

Everything Baby....

Classes for Expectant and New Parents

Teer House Schedule January - June 2010

revised 11/09/2009

Classes are targeted to Duke/Durham Regional deliveries.
To register, call 1-888-ASK-DUKE or online at www.dukehealth.org.

Guided Tours of the Labor and Delivery Unit

Guided tours of Labor and Delivery are offered at Duke Hospital and Durham Regional Hospital. Please register to attend the tour at the hospital where you are scheduled to deliver your baby.

Tours include a brief presentation as well as a walking tour of the Birthing Center. Adult family members are welcome to accompany soon-to-be parents. Please be aware that, as of this printing, current H1N1 policy dictates no one under 18 years of age is allowed to visit hospital units. When registering, please check to see if more or less restrictive visiting policy is in place. Registration for all attendees is required.

Duke Hospital Tours (2nd Floor Lecture Hall area of Duke Hospital) - OB tours are held **every 1st, 2nd, and 3rd Thursday evening at 6:00 pm**. Please arrive a few minutes before 6:00 pm at the **2nd Floor Lecture Halls**. Take the elevators from the main lobby or RT level to the second floor. Note the hallway directly in front of the elevators leads to the Lecture Halls.

Durham Regional Hospital Tours (First Floor/First Level Classroom) - OB tours are **every Tuesday evening at 7:00 pm**. Please arrive a few minutes before 7:00 pm in the **First Level/First Floor Classroom**. Take the elevators from the main lobby (which is level 3) to level 1. Following signs to the cafeteria, the First Floor Classroom is located past the cafeteria exit (where the cash registers are located) and just beyond the dining seating area on your right.

Prepared Childbirth Classes

Educators trained as Lamaze certified childbirth instructors (LCCE) teach all classes at Teer House. The eight (8) hour series is available on weekdays or weekends. Expectant parents are encouraged to complete the series by their 34-37th week. **Register early, space is limited.** Fee: \$80 for the series of classes. We recommend you attend the tour prior to beginning this series since some dates may conflict.

The series of classes includes information and practice sessions on:

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|--------------------------|--------------------|----------------------------------|
| *Signs of labor | *Stages of labor | *Vaginal and cesarean births |
| *Pain management options | *Comfort measures | *Breathing techniques |
| *Role of the coach | *Hospital routines | *Coping with unexpected outcomes |

Instructors: Debbie Carter, LCCE, Joan Levy, RN, LCCE, Monica Taylor, LCCE candidate

Tuesday/Thursdays, (6:30-8:30 pm) January 5, 7, 12, 14; February 2, 4, 9, 11; February 23, 25, March 2, 4; March 30, April 1, 6, 8; May 4, 6, 11, 13; June 1, 3, 8, 10

Saturday/Sunday, (9:00am - 1:30pm) January 16-17; February 27-28; March 27-28; April 24-25; May 22-23; June 12-13

Preparing for Cesarean Birth **Fee: \$20**

Open to those moms and dads/support persons who are having a scheduled Cesarean birth. The class will cover information specific to the birth process and recovery period. All classes are Wednesday, (6:30-8:30 pm) January 20, March 17, May 19

Breastfeeding Classes **Fee: \$15.00**

Information on: advantages and barriers to breastfeeding; how to establish effective breastfeeding routines; how to recognize and avoid potential challenges. Dad/Support Person encouraged to attend with Mom.

Monday, (6:30-8:30 pm) February 8, June 7

Tuesday, (6:30-8:30 pm) April 19, April 27, May 18

Wednesday, (6:30-8:30 pm) January 6, February, 3, March 3, March 24, April 7, May 5, June 2

Thursday, (6:30-8:30 pm) January 21

Sunday, (2-4:00 pm) January 10, February 21, March 7, May 16, June 6

Baby Care Class Covers the basics of newborn care/appearance through the first month after birth. Dad/Support Person encouraged to attend with Mom.

Monday, (6:30-8:30 pm) January 25, April 26

Tuesday, (6:30-8:30 pm) March 23, May 25, June 29

Wednesday, (6:30-8:30 pm) January 13, February 10, February 24, March 10, April 14, May 12, June 16

Saturday, (10:00 am- 12 noon) January 23, February 20, March 20, April 17, May 15, June 5

Infant/Child CPR and Safety (PBLS)

Fee: \$35 per person or \$50 per couple. Please take class before week 34.

Monday, (6:30 - 8:30 pm) April 12, May 17, June 21

Tuesday, (6:30-8:30 pm) March 9

Wednesday, (6:30-8:30 pm) January 13

Thursday, (6:30-8:30 pm) February 18, April 29, June 17

Saturday, (10:00 -12noon) January 9, February 6, March 6, May 1

Pointers from a Pediatrician

Learn about tests and procedures that are routine for newborns including information regarding circumcision. Explore how to choose a pediatrician, early childhood development, and injury prevention.

Wednesday, (6:30 - 8:30 pm) January 20, March 17, May 19

Epidural Pain Relief and Other Options

(Duke South Clinic Building – Medical Center Boardroom)

To assist mothers make informed decisions about pain relief during labor, this class is facilitated by an anesthesiologist and nurse who provide care in the Duke Birthing Center. Note - those wanting in-depth knowledge about the labor process and all pain relief options are encouraged to register for a Prepared Childbirth class.

