

# destination maternity™

## Schedule of Events February 2012

"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 (704) 355 – Baby (2229)  
Pre -Registration is required for all classes

### **Mondays:**

February 13

5:30PM - 6:30PM

Infant CPR

6:30PM - 8PM

Infant/Child CPR

February 27

6:30PM - 8PM

Infant/Child CPR

### **Tuesdays:**

6PM - 8PM

Childbirth Class

### **Wednesdays:**

February 8 & 22

6PM - 8PM

Breastfeeding Class

### **Thursdays:**

February 2

5:30PM - 6:30PM

Infant CPR

6:30PM - 8PM

Infant/Child CPR

### **Fridays:**

February 24

6PM - 8PM

Childbirth Class Part 1

### **Saturdays:**

February 11

9:30AM - 11:30AM

Breastfeeding Class

February 11

1 – 3 PM

Valentine's Day Celebration  
Couples Massage Class (FREE)

February 25

9AM - 12:30pm

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

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

## PARENT EDUCATION CLASSES

### Valentine's Day Celebration

Treat yourself to a complimentary Couples Massage Class with your Valentine in the learning studio. **Please call the store for more details and to register.**

### Couples Massage

Have you been searching for a workshop for Couples Massage that will nourish the heart, mind, soul and body of you and your significant other? We invite you to come and explore new ways to give nurturing intentional touch to your partner. This class is designed to help you and your partner share the therapeutic stress free benefits of massage with each other. This is one class that you will both be glad you took the time to take. Partners will learn to do a complete RELAXING, stress-reducing massage. Lesson will consist of instruction, demonstration and LOTS of hands on practice. Areas of the body we will focus on are neck, shoulders, back, buttocks, legs, feet, arms, hands, scalp and face. Wear loose-fitting, comfortable clothing and bring two pillows for the class. Mats will be provided.

\*Hosted by Christina Melchior and Karen Reid- Licensed Massage Therapist; Edamame Spa

### **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.

One class is \$5 per person

### **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.

### **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 is \$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. \$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.



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