

AVERA MCKENNAN

# PREGNANCY AND CHILDBIRTH CLASSES



**Avera**   
McKenna  
Women's Center

*Look no further.*

2011 AVERA MCKENNAN CHILDBIRTH EDUCATION

# CONGRATULATIONS

Becoming a parent is a major commitment filled with challenges, rewards and choices. Let us help you be as prepared for this experience as possible. We invite you to participate in our wide range of pregnancy, childbirth and parenting classes. Our classes are designed to help you in making the decision to become a parent, offer you advice for maintaining a healthy pregnancy, prepare you and your family for the childbirth experience and help you develop the confidence and skills for parenting.

We hope the information in this booklet will assist you in choosing the classes that are right for you as you experience this joyful journey!

Pre-register for all classes online at [www.AveraMcKenna.org](http://www.AveraMcKenna.org) and click on the events & classes link or call Avera McKenna at 1-877-AT-AVERA (1-877-282-8372), or locally at 322-6877. If you have questions or concerns about payment, please call Avera McKenna Childbirth Education at (605) 322-4481.

Refunds are not provided for partially-attended class series. Prices subject to change without notice.

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Visit and take a tour every Tuesday at noon, or on the first and third Mondays of the month at 6:30 p.m. Register online at [www.AveraMcKenna.org](http://www.AveraMcKenna.org), call **1-877-AT-AVERA** (1-877-282-8372) or **(605) 322-6877**.

AVERA MCKENNAN WOMEN'S CENTER

## **INVITES YOU TO DISCOVER THE BEST PLACE TO HAVE YOUR BABY!**

Avera McKennan perinatologists specialize in caring for you if you have serious complications during your pregnancy. There is also a special, high-risk antepartum unit available to provide you and your baby with the most advanced technology during your hospitalization and delivery.

### **SAFETY AND EXPERTISE!**

- Your delivery suite, and every delivery suite, is close to the team of neonatologists and a Level III Neonatal Intensive Care Unit. If your baby is born prematurely or is ill, our professionals are right there with the most advanced nursery technology to care for your new baby.
- Your delivery suite has central monitoring so your contractions and your baby's heart rate can be monitored from the nurses' station and from your physician's or midwife's office or home.
- Several international board certified lactation consultants are on-staff at Avera McKennan. They are readily available to answer your questions and provide education about breastfeeding your baby.
- All your nurses are cross-trained and qualified to help you during labor, after you've delivered and can also care for your baby in the nursery.

AVERA MCKENNAN WOMEN'S CENTER

## **THE ULTIMATE PAMPERING FOR YOU AND YOUR BABY**

Designed to provide the finest in care, the Avera Women's Center brings everyone in your growing family closer together during this special time—all within our luxurious and secure environment. Everything we provide—from our team of experts and continued backing by our Level III neonatal intensive care unit, to the small touches to maximize your comfort—is focused on making your experience the very best it can be.

### **A LUXURY EXPERIENCE AWAITS YOU**

- Family-friendly design allows for everyone to feel included while keeping mom and baby comfortable. The unit is specially-designed to provide plenty of space and all the time you desire to care for and bond with the new addition to your family.
- Our 24 suites are spacious enough to accommodate everything your health care provider needs to ensure the best in care, along with plenty of seating and sleeping accommodations for visitors and family.
- Large windows and frosted glass doors let plenty of natural light into your suite, while providing the privacy you deserve.

## A LUXURY EXPERIENCE AWAITS YOU (CONT.)

- ***One spa service by Spa 2000 professionals is provided during your post-partum stay—express manicure, pedicure, 30-minute massage, facial or haircut and style.***
- The nursery features not only the latest in newborn care, including state-of-the-art baby-wash sinks that improve safety, but helpful additions like a bench near the large viewing window so the smaller members of your family can greet their new family member.
- “Dad’s Den” and adjacent children’s play area provide dad and older siblings with a place to retreat, and also give mom the space she needs to relax and recover.
- During construction, we utilized LEAN principles to maximize efficiency and eliminate waste. From the structure and function of the supply cupboards to room layouts, everything works in concert toward the ultimate goal of fast, effective care.
- New mothers will also have access to the Avera Breastfeeding Center, with education, support and lactation consultants available seven days a week.
- Our OB physicians serve as laborists on site, 24/7, to provide continuous support for your labor and delivery.
- With our experienced perinatologists and neonatologists on staff and access to our Level III Neonatal Intensive Care Unit, you’ve got the best care for newborns who face medical complications.

