

Community of Caring Parenting and Future Planning Classes for Pregnant Teens

This series of four classes focuses on the special needs of teen parents (ages 21 and younger). Expectant fathers, extended family and all support people are encouraged to attend. Topics covered will include options for pregnant teens, creating a loving and safe home, and planning for your future. Participants can earn incentive awards by attending these classes. For dates and times, call **465-5433**.

Resources available to families:

CarePages

CarePages are private, personalized web pages provided to you as a free service. Moms can share their pregnancy experiences with family and friends online and receive messages from visitors granted access. Start your personalized CarePage on our website today at **StJosephsCares.org**.

Health Information On the Web

You'll find a comprehensive medical library just a click away in the Health & Wellness section of our website at **StJosephsCares.org**.

Nurse Call Center

Access to guidance from experienced registered nurses and a health information audio library with over 1,000 topics is available by calling our Nurse Call Center at **939-4525**. This free, confidential service is available 24-hours a day.

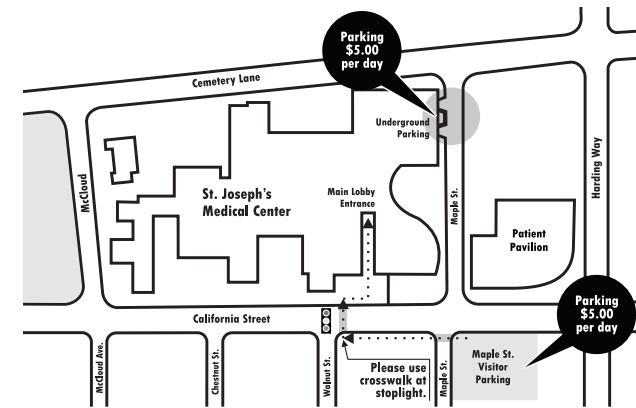
Comprehensive Care for Women and Infants

St. Joseph's Medical Center is honored to welcome more than 2,000 new babies each year. Our mother-baby "Family Centered Care" encourages togetherness and skin-to-skin bonding to help develop a closer relationship with your baby right from the start. You can choose St. Joseph's knowing that our specially trained nurses, advanced technology, and safe and comfortable environment are ready for you when the big day arrives. And for newborns requiring more advanced care, our Neonatal Intensive Care Nursery is available with specialists dedicated to the care of premature or ill newborns.

We hope you will become acquainted with our staff before the arrival of your baby by taking advantage of our maternity tours, classes and newborn care programs. If you have not yet received your "Welcome to Life" Guide to Pregnancy and Birth, please ask your doctor, call **461-5213**, or download a copy at **StJosephsCares.org**.

Baby Wall of Fame

Children born at St. Joseph's may be honored on the "Star is Born" Baby Wall of Fame through a gift to the St. Joseph's Foundation. For more information call **467-6347**, or donate online by visiting **StJosephsCares.org** and click on the Foundation link on the left-hand side.



Parking

24-hour patient and visitor parking is available in the parking lot across the street from the hospital at the north-west corner of Maple and California Streets. The underground parking garage on Maple Street is open from 5 a.m. to 9 p.m. The cost for parking in either lot is \$5.00 per vehicle, per day. Anyone with a handicapped placard can access our parking lots at no charge.

The Emergency Department parking lot on Maple Street is reserved only for patients seeking emergency medical assistance.

The medical center has a 24-hour Public Safety department. If you would like an escort from the hospital to your vehicle or if you have any other security need or concern, call the hospital operator by dialing ext. 4632 or "0" on any house phone and ask for security. If it is an emergency dial 4-4-4 and the operator will pick up immediately.

Not for profit. Serving our community.



St. Joseph's Medical Center

A member of CHW

Classes offered as a community service of St. Joseph's Medical Center

Visit us on the web at:
StJosephsCares.org

Welcome
to Life
Class Series



Pregnancy and Parenthood 2010



St. Joseph's Medical Center

A member of CHW

This hospital is being recognized as a leader by Baby-Friendly USA for declaring its commitment to the promotion and support of breastfeeding.

Welcome To Life Class Series 2010

Having your baby is a wondrous experience and we want you to feel comfortable, safe, and at ease. Our Welcome to Life class series is provided to help ensure a healthy pregnancy and to gain knowledge about what is happening to your body, your emotions, and your baby.

Classes are open to new mothers, new fathers, grandparents, and siblings. **Everyone is welcome to attend classes either alone or with their partner. These classes are FREE and no pre-registration is required.**

Classes are held in the Auditorium, St. Joseph's Medical Center, **Lower Level**. If you have any questions about classes, call **461-5213**.

