

destination maternity™

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

Schedule of Events

November 2009

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)

***no classes on 11/26, Thanksgiving Day**

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

Sunday 11/1	Childbirth Education	11AM-6PM	\$200 couple
Wednesday 11/4	Breastfeeding Basics	6:30-8:30PM	\$35/family
Saturday 11/7	Heart Saver CPR	1-5PM	\$95/person
Wednesday 11/11	Daddy Boot Camp	7-8:30PM	\$35
Thursday 11/12	Pain Relief Options	7:30-8:30PM	free
Monday 11/16	Parenting	6:30-9PM	\$40/couple
Tuesday 11/17	Mommy & Me for Breastfeeding Moms	11AM-12PM	free
Wednesday 11/18	Parenting	6:30-9PM	\$40/couple
Sunday 11/22	Childbirth Education	11AM-6PM	\$200 couple
Wednesday 12/2	Infant Massage	6:30-9PM	\$40/couple

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

Sibling class offered at White Plains Hospital Center the 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.

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.

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.

Mommy and Me for Breastfeeding Moms: Breastfeeding moms and babies! Come and join us for one hour 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.

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.

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

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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