# FAMILY EDUCATION VALUE PACKAGE

If you are interested in taking several of our classes, you may want to take advantage of our Family Education Value Package. For \$120 you will receive up to \$190 worth of class time, good for two years (only for the purchasing parent). You will be given a punch card worth 15 points, each point is good for 1 1/2 - 2 hours of class time. You may combine classes however you prefer. Below are two examples:

## Example 1:

First-time parent may attend:

Early Pregnancy . . . . .	1 point	(\$15)
Weekend Prepared Childbirth Class. . . . .	5 points	(\$80)
Newborn Care Class. . . . .	2 points	(\$30)
Breastfeeding Class . . . . .	1 point	(\$15)
Grandparenting Class . . . . .	1 point	(\$15)
Dad and Baby Class . . . . .	1 point	(\$15)
Four different Hot Topics for Parents . . . . .	4 points	(\$20)

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= 15 points at value of \$190

**YOUR COST IS \$120!**

## Example 2:

First-time parent may attend:

Early Pregnancy . . . . .	1 point	(\$15)
Six-week Prepared Childbirth Series. . . . .	6 points	(\$70)
Breastfeeding Class . . . . .	1 point	(\$15)
Dad and Baby Class . . . . .	1 point	(\$15)
Grandparenting Class . . . . .	1 point	(\$15)
Five different Hot Topics for Parents. . . . .	5 points	(\$25)

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= 15 points at value of \$155

**YOUR COST IS \$120!**

If you are interested in this package, please call the Avera McKennan Childbirth Education Coordinator at (605) 322-4481.

## **EDUCACIÓN SOBRE EL PARTO EN ESPAÑOL**

En este momento no tenemos clases en Español, pero si usted está interesada en educación sobre el parto, le ofrecemos varios videos en español que están disponibles para que usted los pida de la biblioteca del Hospital de Avera McKennan. La biblioteca está situada en la primer planta (ground) del Hospital. Si tiene preguntas de las clases o videos favor comunicarse con nuestra. Intérprete Español al (605) 322-8408.

## **VISITE LA UNIDAD DE PARTOS DE AVERA MCKENNAN**

Queremos que usted visite nuestra Unidad de Partos de último modelo.

Se ofrecen recorridos todos los Martes a las doce mediodía ó el primero y el tercero Lunes de cada mes a las 6:30 pm.

Para registrarse visite [www.Avera McKennan.org](http://www.Avera McKennan.org) o llame localmente al número (605) 322-6877 ó 1-877-AT-AVERA (1-877-282-8372)

Si usted no puede atender los recorridos en las horas indicadas, por favor llame al número (605) 322-4181 para hacer una cita para un recorrido privado.

## **TOUR THE AVERA MCKENNAN WOMEN'S CENTER**

We would love to have you take a look at our state-of-the-art Women's Center.

Tours are offered every Tuesday at noon or on the first and third Mondays of the month at 6:30 pm.

Register online at **[www.AveraMcKennan.org](http://www.AveraMcKennan.org)** or call locally **(605) 322-6877** or **1-877-AT-AVERA (1-877-282-8372)**.

If you are unable to attend at these tour times, please call **(605) 322-4181** to schedule a private tour.

A tour is included in most of the Prepared Childbirth Classes.

# MAYBE A BABY EVENT

The decision to become a parent is a major commitment filled with challenges, rewards and choices. When pregnancy is planned in advance, parents can make decisions that will benefit both the health of the mother and the baby. Maybe, A Baby Event is especially designed for individuals and couples thinking about having a baby. Physicians and nurses present this class in an open forum setting so you can meet the doctors and easily ask questions.

