

## Maternity Tour/Healthy Beginnings

### 1 class • 1½ hours

Provides information to enhance the health and safety of mother, baby, and family. Includes a guided tour of our Women's Health and Birthing Center. Educates expectant parents on what to do when that special day arrives. This class is designed to be taken early in the pregnancy at approximately 18–20 weeks. All classes are held in Main Hospital. Please go to the first floor information desk upon your arrival.

#### SUNDAYS — 2–3:30 p.m.

July 15	October 14
July 29	October 28
August 12	November 4
August 26	November 18
September 9	December 2
September 23	December 16

#### TUESDAYS — 9:30–11 a.m.

August 7  
October 2  
December 4

#### THURSDAYS — 7–8:30 p.m.

July 19  
September 20  
November 15

## Childbirth Preparation

### 4 classes • 2 hours each

Increases confidence and knowledge of the childbirth experience. Teaches signs and stages of labor, stress management skills (relaxation and breathing techniques), comfort measures, labor and delivery options, and helpful hints on going home after delivery.

Instructions: Bring coach (support person), two pillows, and blanket, and wear comfortable clothes (women's slacks).

#### WEDNESDAYS — 7–9 p.m. at Stony Point Women's HealthCare

June 6–June 27  
August 8–August 29  
October 3–October 24  
November 28–December 12

#### THURSDAYS — 7–9 p.m. at Main Hospital, 9th Floor, Room 9-304

July 12–August 2  
August 30–September 20  
October 25–November 15

This course is offered on Saturdays in a condensed format for those who cannot attend a series. Bring lunch or lunch money.

#### SATURDAYS — 9 a.m.–4 p.m. at Main Hospital, 9th Floor, Room 9-304

June 23  
July 14  
September 22  
November 17

## Teen Childbirth Preparation

### 1 class • 7 hours

This class is designed to provide encouragement and information on childbirth preparation geared to the physical and emotional needs of expectant teens. Bring two pillows, blanket, lunch or lunch money, and wear slacks. Bring coach or support person.

#### SATURDAYS — 9 a.m.–4 p.m. at Main Hospital, 9th Floor, Room 9-304

August 25  
October 27

## Sibling Class

### 1 class • 1½ hours

Helps future big brothers and big sisters prepare for their new roles in the family. This class is structured for preschool- to early elementary-age children.

#### SUNDAYS — 4–5:30 p.m. at Main Hospital, 8th Floor Conference Room

July 15  
September 9  
November 4

## Special Deliveries—"Just in Case"

### 1 class • 2 hours

Educates expectant parents on cesarean births, versions, inductions, and vaginal birth after cesarean births (VBAC).

#### WEDNESDAYS — 7–9 p.m. at Stony Point Women's HealthCare

August 22  
October 17  
December 12

#### THURSDAYS — 7–9 p.m. at Main Hospital, 9th Floor

July 26  
September 13  
November 8

## Childbirth Refresher

### 1 class • 2 hours

A refresher course for those who have already completed the Childbirth Preparation class with previous births. Bring two pillows and blanket.

#### TUESDAYS — 7–9 p.m. at Stony Point Women's HealthCare

August 7  
October 9  
December 4

## Newborn Parenting

### 2 classes • 2 hours each—OR—1 Saturday class • 4 hours

Discusses normal newborn appearance and abilities, safety, and daily care activities, such as feeding, changing, dressing, and bathing.

#### WEDNESDAYS — 7–9 p.m. at Stony Point Women's HealthCare

July 11–July 18  
September 12–September 19  
November 7–November 14

#### THURSDAYS — 7–9 p.m. at Main Hospital, 8th Floor Conference Room

August 16–August 23  
October 11–October 18  
December 13–December 20

#### SATURDAYS — 9 a.m.–1 p.m. at Main Hospital, 8th Floor Conference Room

September 15  
November 3

## Infant CPR

### 1 class • 2 hours

Instructs expectant parents on the basics of infant CPR through hands-on experience practice with baby dolls. (No certificate given.)

#### THURSDAYS — 7–9 p.m.

Main Hospital, 6th Floor  
L&D Conference Room:

August 16  
September 6  
October 4  
November 1  
December 20

#### Stony Point Women's HealthCare:

August 2  
October 18  
December 6

## Breastfeeding Class

### 1 class • 2 hours

Teaches the benefits of breastfeeding for mother and baby with helpful hints and suggestions from lactation consultants. Provides information on breastfeeding techniques, baby positioning while breastfeeding, and common problems mothers encounter while breastfeeding.

#### MONDAYS — 7–9 p.m.

Main Hospital, 8th Floor  
Conference Room:

July 23  
September 24  
November 26

#### Stony Point Women's HealthCare:

August 27  
October 22  
December 17

#### TUESDAYS — 9:30–11:30 a.m. at Main Hospital, 8th Floor Conference Room

August 14  
October 9

#### SATURDAYS — 1–3 p.m. at the Main Hospital, 8th Floor Conference Room

July 21	October 20
August 18	November 17
September 15	December 15

## Car Seat Safety

### 1 Session

Install your car seat in your car and schedule an inspection for correct placement and individualized safety check by a certified specialist.

#### SATURDAYS — 10 a.m.–12 noon at Randolph Minor Hall Parking Lot in front of VCU's Massey Cancer Center

June 30  
September 8  
November 10

## Infant Massage Class

### 1 class • 1½ hours

This class teaches parents techniques to comfort their infants and provides a healthy way for them to interact with their infants.

This class is intended to be taken after the birth of the baby. Bring \$5 to cover book and oil. Bring baby blanket and baby.

#### THURSDAYS — 7–8:30 p.m.

July 5	Main Hospital, 8th Floor Conference Room
August 2	Main Hospital, 8th Floor Conference Room
September 6	Stony Point Women's HealthCare
November 1	Stony Point Women's HealthCare
December 6	Main Hospital, 8th Floor Conference Room

## Postpartum Support Group

### Weekly • 2 hours

An informal gathering for support and discussion of issues, such as parenting and breastfeeding.

#### EVERY WEDNESDAY — 3–5 p.m. at Stony Point Women's HealthCare