

To register for the following classes and for dates and times call (603) 330-7941.

Breastfeeding / Newborn Care

Learn the benefits of breastfeeding, the process of lactation, positions to optimize breastfeeding and common problems and solutions. Also, learn how to care for your newborn. Pediatricians and/or family practice providers discuss learning how to adjust to parenthood, sleeping positions, circumcision, and many baby care tips. We will listen to your concerns and answer your questions.
Location: Community Education & Conference Center (Strafford Room) on Wednesdays, from 6 pm—8 pm.

February 10, 2010
March 31, 2010
July 7, 2010
September 1, 2010
October 27, 2010
December 22, 2010

Mother and Baby Group

Our popular newborn Mother and Baby Group meets weekly for support and information sharing on Wednesdays from 9:30—11:30 am.

Location: Community Education & Conference Center (Belknap Room)

Dad and Baby Group

This support group is for dads and dads-to-be. Dads need as much nurturing and support as new moms. Learn basic parenting skills and your role as a father. For more information call (603) 330-7941.

Grandparents are Special

Discussion and tours of the Gustafson Center for Women & Children's Health are available for grandparents anticipating their new role. For more information call (603) 330-7941.



Childbirth Education Program 2010



**Congratulations and welcome to
The Gustafson Center for Women
& Children's Health.**

**We encourage you to take
advantage of our education classes.**

HypnoBirthing Class

Six-week class

The HypnoBirthing advantage

HypnoBirthing helps to:

- * Eliminate the fear-tension-pain syndrome before, during, and after birthing
- * Eliminate or greatly reduce the need for pain medication
- * Shorten the first stage of labor
- * Decrease fatigue during labor, leaving you fresh, awake, and alert with energy for actual birthing
- * Promote special bonding of you, your baby, and birthing companion
- * Create an integral role for the birthing companion

Meets Tuesdays, from 6 pm — 8 pm

Location: Community Education & Conference Center (York Room)

For more information and class dates, call (603) 330-7941

Planned Cesarean Birth Class

This class helps prepare mothers for a Cesarean delivery. This one-time class may be taken in conjunction with the Prepared Childbirth class. This class will help you and your partner prepare for surgery, learn about anesthesia options, your partner's role, relaxation techniques, and what to expect before, during, and after surgery.

Location: Community Education & Conference Center (York Room)

Cost: \$20.00

Call (603) 330-7941 for more information. Meets Thursdays from 6 pm—8 pm.

Class dates:

January 28, 2010 April 29, 2010
July 29, 2010 October 28, 2010

Sibling Class

This class is designed to prepare children from ages 3-10 for the arrival of their new family member. Parents will also receive information regarding integration of a new sibling and dealing with sibling rivalry. Children are asked to bring a favorite doll or teddy bear to this class. A tour of the birth care unit is included. Plan to have your children attend 4-6 weeks before the baby is expected.

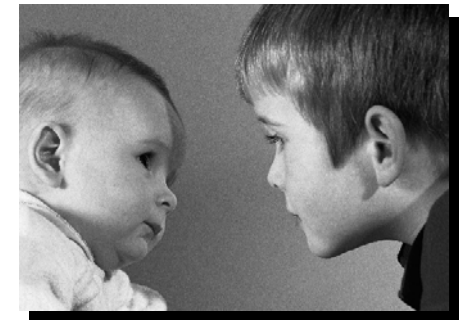
Location: Gustafson Center for Women & Children's Health (Conference Room)

Cost: Free of charge

Call (603) 330-7941 for more information. Meets on Mondays, 6:30 pm—7:30 pm

Class dates:

January 4, 2010
March 8, 2010
May 10, 2010
July 12, 2010
September 13, 2010
November 14, 2010



REGISTRATION FOR CHILDBIRTH EDUCATION PROGRAM CLASSES

All class times, schedules, and fees are subject to change. If you have any questions, please call (603) 330-7941.

Class Selection:

Prepared Childbirth- six-week series (\$60 Frisbie parents) (\$80 / couple for others)

Dates requested _____

Planned Cesarean Birth Class (\$20)

Dates requested _____

Childbirth Prep- one-day class (\$60 Frisbie parents) (\$80 / couple for others)

Date requested _____

HypnoBirthing Class (\$150)

Call (603) 330-7941 for dates.

Breastfeeding & Newborn Care (No Charge)

Date requested _____

Sibling Class (No Charge)

Date requested _____

Name (s): _____

Address: _____

City/State/Zip: _____

Phone: (H): _____ (W): _____

E-Mail: _____

Obstetrician/Midwife: _____

Baby's Due Date: _____

Registration Fee Enclosed: _____

Make checks payable to: **Frisbie Memorial Hospital**

Please mail completed form to:

The Gustafson Center for Women & Children's Health
11 Whitehall Rd.
Rochester, NH 03867

Childbirth Education Classes

Prepared Childbirth: Six-Week Series

This six-week series helps expectant parents through the stages of pregnancy, labor, birth, newborn and postpartum care. The first two classes provide information on nutrition, exercise, health tips, preparing for breastfeeding and relaxation techniques. The remaining four classes provide information on breathing techniques, the labor and birth process and newborn and postpartum care. **Plan to start the series around the 16-22nd week of pregnancy.**

Location: Community Education & Conference Center (Strafford Room)

Please call (603) 330-7941 for information.

Meets from 6 pm—8 pm.

Series #1

Monday, November 16, 2009

Monday, December 28, 2009

Wednesday, January 27, 2010

Wednesday, February 3, 2010

Wednesday, February 10, 2010

Wednesday, February 17, 2010

Series #2

Monday, January 11, 2010

Monday, March 8, 2010

Wednesday, March 17, 2010

Wednesday, March 24, 2010

Wednesday, March 31, 2010

Wednesday, April 7, 2010

Series #3

Monday, March 22, 2010

Monday, May 17, 2010

Wednesday, June 23, 2010

Wednesday, June 30, 2010

Wednesday, July 7, 2010

Wednesday, July 14, 2010

Series #4

Monday, May 24, 2010

Monday, July 19, 2010

Wednesday, August 18, 2010

Wednesday, August 25, 2010

Wednesday, September 1, 2010

Wednesday, September 8, 2010

Series #5

Monday, July 26, 2010

Monday, September 13, 2010

Wednesday, October 13, 2010

Wednesday, October 20, 2010

Wednesday, October 27, 2010

Wednesday, November 3, 2010

Series #6

Monday, September 20, 2010

Monday, November 8, 2010

Wednesday, December 8, 2010

Wednesday, December 15, 2010

Wednesday, December 22, 2010

Wednesday, December 29, 2010

Childbirth Preparation: One-Day Class

This class is designed to meet the needs of parents unable to participate in the six-week Prepared Childbirth Series. This course is an intensive version of the six-week class.

Location: Community Education & Conference Center (Strafford Room)

Cost: \$60.00 for Frisbie parents

\$80.00 for others

Please call (603) 330-7941 for information.

Meets Sundays, 9 am—5 pm

April 18, 2010

November 14, 2010