



HOWARD COUNTY
GENERAL HOSPITAL

JOHNS HOPKINS MEDICINE



Maternal-Child
Health Education
2009

Classes to Prepare You for Parenthood

Preparing for Parenthood

At Howard County General Hospital, we believe education is an important component in preparing for your baby's arrival. Our maternal-child health education classes encourage the active participation of family members.

Classes and tours are designed for expectant mothers, their spouses or support persons, and siblings-to-be. Grandparents and other caregivers also are invited to update their skills by participating in infant care; adult, child and infant CPR; and baby signing classes.

If you have questions, call us at 410-740-7601.

Prenatal Class for Your Early Pregnancy

Free

For parents-to-be in the first three months of pregnancy. Learn about the early stages of pregnancy and understand the physical changes, your baby's growth, and easy ways you can support your pregnancy.

Wednesday Class
7–9 p.m.

HCGH Wellness Center
Jan. 14 Sept. 9

Financial Planning for Expectant and Prospective Parents

Free

Learn about the financial side of being a parent. Discussion will include the cost of raising children, employer benefits, taxes, college, and how to make confident financial decisions.

7–9 p.m.

HCGH Wellness Center

Thur., Jan. 15 Tue., June 2 Wed., Sept. 9

Birthing Center Tour

Call 410-740-7601 at least eight weeks prior to your due date to schedule this tour.

Free

A preview of our maternity services is available for expectant couples on select weekday evenings. We recommend you take the birthing center tour four to five weeks prior to your due date. This free tour is for mother and coach only. Siblings will not be allowed on this tour.

Sibling Tour

Call 410-740-7601 at least eight weeks prior to your due date to schedule this tour.

Free

Educate and prepare children ages 4 to 12 years old for the arrival of a new brother or sister.

Take our virtual birthing center tour by logging onto www.hcgh.org.

Prepared Childbirth Program

Fee: \$95 per couple if you deliver at HCGH; \$120 if you deliver elsewhere

This course is designed to prepare expectant couples for their labor and delivery. Terms, stages and phases of labor, medical interventions, recovery, changes to expect after the baby arrives, and non-medical pain management (relaxation, breathing patterns, and coach's involvement) will be covered.

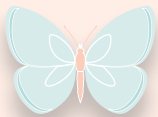
Monday Series 7–9:30 p.m.

HCGH Wellness Center

Jan. 5, 12, 19, 26, Feb. 2
March 2, 9, 16, 23, 30
April 6, 13, 20, 27, May 4
June 1, 8, 15, 22, 29
July 13, 20, 27, Aug. 3, 10
Aug. 17, 24, 31, Sept. 14, 21
(No class Sept. 7)
Oct. 12, 19, 26, Nov. 2, 9
Nov. 16, 23, 30, Dec. 7, 14

Haelan Center

June 1, 8, 15, 22, 29
Aug. 3, 10, 17, 24, 31



Wednesday Series 7–9:30 p.m.

Haelan Center

Jan. 14, 21, 28, Feb. 4, 11
Feb. 25, March 4, 11, 18, 25
April 15, 22, 29, May 6, 13
May 27, June 3, 10, 17, 24
Sept. 23, 30, Oct. 7, 14, 21
Nov. 4, 11, 18, Dec. 2, 9 *(No class Nov. 25)*

Weekend Series 10 a.m. – 4 p.m.

Bring your own lunch to weekend classes. There will not be time to purchase lunch.

HCGH Wellness Center *Sundays, unless otherwise noted*

Feb. 1 & 8
Feb. 14 & 21 *(Sat./Sat.)*
March 7 & 14 *(Sat./Sat.)*
March 22 & 29
April 11 & 18 *(Sat./Sat.)*
April 26 & May 3
May 9 & 16 *(Sat./Sat.)*
June 6 & 7 *(Sat./Sun.)*
July 19 & 26
Aug. 9 & 16
Aug. 23 & 30
Sept. 12 & 13 *(Sat./Sun.)*
Sept. 26 & Oct. 3 *(Sat./Sat.)*
Nov. 15 & 22
Dec. 5 & 12 *(Sat./Sat.)*

Haelan Center *Sat./Sun., unless noted*

Jan. 17 & 18	June 27 & 28
Feb. 14 & 21 <i>(Sat./Sat.)</i>	July 19 & 26
March 7 & 8	Aug. 8 & 9
April 4 & 5	Oct. 10 & 11
May 9 & 16 <i>(Sat./Sat.)</i>	Nov. 7 & 8
June 6 & 7	

Childbirth Essentials

Fee: \$60 per couple
if you deliver at HCGH;
\$85 if you deliver elsewhere

This one-day course is a condensed version of our Prepared Childbirth Program. The essentials will address topics to prepare you for your labor experience.