## Topics include:

- Healthy eating and lifestyle before conceiving
- Achieving a pregnancy
- Parenting issues
- Commitment planning
- Financial planning
- Options for providers

## Tuesday, 6:45 – 9 p.m.

COST: FREE

- February 15
- June 7
- October 4

Pre-register for all classes online at [www.AveraMcKenna.org](http://www.AveraMcKenna.org), call Avera McKenna at **1-877-AT-AVERA** (1-877-282-8372) or **(605) 322-6877**. Contact a childbirth education coordinator at (605) 322-4481 with any concerns regarding payments.

## EARLY PREGNANCY CLASS

The first few months of life are important to your developing baby. This class is designed to help you get your pregnancy and your baby off to a good start. The Early Pregnancy Class is most meaningful during the early months of pregnancy. You and your partner are encouraged to attend this class before your fifth month.

You will learn about:

- Growth and development of the fetus
- Emotional and physical changes
- Nutrition needs and avoiding harmful substances
- Your self-image and self-esteem needs
- Preterm labor recognition and prevention
- How your partner can be involved in the pregnancy experience

**Monday, 7 - 9 p.m.**

Cost: \$15/couple

- January 17
- March 14
- May 16
- July 18
- September 19
- November 14

# PREPARED CHILDBIRTH CLASS

This six-week series of prenatal classes is designed to prepare you for labor, delivery, transition to parenthood and baby care skills. The first four classes discuss labor and delivery and the last two classes discuss newborn care. Class size is limited, so please pre-register by your sixth month of pregnancy.

## Monday, 7 - 9 p.m.

COST: \$70/COUPLE

- January 10 – February 14
- February 28 – April 4
- April 18 – May 23
- June 6 – July 18  
(No class July 4)
- August 1 – September 5
- September 19 – October 24
- November 7 – December 12

## Wednesday, 7 - 9 p.m.

COST: \$70/COUPLE

- January 12 – February 16
- March 2 – April 6
- April 20 – May 25
- June 8 – July 13
- August 3 – September 7
- September 21 – October 26
- November 2 – December 14  
(No classes November 23)

Pre-register for all classes online at [www.AveraMcKenna.org](http://www.AveraMcKenna.org), call Avera McKenna at **1-877-AT-AVERA** (1-877-282-8372) or **(605) 322-6877**. Contact a childbirth education coordinator at (605) 322-4481 with any concerns regarding payments.

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# PREPARATION FOR BREASTFEEDING CLASS

This informative one-night class is for both expectant parents who are planning to breastfeed and for those who are undecided. Fathers/support persons are encouraged to attend.

## Topics include:

- Health benefits to mom and baby
- Tips for success
- Physical and emotional aspects
- Problem solving aspects
- Father's role
- Breast pumps
- Returning to work and breastfeeding

## **Tuesdays or Thursdays, 6:30 - 8:30 p.m.**

COST: \$15/COUPLE

- January 4 **or** 20
- February 1 **or** 17
- March 1 **or** 17
- April 5 **or** 21
- May 3 **or** 19
- June 7 **or** 16
- July 5 **or** 21
- August 2 **or** 18
- September 6 **or** 15
- October 4 **or** 20
- November 1 **or** 17
- December 6 **or** 15

# CARING FOR YOUR NEWBORN CLASS

The Caring For Your Newborn Class is available to expectant fathers and mothers before their baby is born to give them information about baby care skills. If you register for a Prepared Childbirth Class series, this class is included in the last two weeks.

## Topics include:

- Newborn physical and behavioral traits
- Breastfeeding and formula feeding information
- Baby care skills including:
  - Diapering
  - Bathing
  - Skin care
  - Circumcision care
- Baby's temperament
- Safety issues
- Postpartum concerns including:
  - Emotional issues
  - Postpartum care
  - Dad's role in newborn care

You may register separately for only the last two weeks of any Prepared Childbirth Class series or attend a Saturday class.

## **Saturday, 9 a.m. - 1:30 p.m.**

COST: \$30/COUPLE (LIGHT SNACK PROVIDED)

- January 22
- March 26
- May 21
- July 23
- September 17
- November 19

Pre-register for all classes online at [www.AveraMcKenna.org](http://www.AveraMcKenna.org), call Avera McKenna at **1-877-AT-AVERA** (1-877-282-8372) or **(605) 322-6877**. Contact a childbirth education coordinator at (605) 322-4481 with any concerns regarding payments.

