

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, by calling the ASK-A-NURSE Resource Center at 913-676-7777 or online at www.shawneemission.org.

Mondays:

Feb 6	6:30-9:00pm	Newborn Care
Feb 13	6:30-8:00pm	Breastfeeding 101
Feb 20	6:30-7:30pm	Comfort Measures in Pregnancy and Labor
Feb 27	6:30-7:30pm	Early Pregnancy

Tuesdays:

Feb 7	6:30-8:00pm	Breastfeeding 101
Feb 14	6:30-7:30pm	Early Pregnancy
Feb 21	6:30-7:30pm	Gizmos and Doodads
Feb 28	6:30-8:00pm	Grandparents Class

Wednesdays:

Feb 1	6:30-7:30pm	Cesarean Birth
Feb 29	6:30-7:30pm	Breastfeeding 102

Thursdays:

Feb 2	6:30-7:30pm	Comfort Measures in Pregnancy and Labor
Feb 9	6:30-7:30pm	Early Pregnancy
Feb 16	6:30-7:30pm	Breastfeeding 102
Feb 23	6:30-7:30pm	Pain Medication Options in Labor

Saturdays:

Feb 4	10:30-11:30am	Pain Medication Options in Labor
Feb 11	10:30-11:30am	Gizmos and Doodads
Feb 18	10:30am-12:00pm	Grandparents Class
Feb 25	10:30-11:30am	Cesarean Birth



Much more than medicine.™

Destination Maternity has partnered with Shawnee Mission Medical Center to offer parent education, physician seminars and events at its Leawood location.

One Nineteen Shopping Center
4521 119th Street, Space A123
Leawood, KS 66209
913-663-2291

CLASS DESCRIPTIONS

Early Pregnancy (\$15.00)

Get your pregnancy off to a great start! By attending this class you will learn proper nutrition during pregnancy, what to expect in the 1st and 2nd Trimester, how to choose a hospital and physician and comfort measures for early and mid-pregnancy. This class does not cover labor and delivery information.

Breastfeeding 101 (\$15.00)

Come learn how to get breastfeeding your baby off to a great start! This class covers the first feeding through the first three weeks at home. Topics include benefits, what you need before baby is here, positioning, latching and breast care. Partners are strongly encouraged to attend.

Breastfeeding 102 (\$15.00)

Are you wondering how you can return to work or what pump you should buy? If so, this class is for you! This class answers questions such as how to bottle feed a breastfed baby, what type of pump works best for you, pump care and breast milk storage.

Comfort Measures in Pregnancy and Labor (\$15.00)

While pregnancy is a beautiful process it can come with its discomforts as well! In this class we will teach methods to cope with some of the common aches in pregnancy and how to apply these methods during the labor process. Partners are encouraged to attend.

Pain Medication Options in Labor (\$15.00)

Many women have concerns about the benefits and risks of pain medication use during labor. In this class we will discuss pain medication options commonly used including IV pain medications and Epidural anesthesia. Partners are encouraged to attend.

Cesarean Birth (\$15.00)

This class is designed for families interested in learning more about a Cesarean birth. This one hour class will explore the preparation for a cesarean birth, what to expect in the operating room, the recovery period, hospital experience and the support person's role in the birth.

Newborn Care (\$30.00)

Bringing home your newborn is an exciting and anxious time. We will boost your self-confidence with our newborn care class. You will learn what to expect at the hospital, newborn tests and procedures, baby basics such as bathing, diapering, cord care, safe sleep, calming techniques, Happiest Baby on the Block and much more.

Grandparents Class (\$20.00)

Come see how things have changed! First time and experienced grandparents will learn how to support their son or daughter and spouses new role as parents. You'll also become familiar with current safety issues.

Gizmos and Doodads (\$15.00)

Want to know what you REALLY need to for your baby, what to register for and how to keep your baby safe? Then this class is for you! Topics covered in this course include safe baby carriers, making your baby's environment a safe place and the latest updates with product safety concerns and recalls.



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