Sunday Class 10 a.m.–4 p.m.

HCGH Wellness Center

Jan. 18	Sept. 20
March 15	Oct. 11
May 17	Nov. 8
June 14	Dec. 13
July 12	

Refresher Childbirth Program

Fee: \$40 per couple
if you deliver at HCGH;
\$65 if you deliver elsewhere

A three-hour overview and update of the labor and delivery process, including relaxation and breathing exercises, is offered for the experienced couple.

Tuesday Class 6:30–9:30 p.m.

HCGH Wellness Center

Jan. 13	May 12
Feb. 10	Sept. 15
March 10	Nov. 10
April 14	

Adult, Child and Infant CPR

Fee: \$48 per person
We suggest taking this one-day class before the third trimester.

Learn CPR and techniques to remove airway obstruction. Upon successful completion, participants receive an American Heart Association card.

Weekday Class 5:30–9 p.m.

HCGH Wellness Center

Tuesday, January 27
Thursday, February 12
Monday, February 23
Tuesday, March 10
Thursday, March 26
Wednesday, April 8
Thursday, April 23
Wednesday, May 6
Thursday, May 21
Wednesday, June 10
Wednesday, June 24
Thursday, July 9
Thursday, July 23
Tuesday, August 11
Wednesday, August 26
Wednesday, September 16
Tuesday, September 29
Tuesday, October 13
Tuesday, October 27
Wednesday, November 18
Thursday, December 10

Breastfeeding

Fee: \$25 per person/\$40 per couple

This class is designed to prepare couples for a successful breastfeeding experience. A lactation consultant provides practical information for moms who will remain at home or return to work.

Weekday Classes 7–9:30 p.m.

HCGH Wellness Center

Wednesday, January 7
Thursday, January 22
Monday, February 9
Tuesday, February 24
Wednesday, March 11
Tuesday, March 24
Tuesday, March 31
Tuesday, April 21
Thursday, May 7
Wednesday, May 20
Thursday, June 4
Wednesday, June 17
Wednesday, July 1
Tuesday, July 21
Wednesday, August 5
Thursday, August 20
Tuesday, September 1
Tuesday, September 22
Monday, October 5
Thursday, October 22
Wednesday, November 4
Tuesday, November 17
Wednesday, December 16

Baby Signing

Fee: \$40 per person/\$75 per couple

Learn 100 basic sign language skills to help your baby communicate. For parents, caregivers, and grandparents of babies up to 12 months old. A review DVD is included.

Saturday Class *(unless otherwise noted)* 9 a.m. – noon

HCGH Wellness Center

Friday, Jan. 9 May 2
March 21 Oct. 10

Happiest Baby on the Block

Fee: \$50 per couple

Parents-to-be and parents of babies up to 3 months old will learn successful techniques that can quickly soothe a crying newborn baby and promote more restful sleep for the infant. Endorsed by the American Academy of Pediatrics. Parent kits are included.

Wednesday Class 7–9 p.m.

HCGH Wellness Center

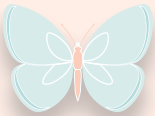
Jan. 7 July 15
March 11 Nov. 11

Infant Care

Fee: \$50 per person/\$75 per couple

This two-part course is designed to prepare parents, grandparents, and caregivers for the care of an infant.

Lecture, group discussion, and “hands-on” practice are used to enhance learning. Topics include the newborn’s appearance, feeding, sleeping, crying, signs of illness, caring for a sick infant, infant stimulation, and parenting roles.



Weekday Series 7–9:30 p.m.

