

# destination maternity™

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

## Schedule of Events

**November 2009**

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

**YOGA**  
**Every Monday** (8 week series)  
 10:00 AM Pre-natal Yoga  
 11:30 AM Mommy and Me Yoga

**Every Tuesday** (8 week series)  
 7:00 PM Pre-natal Yoga

**Me & You Music**  
**Every Thursday** (10 week series)  
 10:00 AM (except 11/26)

**Every Saturday** (10 week series)  
 10:00 AM

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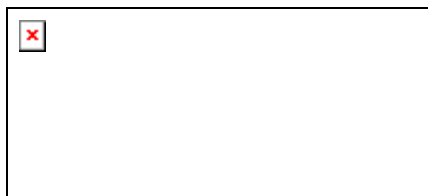
### Destination Maternity Educational Class Offerings

Are You Poison Smart (Free)	Fridays, Nov. 6 & 20	10:00 AM
Child Birth Prep (2 week series)	Monday, Nov. 30 & Dec. 7 <sup>th</sup>	6:00 PM
Infant CPR	Wednesdays, Nov. 4, 11 & 18	10:00 AM
Infant Care Class	Thursdays, Nov. 5, 12 & 19	12:00 PM
Infant Massage (4 week series)	Wednesdays, Nov. 4, 11, 18 & Dec. 2	1:00 PM
Infant Care Class	Sundays, Nov. 15 & 22	4:00 PM
Infant Care Class	Wednesday, Nov. 11 & 18	7:00 PM

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

- Preparing for Childbirth (Saturday classes, week nights – 3 session series)
- Complementary "Welcome to Winthrop" Orientation Program
- New Life Center Tour (hospital tour)
- Breast Feeding Class
- Infant Care Class
- Sibling Class – New Baby Day Camp - "Big Brother & Big Sister"

**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

destinationmaternity.com

**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.

**Infant CPR Anytime Program:** 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).

**Infant Massage:** This is a four-week series - you learn a simple massage to enhance your baby's physical and emotional development. Infant massage has been shown to improve digestion, relieve colic, promote good sleeping habits, and much more, \$150 per adult w/child.

**Mommy & Me Yoga:** A certified instructor leads this class for new moms and their infants up to 8 months of age. All levels of students will find this postnatal class beneficial. Postnatal yoga moves the body with flowing postures that are challenging, grounding, uplifting and strength building all at the same time, while bonding with your bundle of joy. This is an eight-week class, \$120.

**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 2<sup>nd</sup> and 3<sup>rd</sup> trimester, \$120.

**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.

**Sibling Class: Given at Winthrop University Hospital – New Baby Day Camp - “Big Brother & Big Sister Day Camp.”** This one hour class is taught by a Child Life Specialist and is appropriate for children ages 3-7 years. The Class facilitates positive self-esteem and gives the children practical ways to help out at home with the new baby. Accompanied by one parent or caregiver, a favorite doll or stuffed animal, the children are given a brief tour of the maternity unit and see the nursery. A snack is provided, as is a certificate that designates the child as a future “Big Brother” or “Big Sister.” Sibling class is offered twice monthly, \$15 per child.



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. (information available in the store)



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