

Breastfeeding Works

Taught by the lactation team at St. Joseph Hospital, this informative class is designed for breastfeeding mothers planning on returning to work or school, or mothers wanting to know more about pumping and storage. Call 822-7743 to pre-register (required). General Hospital campus LAP room.

First Wednesday of each month, 5 to 6:30 pm

Jan. 5	Feb. 2	March 2
April 6	May 4	June 1
July 6	Aug. 3	Sept. 7
Oct. 5	Nov. 2	Dec. 7

Lactation Assistance Program (LAP)

This program provides hands-on assistance, education and support to moms and babies who need extra help with breastfeeding, regardless of where they delivered. Staffed by Board Certified Lactation Consultants and Lactation Educator.

Pediatric Physical Therapy Room at General Hospital campus.

Mondays, 2 to 6 pm (except holidays)

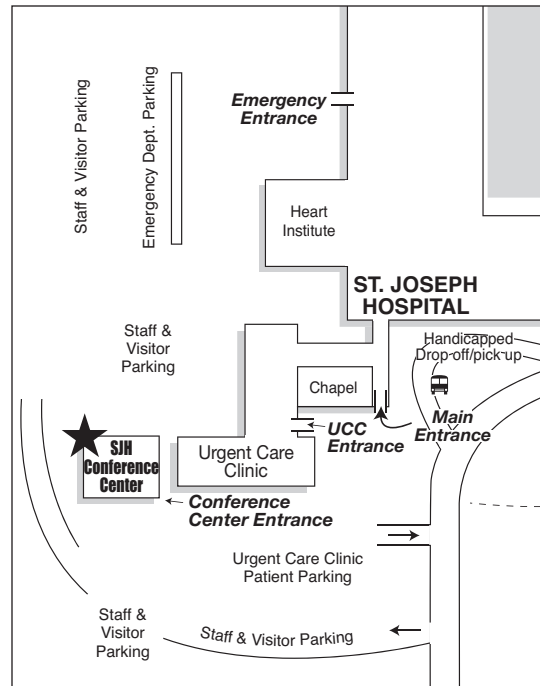
Call 618-9536 (this is a pager) and your call will be returned.

Infant Massage and Communication

This three class series teaches parents effective massage techniques to use with their babies. In addition, it teaches how to recognize and respond to infant cues, facilitate communication and bonding. Conference room 2 or 3.

Three consecutive Thursdays, 10 to 11:30 am

Jan. 20, Jan. 27, and Feb. 3
Aug. 25, Sept. 1, and Sept. 8
April 28, May 5, and May 12
December 1, 8, and 15



Fee Schedule

Free Classes: Hospital Orientation, Breastfeeding Support, and Basic Infant/Child Life Support

Single Classes: Early Pregnancy, Sibling Preparation, Refresher Class, and Breastfeeding and Bagels, \$5 each or Class Pass

Class Pass: \$25 entitles attendance of Prepared Childbirth Classes, plus any single classes.

Prenatal Yoga: by donation

No interested clients will be turned away for inability to pay - please see class instructor.

To register for classes call 269-3605

Classes are held at the St. Joseph Hospital Conference Center, room 1, located at the southwest corner of St. Joseph Hospital, 2700 Dolbeer Street, Eureka.

(unless otherwise indicated)

Class schedule also online: stjosepheureka.org

Childbirth Preparation & Related Classes 2011

offered by
the St. Joseph Hospital
Childbirth Center

Childbirth Center

St. Joseph Hospital 
ST. JOSEPH
HEALTH SYSTEM

Prepared Childbirth

This six-week course is designed to prepare expectant families for the emotional and physical aspects of childbirth. Comfort measures, relaxation, and breathing techniques are taught. Post-partum care and car seat-safety will be covered. Please bring pillows or mats.

Sundays, 5 to 7 pm

Feb. 13 – March 20 April 3 – May 8
May 22 – July 10 (no class May 29 or July 3)
July 24 – Aug. 28 Sept. 18 – Oct. 23
Nov. 6 – Dec. 18 (no class Nov. 27).

Mondays, 6:30 to 8:30 pm

Jan. 31 – March 7 March 21 – April 25
May 9 – June 20 (no class May 30)
July 11 – Aug. 15 Sept. 12 – Oct. 17
Oct. 31 – Dec. 5.