HCGH Wellness Center

Jan. 6 & 8, Tuesday/Thursday
Jan. 21 & 28, Wednesday/Wednesday
Feb. 3 & 10, Tuesday/Tuesday
Feb. 18 & 25, Wednesday/Wednesday
March 5 & 12, Thursday/Thursday
March 18 & 25, Wednesday/Wednesday
April 22 & 29, Wednesday/Wednesday
May 11 & 18, Monday/Monday
May 27 & June 3, Wednesday/Wednesday
June 16 & 18, Tuesday/Thursday
June 23 & 30, Tuesday/Tuesday
July 6 & 8, Monday/Wednesday
July 22 & 29, Wednesday/Wednesday
Aug. 25 & 27, Tuesday/Thursday
Sept. 8 & 10, Tuesday/Thursday
Sept. 23 & 30, Wednesday/Wednesday
Oct. 21 & 28, Wednesday/Wednesday
Nov. 3 & 5, Tuesday/Thursday
Nov. 12 & 19, Thursday/Thursday
Dec. 1 & 8, Tuesday/Tuesday
Dec. 15 & 17, Tuesday/Thursday

To register for maternal-child classes:

Complete the attached registration form and mail or bring your payment to

Howard County General Hospital Wellness Center

11055 Little Patuxent Parkway, Suite L-9, Columbia, MD 21044.

Registration for maternal-child education programs cannot be taken

by phone, fax, or online. For questions, call 410-740-7601.

Class Registration Form

It is recommended that you take your childbirth classes so that they end three to five weeks before your due date. Due to limited space, registration forms should be submitted as soon as possible.

Mother: _____

Mother's Birth Date: _____ Baby Due Date: _____

Phone: (Mother) (E) _____ (D) _____

Coach: _____

Phone: (Coach) (E) _____ (D) _____

Address: _____

City: _____ State: _____ Zip: _____

E-mail: _____

Hospital: _____ Obstetrician: _____

Check desired classes and preferred dates.

Prepared Childbirth Program: 5-week weekend

1st Choice Date _____ 2nd Choice Date _____

Childbirth Essentials: Date _____

Refresher Childbirth Program: Date _____

Baby Signing: Date _____ Mother Other

Breastfeeding: Date _____ Mother Other

CPR (Adult, Child & Infant): Date _____ Mother Other

Financial Planning: Date _____ Mother Other

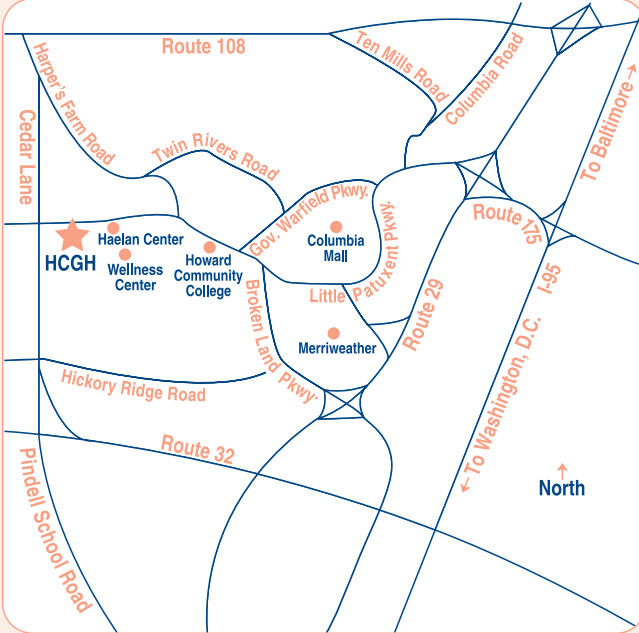
Infant Care: Date _____ Mother Other

Happiest Baby on the Block: Date _____ Mother Other

Prenatal Class/Early Pregnancy: Date _____ Mother Other

Make check payable to **HCGH** and mail with completed registration form to: **Howard County General Hospital Wellness Center**, 11055 Little Patuxent Pkwy, Suite L-9, Columbia, MD 21044. Registration cannot be taken by phone, fax, or online.

Registration will be made upon receipt of registration form and the appropriate fee. You will receive confirmation by mail or e-mail. If a refund is requested, including medical reasons, a \$25 fee will be charged. There is a \$25 fee for each returned check.



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CARING FOR OUR COMMUNITY

5755 Cedar Lane • Columbia, MD 21044
410-740-7601 • 410-740-7990 (TDD) • www.hcgh.org