



S T . L U K E ' S H O S P I T A L & H E A L T H N E T W O R K

CHILDBIRTH AND PARENTING 2010 CLASSES

Registration is necessary!

For information or to register please call 610-628-8654.

Information can also be obtained online at www.slhn.org.

ALLENTOWN CAMPUS

Pregnancy Orientation Program

St. Luke's Hospital-Allentown Campus is pleased to offer a Pregnancy Orientation Program for all expectant women and their families. Plan to attend the program early in your pregnancy to learn about the many opportunities available to you. A tour of the New Beginnings Family Birth Center and Nursery at St. Luke's Hospital – Allentown Campus is included (based on room availability).

To register or for more information on future classes please call 610-628-8654.

All tours meet in the North Lobby; the entrance is at the back of the hospital by the main parking lot.

Meet in the Main Lobby at 6:30 pm. Tours run from 6:30 – 7:30 pm.

January 6, 13, 20 and 27

February 3, 10, 17 and 24

March 3, 10, 17, 24 and 31

April 7, 14, 21 and 28

May 5, 12, 19 and 26

June 2, 9, 16, 23 and 30

July 7, 14, 21 and 28

August 4, 11, 18 and 25

September 1, 8, 15, 22 and 29

October 6, 13, 20 and 27

November 3, 10 and 17

December 1, 8, 15, 22 and 29

St Luke's
HOSPITAL
& Health Network

My Health. My Hospital.™

ALLENTOWN CAMPUS *(continued)*

Newborn Care Class

Join the staff of the New Beginnings Family Birth Center at St. Luke's Hospital – Allentown Campus for Newborn Care prenatal education classes. Classes are filled with practical information and strategies for caring for your newborn at home. Each session includes demonstrations and time for discussion and questions. Friends and family are welcome to join the class. **Free.**

To register or for more information on future classes, please call 610-628-8654.

Class meets in the East Wing Lobby of the hospital.

Jan. 13 and 27, 7:45 – 8:45 pm

May 5 and 19, 7:45 – 8:45 pm

Sept. 8 and 22, 7:45 – 8:45 pm

Feb. 10 and 24, 7:45 – 8:45 pm

June 2, 16 and 30, 7:45 – 8:45 pm

Oct. 6 and 20, 7:45 – 8:45 pm

Mar. 10 and 24, 7:45 – 8:45 pm

July 14 and 28, 7:45 – 8:45 pm

Nov. 3 and 17, 7:45 – 8:45 pm

April 7 and 21, 7:45 – 8:45 pm

Aug. 11 and 25, 7:45 – 8:45 pm

Dec. 1, 15 and 29, 7:45 – 8:45 pm

Breastfeeding Class

The New Beginnings Family Birth Center located at St. Luke's Hospital – Allentown Campus is pleased to offer a prenatal breastfeeding and educational opportunity to the community. We acknowledge the many benefits of breastfeeding for infants, women and their families. By providing education before your baby's birth, we hope to assist you in being prepared for the important job of breastfeeding.

The informal class will cover the benefits of breastfeeding, how milk is produced, the techniques of breastfeeding, positions, comfort measures and potential problems and solutions. Written materials will be available to take home. Partners, family and friends are welcome. **Free.**

To register or for more information on future classes, please call 610-628-8654.

Classes meet in the East Wing Lobby of the hospital.

Jan. 6 and 20, 7:45 – 8:45 pm

May 12 and 26, 7:45 – 8:45 pm

Sept. 1, 15 and 29, 7:45 – 8:45 pm

Feb. 3 and 17, 7:45 – 8:45 pm

June 9 and 23, 7:45 – 8:45 pm

Oct. 13 and 27, 7:45 – 8:45 pm

Mar. 3, 17 and 31, 7:45 – 8:45 pm

July 7 and 21, 7:45 – 8:45 pm

Nov. 10, 7:45 – 8:45 pm

April 11 and 28, 7:45 – 8:45 pm

Aug. 4 and 18, 7:45 – 8:45 pm

Dec. 8 and 22, 7:45 – 8:45 pm

Pre-Birth Visits

When you have reached the 34th week of your pregnancy, please call the New Beginnings Family Birth Center at St. Luke's Hospital – Allentown Campus to schedule a one-on-one visit with a nurse for about an hour. The nurse will answer your questions and fill out all paperwork in advance of delivering your baby.

Visits are offered at a variety of times. Please call 610-628-8654 to register.

ALLENTOWN CAMPUS *(continued)*

Prepared Childbirth Classes

All prepared childbirth classes are taught by registered nurses employed by St. Luke's Hospital – Allentown Campus. Classes normally meet as small groups of five to eight couples in a comfortable classroom environment. Pregnant mothers and her labor support person will learn practical information about labor and delivery, along with caring for newborns, through thought-provoking discussions, relaxation and breathing exercises and interesting videos.

Classroom topics include:

- Normal physiology and emotions of pregnancy, labor, birth and postpartum
- Common variations of labor
- Coping skills used during labor and delivery
- Common medical interventions and procedures used throughout the labor process
- Post-partum care, newborn care, including breast and bottle feeding

Classes usually take place during the last trimester of pregnancy. Classes are offered as a five-week series; each class is generally two hours long. You may also choose from an intensive 8-hour Saturday class.

Tuesday evening classes

6:30 to 8:30 pm (five-week series)

Course fee: \$70; fee includes course materials.

Please call for available class dates and times.

Thursday evening classes

6:30 to 8:30 pm (five-week series)

Course fee: \$70; fee includes course materials.

Please call for available class dates and times.

Saturday one-day intensive class

held monthly, 8:30 am to 4:30 pm

Course fee: \$80; fee includes course materials, snacks and beverages; registrants are responsible for their own lunch.

Please call for available class dates and times.

All classes are held at St. Luke's Hospital – Allentown Campus in the 3rd Floor Wieand Conference Room. Classes are held at a variety of times; date will be confirmed at the time of reservation. Please register early, by the 28th week of pregnancy, by calling 610-628-8668; space is limited.

Prepared Childbirth Class Registration Form

Name: _____ Age: _____ Occupation: _____

Address: _____ Phone: _____

Support person's name: _____ Age: _____ Occupation: _____

Due date: _____ Physician: _____

Class choice (**circle one**): five week series or intensive one-day program

Please make checks payable to St. Luke's Hospital & Health Network. Mail completed registration form and payment to: St. Luke's Hospital – Allentown Campus, 1736 Hamilton Street, W3-OB, Allentown, PA 18104 * Attn.: Childbirth Educator

ALLENTOWN CAMPUS

