

Boone Hospital Center Family Life Education Programs 2008

Boone Hospital Center is proud to offer a selection of several family life education courses to expectant parents. These programs are open to the entire community. Following are the courses BHC offers, with a brief description of each class.

Registration is required for all classes. To register, please call 573-815-6400 or 800-872-9008. During the registration process, you will be provided with information on class availability, location and payment information. Early registration is recommended to insure a place in class. Class dates and times are subject to change.

Better Beginnings with Breast-feeding – one session held from 7 – 9 p.m.

Breast-feeding is a rewarding experience that will provide many special moments for mother and baby. While breast-feeding is natural, it is a learned skill. This 2-hour class is designed to provide breast-feeding education, support and guidance.

January 3	July 10
January 17	July 24
February 7	August 7
February 21	August 21
March 6	September 4
March 20	September 18
April 3	October 2
April 17	October 16
May 1	November 6
May 15	November 20
June 5	December 4
June 26	

Prepared Childbirth (Lamaze) – five-week series held from 7 – 9 p.m.

This five-week childbirth class offers detailed childbirth preparation in a small group setting. The class size is limited to encourage discussion, questions and individual attention. Topics include physical and emotional changes of pregnancy, the labor and birth process, Cesarean birth, pain management, postpartum and the newborn. This class integrates massage and breathing awareness with relaxation training.

January 2 – January 30	May 14 – June 11
January 7 – February 4	June 23 – July 21
January 8 – February 5	June 24 – July 22
February 13 – March 12	June 25 – July 23
February 18 – March 17	August 4 – September 1
February 19 – March 18	August 5 – September 2
March 31 – April 28	August 6 – September 3
April 1 – April 29	September 15 – October 13
April 2 – April 30	September 16 – October 14
May 12 – June 9	September 17 – October 15
May 13 – June 10	October 20 – November 17

October 22 – November 19
October 28 – November 25

November 24 – December 17
December 2 – December 16*
*Only 4 week session

Childbirth in a Day – (1) eight hour session on Saturdays from 8 a.m. – 5 p.m.

This one-day, prepared childbirth (Lamaze) class includes the same topics as the five-week class, but in a condensed format.

January 5
January 12
February 2
February 9
February 16
March 1
March 8
April 5
April 12
April 19
May 3
May 10
June 7
June 14
June 21

July 12
July 19
August 2
August 9
August 16
September 6
September 13
October 4
October 11
October 18
November 1
November 8
December 6
December 13
December 20

Refresher Childbirth – one session held on Saturdays from 9 a.m. – 1 p.m.

Parents who have had previous childbirth instruction will appreciate this quick review of breathing and relaxation techniques, labor, delivery and postpartum, along with an update on new birthing concepts and practices. Discussion of sibling preparation and adjustment is included.

January 19
March 15
May 17

July 26
September 20
November 15

Fit for Delivery – a six-week series on Thursdays from 6 – 7:30 p.m.

Would you like an easier delivery and a quicker recovery back to your pre-baby body? This 6-week course teaches expectant mothers specific flexibility and strengthening exercises designed to prepare your body for the demands of delivery and what to do after delivery to get your shape back more quickly. Classes also include discussion topics on nutrition, body mechanics before and after baby, preventing urinary incontinence, and other post-partum issues. This class is recommended for those that are at least 3 months pregnant.

January 8 – February 12
April 1 – May 6
July 8 – August 12
October 7 – November 11

Infant Safety and CPR – one 2-hour session from 7 – 9 p.m.

This class includes basic infant safety awareness and instruction of recommended CPR techniques.

January 24

February 28

March 13

April 24

May 22

June 19

July 17

August 28

September 25

October 23

November 13

December 11

Kids Klass – One-hour session from 4:30 – 5:30 p.m. Parents are welcome to attend.

This time is specially scheduled to acquaint new big brothers and sisters with The Birthing Center at Boone Hospital, and offers age-specific information on adjusting to a new baby in the family.

January 8

February 5

March 11

April 1

May 6

June 3

July 1

August 5

September 2

October 7

November 4

December 2

For any additional questions regarding Family Life Programs at Boone Hospital Center, call 573-815-6400 or 800-872-9008 or visit our website at www.boone.org.

