

# Everything Baby....

## Classes for Expectant and New Parents

### Teer House Schedule July - December 2011

revised 5/1/2011

**Classes are targeted to Duke/Durham Regional deliveries.  
To register, call 1-888-ASK-DUKE or online at [www.dukehealth.org](http://www.dukehealth.org).**

## Guided Tours of the Labor and Delivery Unit

**Guided tours of Labor and Delivery are offered at Durham Regional Hospital for those patients who are scheduled to deliver there.**

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. Children may attend however please be respectful of other participants should the child become disruptive. Registration for all attendees is required.

**PLEASE NOTE:** Photo ID is required for every adult participant touring the birth unit. Those without picture ID are welcome to attend the short educational session presented prior to the unit tour.

**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.

**Duke Hospital** no longer provides on unit tours. While virtual tours are in development, please email Joan Levy at [Joan.levy@duke.edu](mailto:Joan.levy@duke.edu) for a Birth Center brochure.

## Prepared Childbirth Classes **Fee: \$80 for the series**

Lamaze trained childbirth educators (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 34-37<sup>th</sup> week. **Register early, space is limited.** This class is open to participants who will be delivering at Duke Hospital or Durham Regional.

The series of classes includes information and practice sessions on:

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

Instructors: Debbie Carter, Joan Levy, Monica Taylor

Tuesday/Thursdays, (6:30-8:30 pm) July 5, 7, 12, 14; August 2,4,9,11; September 6, 8, 13, 15; October 4, 6, 11, 13; November 1, 3, 8, 10; November 29, December 1, 6, 8

Saturday/Sunday, (9:00am - 1:30pm) July 23-24; August 20, 21; September 24, 25; October 15, 16; \_November 19, 20; December 17, 18

## 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.

Wednesday, (7:00-8:30 pm) July 13, August 10, September 14, October 12, November 9, December 14

## Breastfeeding Classes **Fee: \$20.00**

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. The fee includes a booklet and access to an online course review.

Monday, (6:30-8:30 pm) August 29, November 21

Tuesday, (6:30-8:30 pm) December 20

Wednesday, (6:30-8:30 pm) July 13, July 27, August 10, September 14, October 12, November 9, December 14

Thursday, (6:30-8:30 pm) September 22, October 20

Sunday, (2-4:00 pm) July 17, August 14, September 11, October 2, November 6, December 4

## Baby Care Class **Fee: \$15.00**

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) July 11, July 25, September 12, October 10, December 12, December 19

Tuesday, (6:30-8:30 pm) August 16, August 30, September 27, October 25, November 15

Wednesday, (6:30-8:30 pm) November 30

Saturday, (10:00 am- 12 noon) July 9, August 6, September 10, October 1, November 5, December 3

## Infant/Child CPR and Safety (PBLS) **Fee: \$35/person or \$50/couple**

Participants receive an introduction to infant and child safety strategies along with CPR training according to the American Heart Association Friends and Family CPR standards. This class does not provide participants with certification cards. For your comfort, we recommend taking this class before week 34.

Monday, (6:30 - 8:30 pm) September 12, October 3, November 7

Tuesday, (6:30 - 8:30 pm) July 19, August 30

Wednesday, (6:30 - 8:30 pm) August 3

Saturday, (10:00 -12noon ) September 10, October 1, November 5, December 3

## 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) July 20, September 21, November 16

## 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) July 14, September 8, November 10

## 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, answer feeding questions, 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. Come as often as you like! Classes are facilitated by Duke Pediatric Residents/Pediatrician and Teer House Breastfeeding Educator/Lactation Consultant.

Monday, (12:30 - 2:00 pm) July 11, July 25, August 1, August 15, August 29, September 12, September 26, October 10, October 31, November 14, November 28, December 12

**Back to Work** - Support group for moms who are working or are planning to soon return to work. While time will be spent on how to effectively continue breastfeeding in the workplace, the group's topics will fluctuate to meet the needs of those attending. Moms are encouraged to bring babies, but no dads or toddlers in this group.

Wednesday (6:30 - 8 pm) July 20, August 17, September 21, October 19, November 16, December 21

### New Tools for New Dads

Class is designed in discussion group format to provide information for new dads (and dads-to-be) to assist them beginning their own routines with a new baby in the home. Enjoy lively conversations with other dads on managing alone time with the baby, maintaining communication and intimacy with partner; balancing relatives' demands with new families needs; and balancing work and family. We encourage you to bring your baby, but no moms allowed!

Facilitated by a male pediatrician (and dad)!

Wednesday, (6:30 - 8:00 pm) July 27, August 2, September 28, October 26, December 7

### 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 5 week 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. If you experienced a cesarean birth, please bring medical clearance from your physician to exercise. To get the most benefit, it is recommended that moms attend the entire series, but it is not mandatory.

Facilitated by: Carol Casper Figuers, PT, EdD, Women's Health Physical Therapist.

Tuesday mornings, (11:30am - 12:30pm) September 20, 27, October 4, 11, and 18.

### 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.

Monday/Wednesday, (10:30-12noon) September 12 & 14

Monday/Wednesday, (1:00-2-30pm) July 14 & July 18; October 17 & 19

Tuesday & Thursday (10:30 - 12noon) August 2 & 4

**PLEASE NOTE: All of these classes are for parents and infants. Unfortunately we are not equipped to accommodate toddlers and older children.**

## 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. This class describes when to get started and introduces 10 basic signs.

Jessica Kelly, Certified Infant Sign Language Instructor

Tuesday, (6:30pm -7:30 pm) September 20

### ●Dogs and Storks

Get tips on positive and practical solutions families can implement to help ease into life with dogs and baby. Planning and preparing ahead increases safety and decreases stress for everyone.

Some of the topics covered include jealousy, body language, sensitivities and safety. Class is taught by Jennifer Shryock, certified dog behavior consultant and mother of four.

Sunday, (2pm - 4pm) October 2; December 4.

### ●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) July 13, August 10, September 14, October 12, November 9, December 14

### ●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 (1-888-275-3853) or online at [www.dukehealth.org](http://www.dukehealth.org).**

**Teer House  
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