

destination maternity™

Schedule of Events

February 2010

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

YOGA: For the busy mom or mom-to-be: buy a class pass and drop in whenever you choose!
Or, drop in and pay with exact change or personal check for single class fee

Mondays: Classes with Lauren

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)

Tuesday evening: Class with Sinda

7PM-8PM All levels Prenatal Yoga

Wednesdays: Classes with Jennifer

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: Classes with Lauren

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)

Saturday morning: Class with Sinda

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

Educational Classes Listed Below: See other side for class descriptions

**Classes listed below require pre-registration at 914-681-1234
2 Hour parking validation provided at Destination Maternity**

Wednesday 2/3	Parenting	6:30-9PM	\$50/couple
Thursday starting 2/4	New Mothers Support Group	1:30-3PM	\$95 for 5 week series
(5 consecutive weeks: 2/4, 2/11, 2/18, 2/25, 3/4, 3/11) *NEW			
Sunday 2/7	Childbirth Education	11AM-6PM	\$200/couple
Wednesday 2/10	Breastfeeding Follow-up Clinic	1-2:30PM	\$10 family
Monday 2/15	Parenting	6:30-9PM	\$50/couple
Wednesday 2/17	Daddy Boot Camp	7-8:30PM	\$35
Sunday 2/21	Childbirth Education	11AM-6PM	\$200/couple
Monday 2/22	Breastfeeding Basics	6:30-8:30PM	\$50/family
Wednesday 2/24	Infant Massage	6:30-9PM	\$40/couple

February special: Register for and take a class in February and be entered to win a \$50 Pea in the Pod gift card

Complimentary tours of the William and Sylvia Silberstein Neonatal & Maternity Center available *Must call to register

Sibling class offered at White Plains Hospital Center 3rd Monday of every month



Check WPHospital.org (Maternity Program) for updated class schedule
5 Maple Avenue, White Plains, NY 10605
914.948.1279

White Plains Hospital Center & Destination Maternity

ONGOING CLASS DESCRIPTIONS

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.

Breastfeeding Follow-up Clinic: Take advantage of the opportunity to meet with other breastfeeding mothers and babies and discuss concerns and issues with a Board Certified Lactation Specialist.

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. Bring 2 pillows and lunch

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

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

New Mothers Support Group: New mothers may face unexpected challenges, with a variety of emotional and physical changes to deal with. This 5 week support group for new mothers with infants under 3 months of age will be facilitated by an experienced maternity nurse from White Plains Hospital Center, who will lead group discussion on a variety of issues. These topics include the changing role of new mother, family dynamics, sleep deprivation, isolation, and infant development, and additional areas of interest to the group. Come share with other new mothers and make new friends in the community.

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

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

Sibling Class: Given at White Plains Hospital Center. This unique class is structured to help children prepare for a new baby in the family, and is designed for children age 3 and older. Includes tour of maternity unit



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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