

Infant Massage - Free

*This class is designed for newborns through age one.
We will teach a loving and gentle baby massage that has many
benefits for both parents and children.*

(Held on Wednesday evenings from 6:00 - 7:00 p.m.)

- January 25
- July 25
- October 24
- April 25

Registration

Please register as soon as possible to ensure enrollment in class. If a class has to be changed, you will be notified of the change and alternatives available to you.

To register contact Anna Finley at 573-632-5341. A letter will be sent in advance confirming your registration, class location, and additional information needed for the class.



The Family Maternity Center
at CAPITAL REGION MEDICAL CENTER
www.crmc.org

2012 Class Schedules

Beginning Childbirth Preparation

Saturday Beginning Childbirth Preparation

Teens Facing Pregnancy

Breastfeeding

Sibling

Parenting

Infant Massage



Better. Every day.



2012 Childbirth Class Schedules

Beginning Childbirth Preparation - \$40/couple

Having a baby is an exciting time. At Capital Region, we would like to help you prepare for the birth of your baby. Please join us to learn more about labor, delivery and care of yourself and your new baby.

(For three Tuesday evenings from 6:00 - 9:00 p.m.)

- January 10, 17, 24
- March 6, 13, 20
- May 8, 15, 22
- July 10, 17, 24
- September 11, 18, 25
- November 6, 13, 20

Saturday Beginning Childbirth Preparation - \$40/couple

All of the information contained in the Beginning Childbirth Class in one Saturday.

(Class is held on Saturdays from 9:00 a.m. - 5:30 p.m.)

- January 28
- February 25
- March 17
- April 28
- May 12
- June 2
- July 14
- August 11
- September 15
- October 20
- November 3

Teens Facing Pregnancy - \$40/couple

This is a teen-friendly class that will answer questions such as: What do I do now? How do I care for myself and my baby? What happens with each trimester? How do I cope with labor?

(Class is Held on Tuesdays from 6:00 - 9:00 p.m.)

- January 10, 17, 24
- April 10, 17, 24
- June 5, 12, 19
- August 7, 14, 21
- October 2, 9, 16

Breastfeeding - \$15/couple

This class is designed for those families who are thinking about breast-feeding and/or who have already made the decision to breastfeed. We will cover the latest breastfeeding techniques and information. Dads are encouraged to attend

(Offered on Wednesdays from 6:00 - 7:30 p.m.)

- January 11
- February 8
- March 14
- April 11
- May 9
- June 13
- July 11
- August 8
- September 12
- October 10
- November 14

Sibling Class - Free

Having a new baby is both exciting and mysterious. We would like to help big brothers and big sisters with the transition of having a new addition to your family.

(Held on Wednesday evenings from 6:00 - 7:00 p.m.)

- February 1
- April 4
- June 6
- August 1
- October 3

Parenting Class - \$15/couple

The joy of parenthood, your personal journey through newborn care.

(Class is held on Wednesdays from 6:00 - 8:00 p.m.)

- February 15
- April 18
- June 20
- August 15
- October 17