

# destination maternity™

## Schedule of Events

March 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:

March 1

10:00am

Still Shiny

March 8

10:00am

What About ME!

March 15

10:00am

Breastfeeding Basics

March 22

4:00pm

Loving Touch

March 29

10:00am

The ABC's of SIDS

### Tuesday:

March 2

10:00am

Get Your 5!

March 9

10:00am

Breastfeeding Basics

March 16

10:00am

Starting Out Safe & Sound

March 23

10:00am

Get Your 5!

March 30

10:00am

What About Me?

### Wednesday:

10:00am

SIDS Education

11:30am

Newborn Care

1:00pm

Breastfeeding Basics

2:30pm

Starting Out Safe and Sound

4:00pm

Because You're Pregnant - how to have a healthy pregnancy

5:00pm

Childbirth Basics

### Thursday:

March 4, 11, 18 and 25

10:00am

Childbirth Classes

# 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.

### **Still Shiny - 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. Katherine Smith* as she discusses basic mental health issues in pregnancy/postpartum and prevention, as well as resources.

**Get Your 5!:** March is Nutrition Month. Learn the basics of good nutrition and get your 5 Fruits and Vegetables every day. Included are recipes and tips for quick inexpensive meals.

**Loving Touch:** Learn infant massage techniques.

### **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?!** March is Sleep Awareness Month. Make sure you get plenty of rest. This class includes information about stress reduction, & relaxation techniques so you can get a good night's sleep.

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