Parenting Classes and Resources

**Childbirth Preparation Classes**

**Childbirth Preparation for Expectant Parents**
Learn breathing and relaxation skills plus information is provided on other pain control measures. Information on late pregnancy, labor and birth, early parenting experience and a tour of The Birthplace are included. Classes are taught by experienced instructors with opportunity for individuals and couples to explore their own personal needs. Dress comfortably and bring two pillows to onsite classes.

We offer several choices of Childbirth Preparation classes to meet your needs. They include:

- 3-Week Course
- 4-Week Course
- One-Day Saturday Course
- Natural Childbirth
- Childbirth Preparation for Parents Having Cesarean Sections
- eLearning Online Childbirth Education for Expectant Parents
- Teens and Young Adults (M&I Clinic)

**Breastfeeding Clinic**

**Breastfeeding Basics**
This informal introduction to breastfeeding provides pregnant women and their families an opportunity to learn about breastfeeding. Classes prepare families for their breastfeeding experience, explain how breastfeeding works, potential problems and how to balance work and feeding your child.

**Pumping for Your Baby**
Designed for women planning to work outside of the home or for those who are breastfeeding but want the flexibility to be away from their baby at times. This class will provide information and options for expressing milk from the breast. Topics include breast pump overview and how to select the right pump, pumping techniques, milk storage and maintaining adequate milk production. For the mom working outside of the home, time management, negotiating with employers and relationships with co-workers will be addressed. Childcare providers are an important role in breastfeeding success and methods of feeding breastmilk to infants. Babies welcome, pre-registration not required.

**Prenatal/Postnatal Classes**

**Preparing for Pregnancy – A Pre-Pregnancy and Early Pregnancy Class**
This class is designed to cover all early pregnancy related topics and gives you the opportunity to be pro-active in the process of your pregnancy and birth of your baby.

**Welcome Baby**
This three-hour class will consist of updated information for the whole family. Such topics include an overview of basic infant care incorporating breastfeeding, bathing techniques, diapering, swaddling, car seat information, sleep safety, access to community resources, and baby wearing (slings). One segment will be dedicated to dads. This will be an opportunity for dads to discuss their questions about fatherhood amongst other men with a dad who’s been in your shoes. Finally, adjustment to parenthood and grandparenthood as well as nurturing your relationship with your support person will be covered in this class. Mothers are welcome to bring their support person, family or a friend who provides support during their pregnancy and beyond.

**Infant and Child Programs**

**Infant Massage**
Soothe and relax your baby using infant massage techniques. Call The Birthplace at (785) 354-5034 for more information or to register.

**And Baby Makes Four or More for Children Five and Older**
This class is for potential siblings and parents to discuss what to expect after a baby’s birth and the special roles of big brothers and big sisters are explored. Parents are able to address how they can help their older child adjust to the new baby. The class also includes a tour of The Birthplace.

**And Baby Makes Four or More for Children Ages Two to Four**
This sibling preparation class includes a tour of The Birthplace and provides structured activities to help young children verbalize their concerns and expectations about when “the new baby comes.” This class is for young children who will soon be big brothers and big sisters, as well as their parents.

Please see more detailed information and dates and times by visiting our website at www.stormontvail.org
Resources in the Community

EMERGENCY ......................................................... 911
Breastfeeding and Follow-up Clinic at Stormont-Vail . (785) 354-5034
Health Connections* . (785) 354-5225
Shawnee County Health Agency . (785) 368-2000
ERC/Resource and Referral . (785) 357-5171
Ronald McDonald House . (785) 235-6852
Maternal & Infant Care Project . (785) 354-4314
WIC (Women, Infant and Children) . (785) 368-2170
Doorstep . (785) 357-5341
Child Abuse Hotline . (800) 922-5330
Domestic Violence Hotline . (800) 922-5330
Battered Women’s Task Force . (785) 354-7927
Monday through Friday, 9 a.m. to 5 p.m.
Crisis Line . (785) 233-1730
Weekends and holidays
Topeka and Shawnee County Public Library
Community Information . (785) 580-4400
Success by 6 . (785) 273-4804

* Health Connections at Stormont-Vail is a call center available to assist patients with information about
Stormont-Vail education programs and services. Health Connections can assist you with a list of physicians
accepting new patients. Health Connections also has nurses available after hours to answer your health questions.
If you would like information about community education or would like to get Healthy Times, our quarterly
free health newsletter, please call (785) 354-5225. Their phones are open 24 hours a day, 7 days a week.
Protect newborns from whooping cough

It starts with YOU!

There has been a rise in whooping cough among infants in Kansas. It is important for mothers and other caretakers to get vaccinated because babies are too young to get certain vaccines. Whooping cough (aka Pertussis) is a very serious disease, especially in infants. Vaccinate people around these babies to protect them from disease. People who should get the whooping cough vaccine are:

- Pregnant women after 20 weeks gestation (protection is passed on from mother to baby)
- Parents, grandparents, and household members including brothers and sisters
- Babysitters and out-of-home caregivers including daycare workers
- Health care personnel in hospitals and clinics
- Any loved ones who visit your baby

Contact your health care provider for more information about the Pertussis vaccine and/or visit cdc.gov/vaccines. Search for “Td or Tdap vaccine” in the search window. Or scan this QR code from your smartphone.