

*If you would like
to register for our
Childbirth and
Parenting Classes,
please open and complete the
Registration Form.*



**CAMBRIDGE
MEDICAL
CENTER**

Allina Hospitals & Clinics



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MEDICAL
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701 South Dellwood
Cambridge, MN 55008
763-689-7700

Childbirth and Parenting Classes

2009 Class Schedule



**CAMBRIDGE
MEDICAL
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Allina Hospitals & Clinics

Childbirth Classes

Each year over 400 newborns arrive at Cambridge Medical Center. A specially trained staff of professionals including obstetrician-gynecologists, family practice physicians, certified nurse midwives, registered nurses, anesthesiologist and certified nurse anesthetists, are dedicated to making your birth experience as pleasant and memorable as possible.

The Maternity Care Center is located on the fourth floor of the medical center. It features six single room maternity suites, a cesarean birth suite, and two nurseries – one for normal newborns and one for infants requiring special care.

We offer three types of childbirth education classes to help you prepare for



the birth of your child and invite you to select the class that is right for you.

Prepared Childbirth Class

A four-week class for expectant moms and their support persons. Using the Lamaze approach to prepared childbirth, the classes focus on relaxation and breathing for labor and delivery. Topics covered include nutrition, anatomy and physiology, the stages of labor, cesarean birth, medications and medical procedures, and current child

care topics. A tour of the Maternity Care Center is included.

Prepared Childbirth Class Dates

January 21, 28 & February 4, 11
March 4, 11, 18, 25
April 15, 22, 29 & May 6
May 27 & June 3, 10, 17
August 19, 26 & September 2, 9
September 30 & October 7, 14, 21
November 11, 18, 23 & December 2

Day and Time: Wednesdays from 6-9 p.m.

Cost: \$75 (\$50 if you deliver at Cambridge Medical Center)

Location: Foundation Room

Fast Track Prepared Childbirth Class

One eight-hour class for expectant moms and their support persons. Information in this class is similar to the Prepared Childbirth class but less time is spent on review and practice. A tour of the Maternity Care Center is included.

Fast Track Class Dates

March 3
May 5
Sept. 29

Time: 9 a.m. – 5:30 p.m. ($\frac{1}{2}$ hour lunch break)

Cost: \$75 (\$50 if you deliver at Cambridge Medical Center)

Location: Foundation Room

Home Study

A packet of learning materials is available for those expectant moms unable to attend classes.

Cost: \$10

Call 763-689-7780 ext. 1 and leave a message for Julie to call you.



Reminder for All Childbirth Classes

- Class size is limited to 10 couples.
- Register early – at least four weeks before the class is to be held.
- Attend during the last three months of pregnancy. Please do not wait until the ninth month of your pregnancy to attend. Taking the class earlier will give you more time to practice the relaxation and breathing techniques.
- To register, call 763-689-7780 ext. 1 to reserve your spot. Then fill out the class registration form in this brochure and mail it in with a check for the class fee. Checks are not cashed until after the last class of the series for which you are registered.
- A postcard confirming your registration will be mailed to you. The class location will be noted on the card. Save this postcard or your canceled check as your receipt.
- Wear comfortable clothes.
- Bring three pillows and a blanket or exercise mat to every class.

- If there is bad weather in progress, call the medical center at 763-689-7700 for possible class cancellation information.

Parenting Classes

Learn to care for your baby and gain confidence in your new role as parents with these informative, hands-on parenting classes designed especially for new parents.

New Baby Care

This three-hour class will teach you and your partner the basics of new baby care such as: bathing, diapering, swaddling, cord care and infant CPR. The class is taught by an experienced registered nurse.

New Baby Care Class Dates

Feb.	18	Sept.	16
Apr.	1	Oct.	28
May	13	Dec.	9
June	24		

Day and Time: Wednesdays from 6-9 p.m.

Cost: \$20 per couple (*free if you deliver at Cambridge Medical Center*)

Location: Foundation Room



Breastfeeding

Get your breastfeeding experience off to a good start. This 60-minute course, taught by a Certified Lactation Counselor, will focus on the benefits of breastfeeding. You'll learn breastfeeding basics including: getting started, feeding cues, how to know if your baby is eating enough and other common problems.

Breastfeeding Class Dates

Jan. 20	June 9	Oct. 27
Feb. 24	July 14	Nov. 24
March 31	Aug. 18	Dec. 29
May 5	Sept. 22	

Day and Time: Tuesdays from 6:30-7:30 p.m.

Cost: \$20 per couple (free if you deliver at Cambridge Medical Center)

Location: Dining Room B

Car Seat Safety

This 45-minute class, taught by Child Passenger Safety Technicians, will focus on how to safely position your child in their car seat, when to transition your child to a larger seat, and some tips on proper car seat installation. Four out of five car seats are incorrectly installed, making this class a must.

Car Seat Safety Class Dates

Jan. 20	June 9	Oct. 27
Feb. 24	July 14	Nov. 24
March 31	Aug. 18	Dec. 29
May 5	Sept. 22	

Day and Time: Tuesdays from 5:30-6:15 p.m.

Cost: \$15 per couple (free if you deliver at Cambridge Medical Center)

Location: Dining Room B

Childbirth & Parenting Classes Registration Form

Call 763-689-7780 Ext. 1 to reserve your spot before sending in this registration.

Registrations must be received at least two weeks prior to class start date. A separate check is requested for each class selected and checks should be made payable to Cambridge Medical Center.

Please check with your insurance company prior to sending in your registration to see if the cost of your childbirth class will be covered. Scholarships may be available to those with financial need. Contact the Education Dept. at 763-689-7780.

Please register me for:

___ Prepared Childbirth – \$75 (\$50 if you deliver at CMC) Start date: _____

___ Fast Track – \$75 (\$50 if you deliver at CMC) Start date: _____

___ Home Study Packet – \$10

___ New Baby Care – \$20 (free if you deliver at CMC) Class date: _____

___ Breastfeeding – \$20 (free if you deliver at CMC) Class date: _____

___ Car Seat Safety – \$15 (free if you deliver at CMC) Class date: _____

Your Name & Support Person _____

Address _____ City/State/Zip Code _____

Home Phone _____ Cell or Work Phone _____

Due Date _____ Physician _____

Hospital Where You Will Deliver _____

Once your registration form and class fee(s) are received, you will receive a postcard verifying your registration and location of your class(es). Save this postcard or your canceled check as your receipt. No checks will be cashed until the last class of the series for which you are registered.

Registrations can either be dropped off at the medical center's main registration desk or mailed to:

Cambridge Medical Center
Attn: Education Dept.
701 South Dellwood
Cambridge, MN 55008