

destination maternity™

Schedule of Events

March 2011

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, personal check, or credit card
All yoga classes \$15 or Class Pass – (\$120/10)

Mondays: Classes with Sinda

10:15-11:15AM All levels Prenatal Yoga
11:30AM- 12:30PM Mommy & Me Yoga

Tuesday evening: Class with Sinda

7PM-8PM All levels Prenatal Yoga

Wednesdays: Classes with Jennifer

10:15-11:15AM All levels Prenatal Yoga
11:30AM- 12:30PM Mommy & Me Yoga

Saturday morning: Class with Sinda

11AM-12PM All levels Prenatal Yoga
12:15- 1:15PM Mommy & Me Yoga

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 3/2	Parenting	6:30-9PM	\$50/couple
Sunday 3/6	Childbirth Education	11AM-6PM	\$200/couple
Saturday 3/12	HeartSaver CPR	2-6PM	\$95/person
Sunday 3/20	Childbirth Education	11AM-6PM	\$200/couple
Monday 3/21	Parenting	6:30-9PM	\$50/couple
Thursday 3/24	Cord Blood Banking	8:30PM	no charge
Monday 3/28	Breastfeeding Basics	6:30-8:30PM	\$50 /family

Announcing “BABY TALK” on Sunday, Marcy 27, 2011 from 9:30AM to 3PM at White Plains Hospital. This all day Educational seminar will address the entire spectrum of childbirth issues, and includes a tour of our facility. This event is for anyone planning to start a family or already expecting. See flyer or call (914) 681-1119

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.

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

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)

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 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.

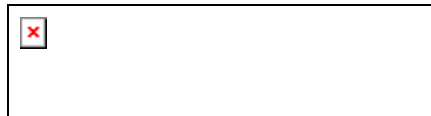
Parenting: This class will help new parents to become familiar with the basics of caring for their infant in the first 6 weeks after birth. Topics covered will include:

Understanding **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.

- ❖ 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



Check WPHospital.org (Maternity Program) for updated class schedule

Destination Maternity has partnered with White Plains Hospital to offer parent education, physician lectures, and events at its Walnut Creek location

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