# CARING FOR YOUR NEWBORN CLASS (CONT.)

## **Mondays, 7 - 9 p.m.**

COST: \$30/COUPLE

- February 7 and 14
- March 28 and April 4
- May 16 and 23
- July 11 and 18
- August 29 and September 5
- October 17 and 24
- December 5 and 12

## **Wednesdays, 7 - 9 p.m.**

COST: \$30/COUPLE

- February 9 and 16
- March 30 and April 6
- May 18 and 25
- July 6 and 13
- August 31 and September 7
- October 19 and 26
- December 7 and 14

# CAR SEAT CLASS

In South Dakota, all children under five years of age and under 40 pounds are required to use an approved child-safety seat. However, national statistics show that 80%-90% of the time, there is a problem with the installation (either with the way the child is secured in the car seat or the installation of the seat into the vehicle). If you have questions about your car seat, feel free to bring it to class with you!

Topics include:

- Types of car seats
- Tips for selecting a car seat
- General use instructions for rear-facing and forward-facing seats
- General vehicle installation instructions

**Thursday, 7 - 9 p.m.**

COST: \$15/COUPLE

- February 10
- May 12
- August 11
- November 10

Pre-register for all classes online at [www.AveraMcKenna.org](http://www.AveraMcKenna.org), call Avera McKennan at **1-877-AT-AVERA** (1-877-282-8372) or **(605) 322-6877**. Contact a childbirth education coordinator at (605) 322-4481 with any concerns regarding payments.

## **A NEW BABY IN OUR FAMILY**

For the youngest member of the family, Avera McKennan offers a special class to help them prepare for the baby's birth. "Big Brothers and Sisters are Special, Too" is available for children ages three and up. They will learn just what new babies are all about and how to be the best big brother or sister a new baby can have. A tour of the Women's Center helps siblings understand where mom will be when the new baby is born.

### **Thursday, 6:30 - 8 p.m.**

COST: \$10/FAMILY

- January 6
- March 3
- May 5
- July 7
- September 1
- November 3

### **Saturday, 10 - 11:30 a.m.**

COST: \$10/FAMILY

- February 19
- April 16
- June 18
- August 20
- October 15
- December 3

## MULTIPLE BLESSINGS CLASS

Expectant mothers of twins, triplets or more face special challenges during pregnancy and childbirth, as well as when caring for more than one baby at home. This class is designed to provide information and support to help expectant parents of multiple blessings. You and your partner are encouraged to attend this class before your fifth month.

Topics include:

- Pregnancy and childbirth differences
- Weight gain and body image
- What is needed for child care supplies
- Care of multiple infants including bonding, feeding and daily routines
- Promoting individualization of multiple infants
- Stress management for parents
- Peer support and resources

**Monday, 7 - 9 p.m.**

COST: \$15/COUPLE

- January 24
- April 25
- July 25
- October 24

Pre-register for all classes online at [www.AveraMcKennon.org](http://www.AveraMcKennon.org), call Avera McKennan at **1-877-AT-AVERA** (1-877-282-8372) or **(605) 322-6877**. Contact a childbirth education coordinator at (605) 322-4481 with any concerns regarding payments.

## GRANDPARENTS CLASS

This is a fun class designed to share ways in which grandparents can support and encourage new parents.

Topics include:

- Current birthing options
- Changes in baby care skills
- Grandparent's role
- Fostering traditions
- Long-distance grandparenting

**Monday, 7 - 9 p.m.**

COST: \$15/COUPLE

- January 10
- April 11
- July 11
- October 10

## CESAREAN SECTION CLASS

A safe and positive birth experience is important to everyone. This class can help you learn more about cesarean birth, review options and help you plan your birth experience.

**Monday, 7 - 8:30 p.m.**

COST: \$15/COUPLE

- February 28
- May 23
- August 22
- November 21

## **VBAC (VAGINAL BIRTH AFTER CESAREAN)**

If you are anticipating a VBAC delivery, please call (605) 322-4481 to set up a class time to help you prepare.

