

destination maternity™

Schedule of Events

February 2010

“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 by calling the Parent Education department at 816-404-3036

Monday:

February 1
10:00am News about Newborns: Newborn Care

February 8
10:00am The ABC's of SIDS - SIDS Education

February 15
10:00am Loving Touch

February 22
10:00am Breastfeeding Basics

Tuesday:

February 2
10:00am THE DR. IS IN: Dr. Harper – Exercise & Pregnancy

February 9
10:00am Go Red! Heart Healthy Tips

February 16
10:00am What About ME?!

February 23
10:00am Starting Out Safe and Sound: Infant Safety

Wednesday:

February 3
10:00 Breastfeeding Basics

February 10
4:00pm Good Health is In My Hand: Keeping baby Safe From Germs

February 17
10:00am Loving Touch

February 24
4:00pm Loving Touch

Thursday:

10:00am Childbirth Class

TMC

TRUMAN MEDICAL CENTERS

Better. For Everyone.

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

CLASS DESCRIPTIONS:

All classes at the Destination Maternity learning studio are free of charge

Childbirth Class:

Class #1: Anatomy of a Pregnancy: Third trimester overview including emotions, anatomy, discomforts in pregnancy, warning signs, & nutrition.

Class #2: Signs & Symptoms of Labor: Discussion of the labor process, signs of labor and stages of labor. Comfort measures in labor will also be discussed. This includes relaxation and breathing techniques. A video of a vaginal delivery will also be shown.

Class #3: Comfort Measures in Labor and Relaxation Techniques: Bring your pillows as we continue with relaxation techniques including breathing, position changes, and massage.

Class #4: Cesarean Delivery and Medications in Labor: Preparation class for cesarean section as well as information on medications available for labor. A video of a cesarean delivery will be shown.

Basic Newborn Care:

The class includes bathing, diapering, feeding and safe sleep information for the newborn. Helpful for first-time moms or as a refresher.

Breastfeeding Basics:

Learn the benefits of breastfeeding your baby. This class gives pointers on how to get off to a good start. Positions for breastfeeding and basic anatomy will be discussed.

The Doctor is In: Come join Dr. Harper in a discussion on Exercise and Pregnancy

GO RED!:

Come learn heart healthy tips to fight heart disease. Topics include diet, exercise, and heart healthy recipes. Let's celebrate the energy, passion, and power that we have as women to work together to fight heart disease.

Good Health is In Your Hands:

Learn simple steps to keep your baby safe.

Loving Touch:

Come join us as we learn the basics of infant massage.

SIDS Education:

Sudden Infant Death Syndrome (SIDS) is responsible for more deaths in the United States of infants from 1 month to 1 year of age. Learn ways to reduce the risk of SIDS for your newborn.

Starting Out Safe and Sound: Learn ways to keep your home and infant safe.

What about ME?! This class includes information about depression, stress reduction, & relaxation techniques.

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