

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 Family Maternity 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.

January 7	April 1
January 21	April 22
February 4	May 6
February 18	May 20
March 4	June 10
March 25	June 24

TUESDAYS — 9:30–11 a.m.

February 6
April 3
June 5

THURSDAYS — 7–8:30 p.m.

January 18
March 15
May 17

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

January 3–January 24
March 21–April 11
June 6–June 27

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

January 20
March 3
April 28

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

February 15–March 8
May 3–May 24

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 February 17 May 5

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 February 4 March 25 May 6

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

January 17
April 4
June 20

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

March 1
May 17

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

February 6
April 3
June 19

Newborn Parenting

2 classes • 2 hours each—OR—1 Saturday class • 5 hours

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

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

January 30–February 6

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

February 21–February 28
April 25–May 2

THURSDAYS — 7–9 p.m. at Main Hospital, 8th Floor Conference Room June 7–June 14

SATURDAYS — 9 a.m.–2 p.m. at Main Hospital, 8th Floor Conference Room

January 27
March 10
May 19

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:

January 4
February 15
April 5
April 19
June 7

Stony Point Women's HealthCare:

February 1
March 1
May 3
June 21

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:

January 22
March 26
May 21

Stony Point Women's HealthCare:

February 26
April 30
June 25

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

February 13
April 10
June 12

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

January 20	April 21
February 17	May 19
March 17	June 16

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

February 10
April 7

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.

January 4	Stony Point Women's HealthCare
March 1	Main Hospital, 8th Floor Conference Room
April 5	Stony Point Women's HealthCare
May 3	Main Hospital, 8th Floor Conference Room
June 7	Stony Point Women's HealthCare

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