

# Everything Baby....

## Classes for Expectant and New Parents

### Teer House Schedule January – June 2012

revised 10/19/2011

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 tours of the unit. A virtual tour can be viewed at [http://www.dukehealth.org/locations/duke\\_birthing\\_center](http://www.dukehealth.org/locations/duke_birthing_center).

## 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:

- |                          |                    |                                  |
|--------------------------|--------------------|----------------------------------|
| *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, Joan Levy, Monica Taylor

Tuesday/Thursday, (6:30-8:30 pm) January 10, 12, 17, 19; January 31, February 2, 7, 9; March 13, 15, 20, 22; April 3, 5, 10, 12; May 15, 17, 22, 24; June 5, 7, 12, 14

Saturday/Sunday, (9:00am - 1:30pm) January 7 & 8; February 11 & 12; March 3 & 4; April 28 & 29; May 5 & 6; June 23 & 24

**Preparing for Cesarean Birth** – to request a handout and additional information, please contact Joan Levy, EdS, MSN, RN, IBCLC, LCCE at 919-477-2644 or joan.levy@duke.edu.

## **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, April 30 (6:30-8:30 pm)

Wednesday, (6:30-8:30 pm) January 11, January 25, February 8, March 14, March 28, April 11, May 9, June 13

Tuesday, (6:30-8:30 pm) February 21, March 6, May 29, June 19

Sunday, (2pm-4 pm) January 22, February 19, April 22, May 20, June 3

## **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) January 30, February 6, February 27, April 9, April 23, May 7, May 21, June 11, June 25

Wednesday, (6:30-8:30 pm) January 4, March 7

Thursday, (6:30-8:30 pm) March 29

Saturday, (10 am – 12 noon) January 21, February 18, March 17, April 14, May 19, June 2

## **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) January 30, March 12, May 21

Wednesday, (6:30 – 8:30 pm) February 22, April 4

Thursday, (6:30 – 8:30 pm) April 26, June 21

Saturday, (10 am - 12noon ) January 14, February 11, March 10, May 19, June 2

## **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 18, March 21, May 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) January 5, March 8, May 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 pm) – group meets weekly.

**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) January 18, February 15, March 21, May 16, June 20

Tuesday (6:30-8:pm) April 17

### 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) January 25, February 22, March 28, April 25, May 23, June 27

### 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 6 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) January 31, February 7, 14, 21, (skip 2/28), March 6 and 13.

### 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, (1-2pm) January 24 & 26

Monday/Wednesday (11am - 12noon) March 5 & 7, May 14 & 16, June 4 & 6

**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

### ●**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 11, February 8, March 14, April 11, May 9, June 13

### ●**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

Sunday, (2pm - 4pm) January 22

### ●**The Dog and Baby Connection**

Get positive and practical dog and baby/toddler friendly solutions to help increase safety and fun.

Jennifer Shryock, certified dog behavior consultant

Sunday, (2pm-4pm) February 19

### ●**Urinary Incontinence: Non-Surgical Approaches**

Exercise and behavioral management approaches to decreasing urinary incontinence due to aging or childbirth.

Carol C Figuers, PT EdD

Tuesday, (11:30am-12:30pm), March 20

### ●**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

Thursday, (6:30pm -7:30 pm) April 12

### ●**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. Updates about the program can be found in 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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