## **TEENAGE PREGNANCY CLASS**

Individual, private instruction helps meet the special needs of teens experiencing pregnancy. This class is by appointment only and fees will be determined when class time is scheduled. To schedule, call (605) 322-4481.

Topics include:

- Physical and emotional changes of pregnancy
- Nutrition/exercise
- Hospital procedures
- Decision-making
- Labor and delivery preparation
- Knowing your infant

Pre-register for all classes online at [www.AveraMcKennon.org](http://www.AveraMcKennon.org), call Avera McKennon at **1-877-AT-AVERA** (1-877-282-8372) or **(605) 322-6877**. Contact a childbirth education coordinator at (605) 322-4481 with any concerns regarding payments.

## **AVERA MOM'S CLUB**

All moms and babies are welcome to join us each week for the Avera McKennan Mom's Club! Located at the Avera Living Well Center at 2400 S. Minnesota Ave. We meet on Wednesdays from 2-3 p.m. (excluding holidays).

- Learn about mothering (and fathering) issues
- Weigh baby
- Learn from other moms
- Breastfeeding education/information
- Learn what resources are available
- Tips on returning to work when breastfeeding
- Much more

The cost is free.

Due to space limitations, we ask that this time be reserved for mom and baby.

## FERTILITYCARE SERVICES

Planning a family is one of the most important decisions a couple will make. With this in mind, Avera McKennan offers FertilityCare Services, a program that uses the Creighton Model. This method is based upon the couple's own knowledge of their naturally occurring cyclic phases of fertility and infertility. This information can help you space your pregnancy, and is 99.5% effective without the use of drugs, invasive procedures or surgery. For couples experiencing infertility, it can increase the chance of becoming pregnant by 20-40%. If you would like information on this program please call (605) 322-4434 or email at [fertilitycare@mckennan.org](mailto:fertilitycare@mckennan.org).

Introduction class is held the 2nd Tuesday of the month at 5:30 pm at the Avera McKennan Fitness Center.

## DOULA SERVICES

The doula is traditionally a woman who is trained and experienced in offering physical and emotional support to the birthing family, centering her focus on the laboring mother. The doula does not take your primary partner's place. Instead, she gives suggestions, helps you form questions for your caregivers and helps your labor partner support you through labor. The benefits of having a doula for labor include shorter, more comfortable labor; decreasing need for medication, epidurals and c-sections; allows partner to enjoy labor and birth and to be her primary support; and provides an objective point of view. If you would like more information on this service, please call (605) 322-4481.

Pre-register for all classes online at [www.AveraMcKennan.org](http://www.AveraMcKennan.org), call Avera McKennan at **1-877-AT-AVERA** (1-877-282-8372) or **(605) 322-6877**. Contact a childbirth education coordinator at (605) 322-4481 with any concerns regarding payments.

# PRENATAL/POSTNATAL MOMS: THE AVERA MCKENNAN FITNESS CENTER IS HERE FOR YOU!

1. Located onsite on the 4th floor at the Women's Center Spa, massage therapy, through AMFC, is one of five express spa services offered to Avera Women's Center patients. These services are included in their hospital stay and is our way of saying "thank you for choosing Avera" and offers our patients a little pampering before returning home.
2. Avera McKennan Fitness Center located at 3400 S. Southeastern Avenue, Sioux Falls.

Our Fitness Center offers facilities, staff guidance and programs within your membership which will enhance your efforts to get and stay fit. We provide services which are particularly helpful to moms and families.

## Included in membership:

- Personalized pre/postnatal exercise program
- Group exercise classes designed for pregnant women
- Lap pool and therapy pool access for members
- Family "Swim & Gym" - free weekly family time for families to use lap pool and basketball court

## Additional services (fee for service):

- FitKids on-site childcare for children age six weeks through eight years
- "Moms and Tots" swim lessons
- Private swimming lessons for children ages six months to three years (with a parent) and four years and above (parental attendance not required)
- Personal training
- Massage Therapy

Prenatal exercise can help you keep your stress level down, help maintain a healthy weight for pregnancy and give you a better self-image. It helps with better blood circulation which benefits you and your baby.