

Welcome to the 2010 GBMC Parent Education and Doula Class Schedule

What a great decision you have made to enroll in a GBMC Parent Education class. Education is the key to success and confidence when it comes to making decisions for your family. We offer a large variety of classes to meet our client's needs and welcome any course suggestions for our ever-changing community. Your continued feedback allows us to achieve high standards of education, support and advanced technology. We have made several schedule suggestions and reminders below that you may want to consider. Thank you in advance for your commitment towards education and community support.

Month 1~ 4:	Pregnancy Information Class, Pregnancy Yoga, Schedule an Obstetrical tour if it is not Included in a class you will be taking.
Month 5~6:	Pregnancy Yoga, Infant Care Class or Workshop, Multiples class if needed, Anesthesia Class. Begin interviewing pediatricians and childcare providers (if needed), review Doula Support
Month 7:	Pregnancy Yoga, Childbirth Education or Weekender Class, Breastfeeding Class, Contract for Doula Support
Month 8~9:	Pregnancy Yoga, Infant CPR Class, Sibling Class, Choose a Pediatrician, purchase car seat and set Appointment to have it checked for safety.
Postpartum:	Mommy and Me yoga, Mother to Mother group, Family Care Play Group

Pregnancy Information: **\$35.00/Couple**

This is a two series class taken as soon as pregnancy has been confirmed and as late as your 34th week. Sessions include physical changes and discomforts of pregnancy, wellness and nutrition, fetal testing and results, pre term labor, warning signs, what to expect in labor and delivery, the role of your partner and postpartum recovery adjustments. * **Strongly Recommended**

7:00-9:30p.m. Thursday Evenings

Jan. 7	Mar 4
May 6	July 1
Sept. 2	Nov. 4

Obstetrical Tour **Free**

Please schedule your obstetrical tour well in advance of your due date. Tours are for expecting parents and siblings only. You will only need to register if the classes you will be taking **do not** include a tour. Due to safety issues strollers cannot be accommodated on tours.

To register: www.gbmc.org/parented click on OB Tours and proceed.

Anesthesia Class **No Charge**

This class includes a video presentation followed by a question answer forum presented by a board certified anesthesiologist. Gain knowledge on the different types of anesthesia/analgesia available during labor and delivery.

Tuesday 7:00-8:30p.m.	Feb. 2 Apr. 6 Jun. 1 Aug. 3	Oct. 5 Dec. 7
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Pregnancy Yoga **\$60.00 /Single (4 week series)**

Prepare your mind and body for your upcoming birth. Increase your flexibility, strengthen your body, build confidence, and relax with the learned techniques of pregnancy yoga. Great to take any time during pregnancy with your doctor's approval.

Mondays
7:15pm-8:30pm

Jan. 4,11,18,25	Jul. 5,12,19,26
Feb. 1,8,15,22	Aug. 2,9,16,23
Mar. 1,8,15,22	Sep. None
Apr. 5,12,19,26	Oct. 4,11,18,25
May 3,10,17,24	Nov. 1,8,15,22
Jun. 7,14,21,28	Dec. 6,13,20,27

Childbirth Education

\$75.00/Couple (four series class)

This class meets once a week for four weeks. Content includes phases and stages of labor, breathing and relaxation techniques, positioning for comfort, the role of your partner/doula support, and medication options. Obstetrical tour is included. **Photo ID or Md. Drivers License mandatory to attend the OB tour. * Class Strongly Recommended**

Should be completed by 37th week of pregnancy

7:00-9:30p.m.

