

WELCOMING YOUR BABY ...



University of Maryland Shore Regional Health 2017 Childbirth and Parent Education Programs

Labor and Delivery

- Overview of maternal reproductive health
- Preparing for and recognizing signs, symptoms and stages of labor
- Pain management options
- Labor induction
- Relaxation techniques for a positive birthing experience
- Tips for birthing partners
- Cesarean delivery
- Postpartum care and recovery
- Birthing Center tour – **COMING IN 2017...**
Newly renovated birthing suites

Saturdays, 9 a.m. - 3:30 p.m.

**UM Shore Medical Center at Easton,
Nick Rajacich Health Education Center**

- January 7
- February 4
- March 4
- April 8
- May 6
- June 3
- July 8
- August 5
- September 2
- October 7
- November 4
- December 2

New Mom, New Baby: Safety & CPR

Note: Participants will NOT be certified in CPR upon completion of this class.

Caring for Baby

- Feeding schedule and challenges
- Taking baby's temperature
- Circumcision and cord care

Caring for Mom

- Postpartum care
- Dealing with emotions and stress
- Returning to work after maternity leave
- Birth control options

Child Safety

- Home childproofing
- Immunizations

- Car seat safety
- Infant security
- Poisoning prevention
- When to call the pediatrician

Saturdays, 9 a.m. - 1:30 p.m.

**UM Shore Medical Center at Easton,
Nick Rajacich Health Education Center**

***Includes Birthing Center tour**

- February 11
- April 15
- June 17
- August 19
- October 21
- December 9

Breastfeeding Baby

- Tips and techniques for breastfeeding and pumping
- Latch and positioning assistance
- Overcoming challenges
- Maintaining milk supply

Breastfeeding Class

Saturdays, 9 a.m. - 12:30 p.m.

**UM Shore Medical Center at Easton,
Nick Rajacich Health Education Center**

- January 21
- March 18
- May 20
- July 22
- September 16
- November 18

Breastfeeding Support Group

First and third Tuesdays monthly, 10 - 11:30 a.m.

**UM Shore Medical Center at Easton,
Fifth Floor Meeting Room**

- January 3 & 17
- February 7 & 21
- March 7 & 21
- April 4 & 18
- May 2 & 16
- June 6 & 20
- July 11 & 25*
- August 1 & 15
- September 5 & 19
- October 3 & 17
- November 7 & 21
- December 5 & 19

**Note date change to second and fourth Tuesday*

Big Brother, Big Sister: Sibling Preparation

- Designed for children ages 3-8
- Adjusting to the new baby
- Caring for baby (bring a favorite doll or stuffed toy for practice)
- Interacting with little brother or sister
- Story time and/or video
- Tour of the Birthing Center

Saturdays, 9:30 - 11 a.m.

**UM Shore Medical Center at Easton,
Nick Rajacich Health Education Center**

- February 18
- April 29
- June 24
- August 26
- October 28
- December 16

All classes and support groups are offered free of charge. To register for the program(s) of your choice, please call **410-822-1000, ext. 5231** or e-mail jkaminskas@umm.edu. Please include your name, telephone number class name and date of desired participation.

For information about available sessions on Gestational Diabetes offered twice monthly at UM Center for Diabetes and Endocrinology, located at UM Shore Medical Center at Easton, call **410-822-1000, ext. 5195**.



UMShoreRegional.org/birthing



UNIVERSITY of MARYLAND
SHORE REGIONAL HEALTH

The Birthing Center at UM Shore Regional Health
UM Shore Medical Center at Easton, Fifth Floor
219 S. Washington Street, Easton, MD 21601