 9:00 AM - 4:00 PM)
- Complementary "Welcome to Winthrop" Orientation Program
- New Life Center Tour (hospital tour)

Pre-Registration is required for all classes



259 First Street, Mineola, NY 11501
1300 Franklin Ave, ML5, Garden City, NY 11530
1-866-WINTHROP

120 Glen Cove Rd., Carle Place, NY 11514
516-739-0709

**Winthrop University Hospital
& Destination Maternity
ONGOING CLASS DESCRIPTIONS**

Breastfeeding Class: This two-hour class which is lead by a Certified Lactation Consultant discusses the advantages of breast milk, and provides participants with practical information and strategies for successful breastfeeding. Positioning, latch-on, pumping, how to tell if the infant received enough to eat and maternal nutrition are discussed, \$20 per person.

Infant Care Class: This two-hour class provides instruction and discussion on infant bathing, dressing, feeding, and safety. Attending this class before delivery eases the transition into parenthood by making new parents feel more confident with their newborns. Grandparents are invited to attend, \$20 per person. (Please bring infant-sized small doll or stuffed animal).

Infant CPR Anytime Program: A one-hour class, learn infant CPR and Choking relief using your own personal American Heart Association CPR learning kit during and instructor lead class. The kit includes a personal, inflatable MiniBaby™ CPR learning manikin, CPR Skills Practice DVD, fold-out Quick Reference Skills Reminders, Sanitizing wipes, Mini baby spare lung and a practice phone, can be taken home to share with family and friends, \$55 per person, \$70 per couple (one kit).

Music – Mommy and Baby: *Keri Worth, Music Together* trained singer and song writer. Your little musician will come alive with song and dance. Different genre of music will be introduced – from rock to classical...Mom and baby will learn to play instruments, dance and song-write together. This is a 10 week series for moms and ages 0-3 years, \$200.

Pre-natal Yoga: An eight-week series teaching relaxing exercise in gentle yoga postures will increase flexibility, strength, circulation, balance and the mind-body-spirit connection. Certified yoga instructors will guide mom in a safe and supportive manner through movements and techniques to support their pregnancy. Class is recommended for 2nd and 3rd trimester, \$120. (Please bring personal yoga mat).

Preparing for Childbirth: This program, with its focus on natural childbirth; gives the mother-to-be and her coach the opportunity to learn about the birthing experience. Included are discussions on pain options and Caesarian sections. The program is offered in 2 three-hour evening classes or a single Sunday seven-hour class, \$175 per couple. (Please bring 2 bed pillows).

Breastfeeding Support: Facilitated by a Board Certified Lactation Consultant. Share the breastfeeding experience with other mothers, and receive guidance for common issues and concerns faced by the breastfeeding mother. FREE



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