

destination maternity™

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

Schedule of Events

June 15th - July 2009

Registration is available at Destination Maternity by using the Parent Education Phone at the Juice Bar or by calling the Parent Education department at 914-681-1234
Pre-Registration is required for all classes

Mondays:

10:15-11:15AM All levels Prenatal Yoga (\$15 or Class Pass - \$120/10)
11:30AM- 12:30PM Mommy & Me Yoga (\$15 or Class Pass - \$120/10)

Wednesdays:

10:15-11:15AM All levels Prenatal Yoga (\$15 or Class Pass - \$120/10)
11:30AM- 12:30PM Mommy & Me Yoga (\$15 or Class Pass - \$120/10)

Thursdays:

10:15-11:15AM All levels Prenatal Yoga (\$15 or Class Pass - \$120/10)
11:30AM- 12:30PM Mommy & Me Yoga (\$15 or Class Pass - \$120/10)

Parenting, Planned Cesarean Section, Breastfeeding Basics, Mommy & Me for Breastfeeding Moms, Heart Saver, Pain Relief Options, Childbirth Education, Infant Massage & Daddy Boot Camp offered as listed below:

June 2009

Monday 6/15	Parenting	6:30-9PM	\$40/couple
Wednesday 6/17	Parenting	6:30-9PM	\$40/couple
Thursday 6/18	Planned Cesarean	7-8:30PM	\$35/couple
Tuesday 6/23	Mommy & Me for Breastfeeding Moms	10AM-12PM	\$25
Thursday 6/25	Cord Blood Banking	6:30PM	free
Saturday 6/27	Heart Saver CPR	10:30AM-2:30PM	\$95 per person
Monday 6/29	Parenting	6:30-9PM	\$40/couple

July 2009

Tuesday, July 7	Breastfeeding Basics	6:30-8:30PM	\$35/family
Saturday, July 11	Infant Massage	10:30AM-12:30PM	\$40/couple
Sunday July 12	Breastfeeding Basics	11AM-1PM	\$35/family
Monday, July 13	Parenting	6:30-9PM	\$40/couple
Tuesday, July 14	Daddy Boot Camp	7-8:30PM	\$35
Wednesday, July 15	Parenting	6:30-9PM	\$40/couple
Thursday, July 16	Cord Blood Banking	6:30PM	free
Tuesday, July 21	Pain Relief Options	7:30-8:30PM	free
Thursday, July 23	Planned Cesarean	7-8:30pm	\$35/couple
Saturday, July 25	Heart Saver CPR	10:30AM-2:30PM	\$95 per person
Friday, July 31	Mommy & Me for Breastfeeding Moms	10AM-12PM	\$25

Register now for Childbirth Education: Sunday August 2nd 11AM-6PM \$200/couple



5 Maple Avenue, White Plains, NY 10605
914.948.1279

White Plains Hospital Center & Destination Maternity

ONGOING CLASS DESCRIPTIONS

Pre-natal Yoga: Relaxing exercise in gentle yoga postures will increase flexibility, strength, circulation, balance and the mind-body-spirit connection for expecting mothers. Certified yoga instructors will guide mom in a safe and supportive manner through movements and techniques to support their pregnancy. Class is recommended for 2nd and 3rd trimester.

Mommy and Me Yoga: A certified yoga instructor leads this class for new moms and their infants up to one year of age. All levels of yoga students will find this postnatal class beneficial. Postnatal yoga moves the body with flowing postures that are challenging, grounding, uplifting and strength building all at the same time, while bonding with you new bundle of joy.

Breastfeeding Basics: Get your breastfeeding experience off to a great start by learning researched based information. In class we will be discussing the benefits of breastfeeding, positioning, establishing a good milk supply, and common concerns. We welcome all those supporting you during this time.

Mommy and Me for Breastfeeding Moms: Breastfeeding moms and babies! Come and join us for 2 hours to discuss topics related to breastfeeding. This group is designed to help create a network for breastfeeding mothers. A Board Certified Lactation Consultant will be present during each of these sessions. This group is designed for babies up to one year of age.

Parenting: This class will help new parents to become familiar with the basics of caring for their infant in the first 6 weeks after birth. Topics covered will include:

- ❖ Understanding normal infant behavior, communication, appearance, and sleep patterns
- ❖ Understanding basics of diapering, umbilical cord care, and bathing of your baby
- ❖ Choosing a pediatrician
- ❖ Understanding common newborn procedures in the hospital
- ❖ Transition of couple to family

Planned Cesarean Section Delivery: For all couples who are having a cesarean birth, whether this is your first c-section or a repeat. This class will cover every aspect of your stay including how to prepare, what to expect before, during and after surgery, and when you go home.

Pain Relief Options for Labor: Have questions about how to manage pain during labor? An anesthesiologist and labor and delivery nurse will discuss pain management options and answer your questions.

Daddy Boot Camp: For new Dads and Dads to be. Learn survival tips and strategies to ease the transition to fatherhood.

Heart Saver CPR for Infants, Children, and Adults: Taught by White Plains Hospital Center CPR instructors. A must for all new parents and parents-to-be. You will learn how to recognize a baby, child, or adult in distress and learn how to perform CPR, relieve choking, and use an AED. This comprehensive class covers fast recognition and effective response for 0-12 month's infants, as well as for all family members. This course includes the AHA Heart Saver CPR book, as well as a certificate valid for 2 years given at course completion. Pre-registration required. Please bring lunch.

Infant Massage: Presented by a certified infant massage instructor. You will learn about the benefits of infant massage for both infants and parents. Varying massages strokes will also be discussed and demonstrated.

Childbirth Education Classes: Knowledge about the childbirth process and the options available during pregnancy, labor and delivery are essential to reducing anxiety and to having a positive birth experience. This is a comprehensive, fact-based and fun class, covering a wide variety of topics. Snacks provided

Cord Blood Banking with Gia Polio: Cord Blood is a rich non-controversial source of stem cells for your family. Come learn about the value of Cord Blood, and get all your questions answered. Gia works in the community with doctors, hospitals, childbirth educators, and parents. Her expertise & knowledge helps provide responsible education. (free)



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. (information available in the store)

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