

# The Family Center

## Welcome!

The Family Center at Exeter Hospital offers a wide variety of classes to help prepare for the birth of your baby. Below you will find brief descriptions of our classes.

Classes are held in the hospital's North conference rooms located on the 3<sup>rd</sup> floor of the main building opposite the parking garage. Sessions fill quickly, to ensure placement in the session of your choice, PLEASE REGISTER BEFORE YOUR 20<sup>th</sup> WEEK

OF PREGNANCY. Most families will be scheduled so that they will complete their childbirth program 4-6 weeks before their due date. To ensure optimum learning experience, there is a limit to the number of participants in each group.

For more information or to register for any of the classes please call Exeter Hospital's Information and Referral Line at 603-580-6668 between the hours of 8:30 AM to 5:00 PM Monday through Friday.



## PREPARED CHILDBIRTH PROGRAMS

### ***For first time parents...***

**"Your Pregnant Body"** – This is the FIRST class that ALL expectant couples should take. A physical therapist will discuss the changes that occur to your body during pregnancy, ways to alleviate minor discomforts, how to prevent injury, and strategies to condition your body for the challenges of childbirth. Partners/support persons will have the opportunity to try on the "**empathy belly**" simulator to better appreciate what it's like to be pregnant!

**\*Prepared Childbirth Series** - (4 sessions) - Taught by registered nurses who are also certified childbirth educators, the classes cover labor, birth, strategies for managing discomfort in labor (e.g. breathing and relaxation techniques), and various technologies that may be used. A tour of the Family Center and birth video clips are included. This series of 4 classes is offered on weekday evenings. *It is expected that you complete "Your Pregnant Body" class **before** beginning this series.*

**\*All Day "Saturday Express" Prepared Childbirth Program** - This comprehensive class is designed for those unable to attend the weekday evening series, is held on Saturday, and covers what the 4 evening sessions do but with less practice of breathing and relaxation skills. The class meets from 8:30am-4:30pm with a break for lunch. *It is expected that you complete "Your Pregnant Body" class **before** taking the "Saturday Express".*

***\*For the 2 Prepared Childbirth classes listed above, please dress in light, comfortable, loose clothing because you'll be on floor mats for part of each class. Please also remember to bring 2 pillows!***

**Epidural and Cesarean Birth Session** – A physician from the anesthesia department will inform you about the various types of analgesia and anesthesia available to you as options for comfort during labor and delivery and also help prepare you for a Cesarean birth if that becomes necessary. This 1 hour class is usually scheduled the 2<sup>nd</sup> Tuesday of every month from 6:30-7:30pm immediately before the "Amazing Newborn" class.



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## PREPARED CHILDBIRTH PROGRAMS



**“The Amazing Newborn”** – A pediatric nurse practitioner/clinical nurse specialist will acquaint you with the various appearances and behaviors of a normal newborn and what you can expect in the first few weeks of your newborn’s life. Highly recommended for 1st time parents, this class is usually held the 2nd Tuesday of every month from 7:30-8:30pm following the Epidural and Cesarean Birth Class.

**Breastfeeding Session** - Taught by a certified lactation consultant, the benefits of breastfeeding, the process of learning how to breastfeed and helpful techniques are just some of the topics covered in this 2 hour presentation. This class is highly recommended for both the expectant mother and her partner/support person.

**“Basic Training for Dads”** is a unique workshop **taught by men for men**. Experienced male instructors and dads who bring along their young infants will teach expectant dads about baby care, fatherhood, and the needs of new moms – all from a guy’s perspective. New dads (with or without their infants) are also welcome.

**For those who have been through Labor and Delivery with a previous child....**

**Refresher Class** - This 3 hour class offers a concise review of what is presented in the 4 part series, differences with having another child, and recent changes in practices and technology. Birth video clips and tour of the Family Center are included.

**Sibling Class** - This lively 1 hour class is aimed at children 2-10 years old, and includes a tour of the Family Center, short 5 minute video, and interactive instruction to learn what being a big brother or sister is all about. Please have your children bring a baby doll or stuffed animal to “practice” holding and wrapping. We have found that the tour of the Family Center is especially helpful for all participants, especially the very young, because they get to see where Mom is going to be when she has the new baby. This class is offered monthly on a Saturday morning. One or both parents are encouraged to attend.

