

## Classes Offered at Magee

### **BABY CARE BASICS**

New parent basic training such as newborn care, feeding and infant behavior are included with an emphasis on safety and health promotion. This class will boost your confidence while preparing for the arrival of your baby.

**\$40 / COUPLE**

### **BABY SIGNS PARENT WORKSHOP**

Learn all you need to know to begin using the Baby Signs program at home. For expectant parents and parents of children from birth to 24 months.

**\$60 / FAMILY**

### **CAR SEAT SAFETY CHECK**

New and expectant parents – have your car seat installation inspected by the Pennsylvania State Police.

**FREE PROGRAM**

### **CHILDREN AT BIRTH**

A program required to prepare children under 13 years old who will be present during the labor and birth of their sibling. For more information, call 412-802-8299.

**FREE PROGRAM**

### **DAN BERGER CORD BLOOD PROGRAM**

Learn more about your options to preserve or donate your umbilical cord blood at this one-hour information session. For more information, contact Mary Wiegel at [mwiegel@itxm.org](mailto:mwiegel@itxm.org), 412-209-7479, or visit [www.danbergercordblood.com](http://www.danbergercordblood.com).

**FREE PROGRAM**

### **DOGS AND STORKS™**

Preparation makes all the difference in the world when it comes to safety and harmony between a new baby and family dog. Dogs and Storks™ provides consistent and current information, offering solutions and addressing common challenges that new parents may experience.

**\$25 / COUPLE**

### **HOSPITAL TOUR FOR EXPECTANT PARENTS**

Tour Magee's Womancare Birth Center, Postpartum and Nursery areas or the UPMC Mercy Family Maternity Center.

**FREE PROGRAM**

### **INFANT AND CHILD HEARTSAVER CPR AND FIRST AID**

Learn how to treat infants and children calmly and confidently during emergencies by practicing proper CPR techniques, choking prevention and first aid.

**\$50 / PERSON**

### **LIFE WITH BABY: POSTPARTUM SUPPORT SERIES**

Meet other new moms, share feelings and experiences, learn to massage your baby, practice Yoga and have questions answered by Magee professionals. Recommended up to six months after birth.

**\$40 / FAMILY**

### **MEET WITH A MAGEE ANESTHESIOLOGIST**

Join us for an informational session presented by Magee Anesthesiologists. Learn about the most up-to-date pain relief methods for labor and birth and have your questions about epidurals answered by the experts.

**\$10 / COUPLE**

### **MOM AND BABY YOGA**

Learn gentle yoga exercises which will help mom and baby to soothe tension, improve quality of sleep, speed physical recovery and minimize postpartum depression.

**\$60 / FAMILY**

### **PRENATAL EMAIL**

This free service for expectant and new parents includes customized information, news, resources, access to hospital classes, and tour information – all delivered to your inbox. When you register with your name, due date, and email address, you'll receive a weekly email tailored to your personal week of pregnancy and then the age of your newborn.

**FREE PROGRAM**

### **PRENATAL PREPARATION FOR BREASTFEEDING**

Helps moms-to-be make a confident choice to breastfeed. Dads-to-be are encouraged to attend too.

**\$35 / COUPLE**

### **PRENATAL YOGA**

Practice breathing techniques, gentle stretching and guided relaxation to help relieve common pregnancy discomforts, provide your body with strength and endurance for labor and birth, and speed your recovery to your prepregnant self.

**\$60 / PERSON**

### **PREPARED CHILDBIRTH REFRESHER**

A review of the birth process for couples who have given birth within the last four years.

**\$40 / COUPLE**

### **PREPARING FOR CHILDBIRTH**

Orients expectant parents to the actual birth process, provides practice of relaxation and comfort techniques for labor and information about anesthesia options, and explores postpartum emotions. It is recommended that expectant parents complete this class series at least two weeks prior to their due date.

**\$100 TO \$115 / COUPLE**

### **PREPARING FOR CHILDBIRTH: E-LEARNING ONLINE PROGRAM**

This online childbirth education program is an alternative for expectant parents who may not be able to attend a conventional childbirth preparation series due to medical or scheduling constraints. To view a demo before purchasing, visit <http://bit.ly/1jOtsCn>.

**\$100 / COUPLE**

### **PREPARING FOR LAMAZE CHILDBIRTH: BEYOND THE BASICS**

For expectant parents interested in preparing for a birth experience with less medical intervention. Includes all of the information in the Preparing for Childbirth series and allows more time for additional practice of labor comfort strategies, partner support, and in-depth discussion on working with the natural process of labor.

**\$120 to \$125 / COUPLE**

### **PREPARING FOR VAGINAL BIRTH AFTER CESAREAN: EXPLORING THE OPTIONS**

Many women who have had cesareans can go on to have a vaginal birth. This class is an opportunity to gather information and gain support to give birth vaginally after a previous cesarean birth. This two-hour program is recommended during pregnancy when thinking about vaginal birth after cesarean.

**FREE PROGRAM**

### **THE SIBLING PROGRAM**

Helps children adjust to a new baby. Soon-to-be brothers and sisters attend with their parents.

**\$30 / FAMILY**

## To Register

For more information on class registration, content, dates, locations and fees, visit Magee's website at [classes.upmc.com](http://classes.upmc.com) and select "Magee-Womens Hospital of UPMC" as the sponsor or call 412-641-8096. It is important to register as early as possible in your pregnancy.