

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 (704) 355 – Baby (2229)

Pre -Registration is required for all classes

Tuesdays:

6PM – 8PM

Childbirth Class

Wednesdays:

March 2, 16, 30

6PM – 8PM

Breastfeeding Class

Thursdays:

March 3 & 17

5:30PM – 6:30PM

6:30PM – 8PM

Infant CPR

Taking Care of Baby

Fridays:

March 25

6PM – 8PM

Childbirth Class Part 1

Saturdays:

March 5

9:30AM – 11:30AM

Breastfeeding Class

March 26

9:00AM – 11:30AM

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

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 (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 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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