Tuesdays	Jan.	5,12,19,26	Jul.	6,13,20,27
	Feb.	2,9,16,23	Aug.	3,10,17,24
	Mar.	2,9,16,23	Sept.	7,14,21,28
	Apr.	6,13,20,27	Oct.	5,12,19,26
	May	4,11,18,25	Nov.	2,9,16,23
	Jun.	8,15,22,29	Dec.	7,14,21,28

Wednesdays	Jan.	6,13,20,27	Jul.	7,14,21,28
	Feb.	3,10,17,24	Aug.	4,11,18,25
	Mar.	3,10,24,31	Sep.	1,8,15,22
	Apr.	7,14,21,28	Oct.	6,13,20,27
	May	5,12,19,26	Nov.	3,10,17,24
	Jun.	9,16,23,30	Dec.	1,8,15,22

Thursdays	Jan.	7,14,21,28	Jul.	8,15,22,29
	Feb.	4,11,18,25	Aug.	5,12,19,26
	Mar.	4,11,18,25	Sep.	2,9,16,23
	Apr.	8,15,22,29	Oct.	7,14,21,28
	May	6,13,20,27	Nov.	None
	Jun.	3,10,17,24	Dec.	2,9,16,23

Saturdays 10:00-12:30pm	Jan.	2,9,16,23,30*	Jul.	10,17,24,31
	Feb.	6,13,20,27	Aug.	None
	Mar.	6,13,20,27	Sep.	4,11,18,25
	Apr.	none	Oct.	9,16,23,30
	May	1,8,15,22	Nov.	6,13,20,27
	Jun.	5,12,19,26	Dec.	none

Weekender

\$140.00/Couple

Childbirth Education in a one day format. **Photo ID or Md. Drivers License mandatory to attend the OB tour.**

(Continental Breakfast & Snacks provided).

Sunday 8:00 a.m. – 5:00 p.m.

Jan. 3 rd , 17 th , or 24 th	Feb. 7 th , 21 st , or 28 th
Mar. 7 th , 21 st , or 28 th	Apr. 11 th , 18 th , or 25 th
May 2 nd , 16 th , or 30 th	June 6 th , 13 th , or 27 th
July 11 th , 18 th , or 25 th	Aug. 1 st , 15 th , or 29 th
Sept. 12 th , 19 th , or 26 th	Oct. 10 th , 17 th , or 24 th
Nov. 7 th , 14 th , or 28 th	Dec. 5 th , 12 th , or 19 th

Multiples Preparation

\$45.00/Couple

If you are a first time parent or expecting twins the second time around this class will help to prepare you for the big event. Topics include: what differences you may experience in labor and delivery, cesarean birth, postpartum recovery, holding and transporting two at a time, breastfeeding tips and practical planning advice and recommendations for baby products.

***Childbirth Education, Infant Care and Breastfeeding Classes are strongly recommended.**

Saturday
2:00-5:00p.m.

Jan. 16 Apr. 17 Jul. 17 Oct. 9

Cesarean Class**\$40.00/Couple**

This course was created for women expecting multiples, repeat cesarean births or those who would like to prepare for the possibility of unexpected intervention. The course focuses on anatomy and physiology, signs of labor, true vs. false labor, reasons for scheduled and repeat cesarean deliveries, types of incisions, anesthesia, pre-op preparation, the delivery room and recovery room process, the role of the coach and breathing exercises. A tour of the Obstetrical area is provided.

Friday
7:00-9:30p.m.

Feb. 19 Apr. 16 June 11 Aug. 27 Oct. 8

Infant Care Series**\$65.00/Couple**

Infant Care Series or Workshop: Gain hands on newborn knowledge in the areas of handling, feeding, changing, soothing and playing with your baby. Learn when to call the pediatrician, how to administer medication and childproof your home.

Thursday
7:00-9:30p.m.

Jan 21 & 28	Feb. 18 & 25	Mar. 18 & 25
Apr. 22 & 29	May 20 & 27	June 17 & 24
July 22 & 29	Aug. 19 & 26	Sept. 23 & 30
Oct. 21 & 28	Nov. 4 & 11	Dec. 2 & 9

Infant Care Workshop**\$85.00/Couple**

Saturday
9:30a.m.-3:30 p.m.

Jan. 2	Feb. 27	Mar. 20
Apr. 24	May 29	Jun. 5
Jul. 3	Aug. 7	Sept 4
Oct. 9	Nov. 20	Dec. 11

Breastfeeding**\$35.00/Couple**

Class includes: physiology of milk production, positioning techniques, partner's involvement, schedules and tips to successfully breastfeed.