Thursday, (7:00-9:00 pm) February 11, April 8, June 10

Preparing NOW for Postpartum Changes

An overview of the biggest sources of postpartum stress. Discover what helps couples pull together and strategies for managing changing family dynamics with tips for easing the transition from partners to parents. Come learn, and even laugh, as William S. Meyer, MSW and Joan Levy, RN, MSN, LCCE, speak to expectant mothers and fathers about why life after baby is a whole new ball game.

Thursday, (7:00 -9:00 pm) January 14, March 11, May 13

Life with Baby – Classes and Support for New Parents

Motherhood: The New Reality Show

Bring the baby, pack a lunch and join other new moms as we brainstorm tips on infant care and surviving motherhood. We will discuss developmental milestones of infants, offer suggestions for transitioning back to work, and share resources for staying at home full-time. Class/support group is targeted to moms who are 3-12 weeks post delivery; however, any new mother is welcome. Classes are facilitated by Duke Pediatric Residents/Pediatrician and Teer House Breastfeeding Educator/Lactation Consultant.

Monday, (12:30 - 2:00 pm) January 11, February 1, February 15, March 1, March 15, March 29, April 12, May 3, May 17, June 7, June 21

Getting in Shape After Baby

Bring your baby and have fun participating in exercises to tone your belly, regain core stability and improve your strength. This 8 week ongoing series of classes is targeted to new moms who are just beginning to exercise after pregnancy. Moms should be at least 6 weeks but not greater than 3 months postpartum when beginning class. It is recommended that moms attend each week, however not mandatory. If you experienced a cesarean birth, please bring medical clearance from your physician to exercise.

Facilitated by: Carol Casper Figuers, PT, EdD and Jessa Brown, PT, Women's Health Physical Therapists.
Every Tuesday morning, 11:30am – 12:30pm

New Tools for New Dads

Class is designed in discussion group format to provide information for new dads to assist them beginning their own routines with a new baby in the home. Topics will be group determined and typically cover: managing alone time with the baby, maintaining communication and intimacy with partner; balancing relatives' demands with new families needs; and balancing work and family.

Facilitated by Pediatrician Joseph A. Jackson, Jr,
Wednesday, (6:30 - 8:00 pm) January 6, March 3, May 5

Infant Massage Class (Fee - \$40)

This 2 part series will introduce parents to the basics of infant massage. Infants ages 1 month – 6 months may participate. All classes are taught by Certified Infant Massage Instructors. "Baby's First Touch" massage book and massage oil provided.

Tuesday & Thursday (10:30-11:30 am) January 26, 28

Monday & Thursday (11:00-12:00 pm) March 22, 25

Monday & Wednesday (11:00-12:00 pm) May 3, 5

Back Pain in New Moms

Tips on easing postpartum back pain with movement, postural changes, and exercise routines. Babies welcome.

Carol Casper Figuers, PT, EdD
Tuesday, (6:30-8:00 pm) March 2

Other Helpful Parenting Classes at Teer House:

●**Little Talking Hands: Sign Language and Your Baby**

Learn how using ASL (American Sign Language) with your baby can help reduce frustration and tantrums, build language skills and enter your baby's world. Participants will develop skills in a few basic signs.

Jessica Kelly, Certified Infant Sign Language Instructor

Thursday, (6:30pm -7:30 pm) January 7

Tuesday, (6:30-7:30 pm) May 25

●**Baby Meets Bowser**

Do you know the three most important things to do to prepare your dog for your new baby? Learn how to help your dog and your baby become friends right from the start.

Barbara Shumannfang, CPDT, dog trainer and author of "Happy Kids, Happy Dogs: Building a Friendship Right from the Start."

Monday, (6:30-8:00 pm) January 11

●**Choosing Quality Childcare**

Explore options to help you find affordable, safe childcare.

Pamela Stover Johnsen, Child Care Services Assoc.

Wednesday, (6:30-7:30 pm) January 13, February 10, March 10, April 14, May 12, June 9

●**Keeping Kids Healthy in a Fast Food Pace**

Discover the "5-3-2-1 Almost None" plan for encouraging healthy eating and increasing activities with your child.

Julia L. Wacker, MSW, MSPH

Thursday, (7:00-8:30 pm) January 14, February 11,

Tuesday, (7:00-8:30 pm) March 9

●**Parenting Toddlers: Both Fun and Frustrating**

Learn tips to effectively parent toddlers including appropriate discipline, coparenting, and consistency.

Julia L. Wacker, MSW, MSPH

Tuesday, (7:00- 8:30 pm) February 2

●**Healthy New Moms: Outreach Program for Postpartum Mothers**

New moms who have a baby in the Intensive Care Nursery are welcome to attend an exercise and wellness program provided by the Duke Women's Physical Therapy Program. The mission of the program is to promote wellness and provide information about postpartum health concerns. Physical therapists offer free Monday night neck massages, and can answer questions and provide materials to teach the moms about body mechanics, c-section scar massage, pelvic floor health, etc. See sign up information on the unit. For more information, contact Emily Patterson at 919-668-0944.

To register, call 1-888-ASK-DUKE or online at www.dukehealth.org.

For additional classes, please refer to the events calendar at <http://teerhouse.dukehealth.org>.

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