

2009 SCHEDULE

CHILDBIRTH CLASSES

Tuesdays, 6-8:30 pm

Call (585) 596-4017 to register for these free classes.

A six week series, the classes start:

JANUARY 6, MARCH 3, MAY 5

JULY 7, SEPTEMBER 1, NOVEMBER 3

CHILDBIRTH REFRESHER

Available by Request,
call 585-596-4017.

BREASTFEEDING BASICS

Tuesdays, 6 - 8 PM

To register, call 585-596-4017.

FEBRUARY 17, APRIL 14, JUNE 16,

AUGUST 18, OCTOBER 13, DECEMBER 15

SIBLING CLASS

Available by Request

To register, call 585-596-4017.

SMOKEFREE PREGNANCY

Smoking Cessation Information

Call 585-596-4017 or 593-1920

INFANT CPR

Call the American Red Cross,
585-593-1531 for dates and times.

SAFE SITTER

Contact the American Red Cross at
585-593-1531 for class schedule.

Childbirth and Family Education



The 2009 Schedule of Classes for
the Childbearing Year & Beyond



**PART OF THE
WOMEN'S HEALTH SERVICES AT**

Jones Memorial Hospital
191 North Main Street
Wellsville, New York 14895
(585) 596-4017/www.jmhny.org

CHILDBIRTH CLASSES

Expectant mothers and their support person attend these classes together to prepare for the birth of their child. All aspects of pregnancy and childbirth are covered, including nutrition, exercise, body changes, labor, birth, pain management, Cesarean birth, and postpartum adjustment. Essential information about newborn care (nutrition and safety) is also included.

CHILDBIRTH REFRESHER

If you have given birth before and prefer a review of information about labor and birth, hospital procedures, and breathing and relaxation exercises, this three-hour class may meet your needs.

BREASTFEEDING BASICS

Breastfeeding is a learned skill. Preparation is essential. This one-evening class will prepare you to get off to the best possible breastfeeding start. Because the support of fathers, grandparents, and others is so important, they are warmly invited and encouraged to attend.

SIBLING CLASS FOR NEW BROTHERS & SISTERS

This special class is for the children in the family preparing to welcome the new baby. Activities, discussion, and nursery tour are used to

help them feel a part of the experience.



PCAP/MOMS

The Prenatal Care Assistance Program, (PCAP) and Medicaid Obstetrical and Maternal Services (MOMS), covers all aspects of prenatal care throughout a woman's pregnancy, delivery, and postpartum period. With an emphasis on regular and on-going prenatal care, patient education, prevention and wellness. PCAP/MOMS is designed to help expectant mothers have a positive pregnancy and birth experience. For more information call (585) 596-4017.

Safe Sitter

This class focuses on early growth and development, maintaining a safe environment, making appropriate decisions in emergency and other important issues for the young babysitter. This class is designed for everyone.

INFANT CPR & SAFETY

An essential class for all new parents and caregivers. Choking rescue, cardiopulmonary resuscitation, and other important safety issues will be covered. This class is especially geared to the first year of life.