Early Pregnancy

Class covers prenatal exercises, nutrition, comfort measures, community resources, and support for the exciting time ahead. Partners are encouraged to attend.

Quarterly, second Tuesday of the month 6:30 to 8:30 pm

Feb. 8 May 10 Aug. 9
Nov. 8

Comfort Measures for Labor and Delivery

A one evening class covering and practicing coping and relaxation techniques for labor and birth.

Mondays, 6:30 to 8:30

Jan. 24 March 14 May 2
June 27 Aug. 22 Oct. 24
Dec. 12

Basic Infant/Child Life Support Class and Child Safety

This class teaches the principals of infant and child resuscitation, plus common sense child safety.

First Thursday of each month, 6 to 8 pm

Jan. 6 Feb. 3 March 3
April 7 May 5 June 2
July 7 Aug. 4 Sept. 1
Oct. 6 Nov. 3 Dec. 1

Sibling Preparation

This class is designed to help support young brothers and sister for the arrival of the new baby. Information will be shared on the birth process, sibling attachment, and newborn care. Pre-registration is required.

First Saturday of each month, 10 am to 12 pm (no class in January or July)

Feb. 5 March 5 April 2
May 7 June 4 Aug. 6
Sept. 3 Oct. 1 Nov. 5
Dec. 3

Hospital Orientation

An in-depth look at the Childbirth Center at St. Joseph Hospital. Groups meet at the Childbirth Center waiting room at St. Joseph Hospital.

Second Tuesday of each month, 6 to 7:30 pm

Jan. 11 Feb. 8 March 8
April 12 May 10 June 14
July 12 Aug. 9 Sept. 13
Oct. 11 Nov. 8 Dec. 13

Fourth Sunday of each month, 3 to 4:30 pm (Third Sundays in Nov. and Dec.)

Jan. 23 Feb. 27 March 27
April 24 May 22 June 26
July 24 Aug. 28 Sept. 25
Oct. 23 Nov. 20 Dec. 18

Parents' Night

Join other parents and expecting parents for a series of classes sharing educational information and problem solving. Topics will include baby wearing, sleep issues (baby's and parents), child care, first foods, and other concerns.

Second, third, and fourth Thursday of each month, 6 to 8 pm.

Prenatal Yoga

A weekly class that can be joined at any point in pregnancy. Stretching, strengthening, and relaxation are taught to help prepare for labor. Bring a blanket or mat. Class meets in the Burre Room (third floor) of the General Hospital Campus.

Fridays, 1:30 to 3 pm

Refresher Class

This is a class for families who have previously given birth. Labor review, comfort measures, and a long relaxation are included.

Third Tuesday of each month, 6:30 to 8:30 pm (Second Tuesday in Dec.)

Jan. 18 Feb. 15 March 15
April 19 May 17 June 21
July 19 Aug. 16 Sept. 20
Oct. 18 Nov. 15 Dec. 13

Breastfeeding and Bagels

This in-depth class covers breastfeeding basics and beyond. Partners are highly encouraged to attend.

Second Saturday of alternate months, 10:30 am to 1 pm.

Taught by board-certified lactation consultant Star Siegfried. Held in the General Hospital LAP room.

Feb. 12 April 9 June 11
Aug. 13 Nov. 12 Dec. 10

Sundays at seven week intervals, 5 to 7 pm

Taught by board-certified lactation consultants Kit Meyer and Linda Willcut.

Jan. 30 March 27 May 15
Sept. 11 Oct. 30

Mother to Mother Support Circle

Come chat and socialize with other moms and their babies. Problem solve parenting and baby issues, share stories, and make new friends. Weekly infant weight checks and health topics presented by Star Siegfried, RN, a Board Certified Lactation Consultant. Newborns to one year. Group meets in the Conference Room at 317 3rd St. in Eureka.

Tuesdays, 10 am to 11:30 am

Breastfeeding Care Line

A phone service women can call with questions or concerns about breastfeeding. We look forward to hearing from you! All calls will be returned within 24 hours by the St. Joseph Hospital Lactation Team.

Call 445-8121 ext. 7536