

# destination maternity™

“Everything a pregnant woman could ever want or need,  
featuring a huge selection of Maternity Fashion”

## Schedule of Events February 2010

Registration is available at Destination Maternity by using the Parent Education Phone at the Juice Bar or calls the Parent Education department at 973-322-5360

**Pre -Registration is required for all classes**

**Monday:**

10:00am-5:00pm

Newbornmom Breastfeeding Solutions

**Tuesday:**

10:00am- 5:00pm

Newbornmom Breastfeeding Solutions

6:00pm-7:00pm

Help prevent positional plagiocephaly and torticollis

**Wednesday:**

10:00am-5:00pm

Newbornmom Breastfeeding Solutions

6:00pm – 7:00pm

“Meet the Birth Doula “(free)

**Thursday:**

10:00am-5:00pm

Newbornmom Breastfeeding Solutions

per instructor

Prenatal Yoga Classes

**Friday:**

10:00am-5:00pm

Newbornmom Breastfeeding Solutions

**Saturday:**

1<sup>st</sup> Saturday of month

Infant CPR for Friends and Family

**Sunday:**

12:00pm – 1:00pm

“Learn to Massage Your Baby”



*Destination Maternity has partnered with Saint Barnabas Medical Center to offer Parent Education classes and physician lectures at its Livingston location*

Livingston Town Center  
2115 Town Center Way, Livingston, NJ 07039  
973-994-5185

## Class Descriptions

### NEWBORNMOM BREASTFEEDING SOLUTIONS

Individual breast feeding consultations with you & your baby may be arranged with a certified Lactation Consultant. The consultant will assist you with latch on problems, milk supply issues and much more. Consultations are usually an hour or more. Fee: \$150 per session.

Call Dawn @ 973-740-0400

### INFANT SAFETY “BRINGING HOME BABY” (Free)

Information session on providing a safe environment for newborn & family

To sign up please call Lisa @ 973-322-5682

### ‘LEARN TO POSITION YOUR BABY’: : PREVENTING PLAGIOCEPHALY AND TORTECOLLES (Free)

Newborn sleep & awake positioning will be discussed and demonstrated. Tummy time tips will be given.

To sign up please call Mindy @ 973-322-6363

### PRENATAL YOGA CLASSES (\$20.00 per class)

Improve pregnant body discomforts and relax through breath work and yoga exercises.

Limited space.

To sign up please call Joanne @ 908-508-0680

### “MEET THE BIRTH DOULAS” (Free)

Information session on a labor support doula and her fee-for service offerings during your labor and delivery. She will give an overview on the comfort measures she can provide throughout your entire birth experience.

To sign up please call Sarah @ 973-889-0060

### INFANT CPR FOR FRIENDS AND FAMILY (\$40.00 PER COUPLE) \$25.00 PER SINGLE

This is an entry level course which offers instructions in infant & child CPR. Foreign body airway obstruction (choking) training is included. This course is a must for anyone caring for newborns and children.

To sign up please call CPR Training Center @ 973-926-7407

### “LEARN TO MASSAGE YOUR BABY” (\$25.00 per baby)

Learn a pleasant way to promote early positive interaction with your infant. A hands-on class for you & your baby.

To sign up please call Sue @ 973- 740-8724



With a new baby arriving there are tons of things that will need to be done. Don't let yourself forget about college savings. The Futuretrust program can help turn your everyday spending into college savings. Learn how to save for your child's future when you buy gas, groceries, clothes and more.



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