

Infant Massage

*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 Tuesday evenings from 6:00 - 7:00 p.m.)

- February 23
- August 17
- November 16
- May 18



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



at Capital Region Medical Center

2010

Class Schedules

Beginning Childbirth Preparation

Saturday Beginning Childbirth Preparation

Breastfeeding

Sibling

Parenting

Infant CPR

Infant Massage

2010 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 12, 19, 26
- March 9, 16, 23
- May 4, 11, 18
- July 13, 20, 27
- September 14, 21, 28
- November 2, 9, 16



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 16
- February 20
- March 20
- April 17
- May 15
- June 5
- July 17
- August 14
- September 18
- October 16
- November 13



Parenting Class - \$15/couple

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

(Class is held on Wednesdays from 6:00 - 9:00 p.m.)

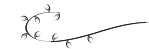
- February 10
- April 7
- June 9
- August 11
- October 13

Breastfeeding - \$15/couple

This class is designed for those families who are thinking about breastfeeding 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 13
- March 10
- May 12
- July 14
- September 15
- November 10

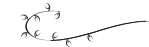


Sibling Class - Free

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 3
- April 14
- June 2
- August 4
- October 6



Infant CPR - \$30/couple

Based on the American Heart Associations CPR for Family and Friend Course. This is not a certification course, however, it will give parents, parents-to-be, grandparents, etc. a basic understanding of performing CPR on an infant. There is also general safety information included.

(Held on Wednesday evenings from 6:00 - 8:00 p.m.)

- February 24
- April 28
- June 30
- August 25
- October 27