

Infant Feeding Class

For moms-to-be who have made the decision to breastfeed or for those who are still uncertain, the infant feeding class offers up-to-date information about the advantages of breastfeeding. Topics include:

- Benefits of breastfeeding based on research
- Basic breastfeeding techniques
- Pumping and storage of milk for working mothers
- Storage of formula and the introduction of solid foods

We recommend parents take the infant feeding class in the sixth or seventh month of pregnancy.

2012 Class Schedule

Wednesday night, 7-9 p.m.

January 25

July 25

March 28

September 26

May 23

November 28

tiny toes
A TIP-TOP OB CLUB

Make sure you get things started on the right foot by being part of our Tiny Toes program.

Member benefits include:

- Skilled and experienced staff
- Online resources and information
 - Birthing classes
 - Keepsakes and more

www.WoodlandHeights.net/TinyToes



WOODLAND HEIGHTS
MEDICAL CENTER

505 S. John Redditt Drive • Lufkin, TX 75904

www.WoodlandHeights.net

Woodland Heights Medical Center is directly or indirectly owned by a partnership that proudly includes physician owners, including certain members of the hospital's medical staff.

PRENATAL EDUCATION

Your baby will be here before you know it!



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All prenatal education classes are held in the Second Floor Classroom of Woodland Heights Medical Center unless otherwise noted. Call [936-699-CARE \(2273\)](tel:936-699-CARE) for information or to register.

Early Pregnancy Class

Early pregnancy classes are designed to inform new mothers-to-be about the normal progression of the pregnancy and focuses on the health and well being of the mother as well as the fetus. Topics include:

- Diet and exercise
- Pregnancy do's and don'ts
- Common discomforts of pregnancy and how to minimize them

We recommend moms take the early pregnancy class in the second to fourth month of pregnancy.

2012 Class Schedule

Tuesday night, 6-8 p.m.

February 7	August 7
April 3	October 2
June 5	December 4

Introduction to Prepared Childbirth

Expectant parents enrolled in this class are provided with information to help them be physically and emotionally prepared for the childbirth experience. Each session is held for four consecutive weeks on Tuesday nights.

During the first class, parents-to-be will learn about hospital registration and the process for obtaining a birth certificate, and will tour the Women's Center. The stages of labor and birth are presented. Participants will receive basic information to make their hospital visit easier.

A local pediatrician will visit during the second session to help expectant parents become more prepared for the arrival of their newborn. Infant CPR and car seat safety will also be presented during this class.

The third session is devoted to relaxation and breathing techniques and effective coaching techniques.

During the final session, the newborn care class covers topics such as bathing, diapering and calming techniques, as well as infant safety and when to call the doctor.

We recommend parents take the prepared childbirth class in the sixth or seventh month of pregnancy and we encourage partners to participate.

2012 Class Schedule

Tuesday nights, 7-9 p.m.

(each class meets for four weeks)

January 3, 10, 17, 24	July 10, 17, 24, 31
March 6, 13, 20, 27	September 4, 11, 18, 25
May 1, 8, 15, 22	November 6, 13, 20, 27