

destination maternity™

Schedule of events

March 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
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 9:00PM

Me & You Music

Every Saturday (10 week series)

10:00 AM

Every Thursday (10 week series)

10:00 AM

Free Pediatric Lectures & Workshops

The Pediatrician is In: "Ensure you're off to a Good Start" presented by local pediatricians.
Thursday, March 24 at 7:30 PM (Pre-registration required).

Poison Control Workshop: Friday, March 4, 11:00 AM – 3:00 PM

Destination Maternity Educational Class Offerings

Breastfeeding	Wednesday, March 9 & 23	7:00 PM
Breastfeeding	Saturday, March 26	1:00 PM
Child Birth Prep (3 week series)	Monday, March 7, 14 & 21	7:00 PM
Child Birth Prep (1 day session)	Sunday, March 27	11:00 AM-6:00 PM
Infant CPR	Thursday, March 3	6:00 PM
Infant CPR	Monday, March 28	6:00 PM
Infant Care Class	Wednesday, March 2 & 16	7:00 PM
Infant Care Class	Sunday, March 13	1:00 PM

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

- Preparing for Childbirth (Saturday classes), March 5 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).

“The Pediatrician is In: Ensure you’re off to a good start” presented by local pediatricians, followed by an informal Q & A session.



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