

# destination maternity™

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

## Schedule of events February 2010

### Monday

Feb. 8  
1:30pm "What's Happening, Now?"

Feb. 22  
1:30pm Breastfeeding

### Saturday

10:30am - 11:15am Tots Itsy Bitsy Yoga

11:30am - 12:15pm Baby Itsy Bitsy Yoga

Feb. 6  
6:30pm Breastfeeding

Feb. 27  
5:30pm Labor and Delivery

Feb. 27  
6:30pm Baby Care

### Sunday

Feb. 28  
3:00pm Safety First

Feb. 28  
4:00pm Infant CPR

3300 N. Causeway Blvd.  
Metairie, LA 70002  
504.834.1960

## Class Descriptions

### **Breastfeeding**

Presented by breastfeeding specialists who are experienced in working with breastfeeding women. Information will include breastfeeding benefits for mom and baby. Also will show DVD which demonstrates breastfeeding, up-close, so new moms gain great tips for success

### **Breastfeeding and the working mother**

This class will help the breastfeeding mother transition from home to work.

### **Infant CPR**

An introduction to infant only cpr and choking. This is not a certification course.

### **Baby Care**

Will include topics on sleep, soothing, diapering, bathing and other helpful information to help get started caring for a newborn

### **Breast Pumps**

This class introduces moms to breast pumps that are on the market, and helps with choosing which one is right to fit lifestyle and needs of each individual

### **Baby Safety**

Safety information on how to keep newborn safe and sound. Including, how to avoid common causes of SIDS and other hazards for the newborn and toddler and car seat safety. This class is great for Moms, Dads, Grandparents, and anyone who will care for baby

### **What's Happening, Now?!**

Information on the changes that occur with mom, physically and emotionally, during pregnancy and after delivery

### **What's Happening During Labor and Delivery?!**

This class will feature information on the labor and delivery process, and the viewing of a DVD which gives future parents an insight of the labor, delivery and birthing experience of multiple couples.

### **Baby Itsy Bitsy Yoga**

Baby Itsy Bitsy Yoga classes are appropriate for children newborn to nearly crawling with a parent or caregiver. Baby Itsy Bitsy Yoga is a supportive, fun loving and nurturing yoga practice. Classes contain dozens of unique yoga postures designed to support baby's development. Each class is filled with calming, nurturing ways to enhance bonding, improve baby's sleep, and digestion and encourage baby's neuromuscular development!

### **Tots Itsy Bitsy Yoga**

Tots Itsy Bitsy Yoga classes are appropriate for crawling tots thru 21-months-old with a parent or caregiver. Tots Itsy Bitsy Yoga is a supportive, fun loving and active yoga practice for busy little bodies. Continue to bond with your tot as you help them feel good about being physically active, teach them to be emotional confident and grow their playful nature. Experience the shared joy and delight when tots move into yoga poses independently!



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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