Welcome To Life Tour

This class includes a tour of our brand new Women & Infants Center, including state-of-the-art labor & delivery and post-partum rooms, and dedicated c-section operating rooms. You will receive specific information about where to go and what to do when it comes time to have your baby, including pre-admission registration and birthing options tailored to your individual needs. Also help in planning for your first few weeks at home.

Dates: Mondays; January 11, February 8, March 8, April 5, May 3, June 14, July 12, August 9, September 6, October 4, November 1, December 13

Time: 7:00 - 9:00 PM

Place: Starts in the Auditorium (lower level)

Ask your Doctor about pre-registering for admission to St. Joseph's or pre-register online: StJosephsCares.org. It will save you time when you go into labor!

Childbirth Preparation Series

Are you ready for labor and birth? This four-class series prepares mom and her coach for the emotional and physical changes of labor and birth. The series includes relaxation and breathing techniques to increase comfort during labor. **Please bring three pillows, a blanket and/or exercise mat each night of class.** You should attend this series during your **third trimester**.

Series Dates: Wednesdays;

Series 1 January 13, 20, 27, February 3

Series 2 March 3, 10, 17, 24

Series 3 May 5, 12, 19, 26

Series 4 July 7, 14, 21, 28

Series 5 September 15, 22, 29 October 6

Time: 6:30 - 9:30 PM

Place: Classroom 1

Class One: *Overview of Birth, Third Trimester of Pregnancy, Possible Problems During Pregnancy*

Class Two: *Signs and Stages of Labor, Medications and Anesthesia, Vaginal Birth Film*

Class Three: *Unexpected Outcomes, Cesarean Birth, Cesarean Birth Film*

Class Four: *Coach's Role, Labor Rehearsal, Postpartum Preparation*

All Day Childbirth Preparation Class

This class covers all information listed in our evening series in a one day condensed class. **Please bring three pillows, a blanket and/or exercise mat to class.** You should attend this class during your **third trimester**.

Dates: Saturdays; February 6, June 5, August 7, November 20

Time: 9:00 AM - 4:30 PM

Place: Classroom 1

Having a Cesarean Birth

This class is designed to prepare a mother and her partner who are having a planned cesarean birth or may need a cesarean birth. Learn about the cesarean procedure including anesthesia options, what to expect, how to take care of yourself during recovery and also special techniques to insure successful breastfeeding

Dates: Wednesdays; January 20, March 10, May 12, July 14, or September 22

Time: 5:00 - 6:00 PM

Place: Classroom 1

Breastfeeding

This class offers mothers and their partners information on the benefits of breastfeeding, the importance of exclusive breastfeeding and the basics of breastfeeding management. Topics include latching, the effect of analgesia/anesthesia on infant behavior, and the rationales for care practices such as early skin-to-skin contact, rooming-in and feeding on cue. Expressing breast milk and helpful hints for your family will also be discussed.

Dates: Wednesdays; February 10, March 31, June 2, August 18, October 13, December 1

Time: 7:00 - 9:30 PM

Place: Auditorium

Mother-Baby Breast Connection

Join a lactation specialist for support and advice on the challenges of early breastfeeding. This course meets weekly and pre-registration is required. To register, please call **467-6331**. Come meet other families and attend as often as you like.

Time: 1:00 - 3:00 PM

Place: Classroom 4

The Newborn

Parents-to-be, come learn about life with a newborn, the baby's needs and changing development. Discussion includes baby care basics such as feeding, diapering, and bathing, as well as the physical appearances of newborns and practical tips for parents.

Dates: Wednesdays; February 17, April 7, June 9, August 25, October 20, December 15

Time: 7:00 - 9:30 PM

Place: Auditorium

Big Brother - Big Sister

This class helps siblings learn about new babies, how it will feel to be a big brother or sister, and see new babies and where they are born in our birthing area. **Families are welcomed.**

Dates: Tuesdays; January 12, March 9, May 4, July 13, September 7, November 2

Time: 6:00 - 7:00 PM

Place: Auditorium

Infant CPR

Parents can now learn the life saving skill of Infant CPR and relief of choking in less than 22 minutes. With this self-directed learning program, those caring for the new baby can learn these life saving skills and be prepared to respond during the first few minutes of a life threatening emergency. These kits will be available for the cost of \$35 at our prenatal courses or through the Education Department. Call **467-6331**.

All classes are located in the Lower Level of St. Joseph's Medical Center. Take the Main Elevators to Basement and follow the signs.