7:00-9:30p.m.

Mon. Jan 4	Wed. Jan 20	Mon. Feb 1	Wed. Feb 17
Mon. Mar.1	Wed. Mar 24	Mon. Apr. 5	Wed. Apr. 21
Mon. May 3	Wed. May 19	Mon. June 7	Wed. June 16
Mon. July 5	Wed. July 21	Mon. Aug 2	Wed. Aug. 18
Mon. Sept. 13	Wed. Sept. 22	Mon. Oct. 11	Wed. Oct. 20
Mon. Nov. 1	Wed. Nov. 17	Mon. Dec. 6	Wed. Dec. 22

GBMC Doula Touch and Massage Services

Package 1 "Birth Doula Assistance" cost ~\$325

Our Birth Doulas have all attended a DONA (Doulas of North America) certification course in addition to childbirth education, lactation and massage therapy classes. We offer full time support in massage, relaxation techniques, breathing exercises, acupressure (noninvasive), visualization, labor and delivery positioning, childbirth education and breastfeeding support. Clients who hire Doulas are looking to enhance their birth experience through encouragement, support and personalized instruction, Doulas assist partners and family members throughout the birth process. Some of their comfort techniques include the use of birth balls, squatting bars, private showers, rocking chairs, heated blankets and massage tools. We have the knowledge and experience to make your birth experience a memorable event!

Package 2 "Cesarean Section Support" cost ~\$125

A GBMC Birth doula will arrive with you two hours prior to your scheduled c-section. She will work with you on relaxation, help to answer questions and concerns, provide emotional support and massage prior to your surgery. After the delivery she will assist in breastfeeding support if you choose to breastfeed. Cesarean doula support provides a constant presence of reassurance for you, your partner and your family.

Package 3 "Pre and Postnatal Massage" cost ~ \$85. (1 hour) in house

Pamper and reward the expectant or new mother with a full body massage before or after the delivery. The GBMC Doula Touch program is staffed by certified massage therapists. This service is offered on the antepartum and postpartum units at GBMC. Appointments are first come first serve so set your appointment now. A doctor's permission slip is required prior to service.

*If you have been discharged and would like the massage service at home there will be an additional fee of \$10.00. A doctor's permission slip is required prior to service.

GBMC Postpartum Doulas have all attended childbirth education courses, breastfeeding support classes and infant care training. They are all certified or working towards their certification as postpartum doulas. We offer full time support with infant care, breastfeeding support, sibling care, meal preparation, laundry, light housekeeping, emotional support, home organization, errand runs and safety tips. Postpartum doulas promote time for infant and family bonding while creating a sense of balance and organization during your recovery period.

Package 1 "Fast Start"

4 hours (1 day of care)
Cost- \$100.

Package 2 "Confidence Builder"

12 hours of care (3 hours minimum a day)
Cost- \$300.

Package 3 "Total Reassurance"

20 hours of care (3 hours minimum a day)
Cost- \$500.

Package 4 "Extended Care"

40 hours of care (4 hours minimum a day)
Cost- \$950.

Package 5 "Ultimate Elite"

60 hours of care (4 hours minimum a day)
Cost - \$1575. This package includes a 1 hour full body massage and allows for Mom's day out (Spa, Doctors visit., Luncheons, School programs etc.)

Package 6 "Wake me in the Morning"

10pm-6am (8Hours) Cost-
\$200. Singleton
\$220. Twins
\$230. Triplets
Additional hours may be purchased for \$25. per hour

For more information on the Doula Touch program or to receive a registration package please email Lanny Dowell: mdowell@gbmc.org

To register online for Parent Education Classes or a free tour please go to www.gbmc.org/parented. Payment for all classes must be made at the time of registration. Please contact the Parent Education Department with any questions: 443-849-2229. Thank you for choosing GBMC Parent Education as your parenting resource.