



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 St. Luke's InfoLink
toll free at 1-877-610-6161 or 610-954-7900.*

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

All screenings and classes are offered free of charge.

BETHLEHEM CAMPUS

Orientation to Hospital Maternity Services and Tour

St. Luke's Hospital – Bethlehem Campus is pleased to offer a Maternity Orientation Program for all expectant women and their families. This informal class will provide information about our services and prenatal classes. A tour of the New Beginnings Family Birth Center and Nursery is included (based on room availability). Partners, other family members and children are welcome.

All programs are held in Lecture Hall 1 of the Priscilla Payne Hurd Education Center at St. Luke's Hospital Bethlehem Campus. Free parking is available under the Education Center building.

Classes are typically held the first Monday, second Tuesday,
third Saturday and fourth Thursday of each month.

Jan. 4, 12 and 28 at 6:30 pm
Jan. 16 at 11:15 am

Feb. 1, 9 and 25 at 6:30 pm
Feb. 20 at 11:15 am

March 1, 9 and 25 at 6:30 pm
March 20 at 11:15 am

April 5, 13 and 22 at 6:30 pm
April 17 at 11:15 am

May 3, 11 and 27 at 6:30 pm
May 15 at 11:15 am

June 7, 8 and 24 at 6:30 pm
June 19 at 11:15 am

July 5, 13 and 22 at 6:30 pm
July 17 at 11:15 am

Aug. 2, 10 and 26 at 6:30 pm.
Aug. 21 at 11:15 am

Sept. 14 and 23 at 6:30 pm
Sept. 18 at 11:15 am

Oct. 4, 12 and 28 at 6:30 pm
Oct. 16 at 11:15 am

Nov. 1, 9 and 10 at 6:30 pm
Nov. 20 at 11:15 am

Dec. 6, 14 and 30 at 6:30 pm
Dec. 18 at 11:15 am

BETHLEHEM CAMPUS *(continued)*

Prenatal Breastfeeding Class

The New Beginnings Family Birth Center is pleased to offer a prenatal breastfeeding educational opportunity. 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 for the important job of breastfeeding.

Learn the benefits of breastfeeding, how milk is produced, the techniques of breastfeeding, positions, comfort measures and potential problems and solutions. Partners, family and friends are welcome.

All classes are held in the Priscilla Payne Hurd Education Center, Lecture Room 1, at St. Luke's Hospital – Bethlehem Campus, and start promptly at 6:30 pm

Thursday, Jan. 14, 6:30 – 8:30 pm
Wednesday, Jan. 27, 6:30 – 8:30 pm

Thursday, Feb. 11, 6:30 – 8:30 pm
Wednesday, Feb. 24, 6:30 – 8:30 pm

Thursday, March 11, 6:30 – 8:30 pm
Wednesday, March 31, 6:30 – 8:30 pm

Thursday, April 8, 6:30 – 8:30 pm
Wednesday, April 28, 6:30 – 8:30 pm

Thursday, May 13, 6:30 – 8:30 pm
Wednesday, May 26, 6:30 – 8:30 pm

Thursday, June 10, 6:30 – 8:30 pm
Wednesday, June 30, 6:30-8:30 pm

Thursday, July 8, 6:30 – 8:30 pm
Wednesday, July 28, 6:30 – 8:30 pm

Thursday, Aug. 12, 6:30 – 8:30 pm
Wednesday, Aug. 25, 6:30 – 8:30 pm

Thursday, Sept. 9, 6:30 – 8:30 pm
Wednesday, Sept. 29, 6:30 – 8:30 pm

Thursday, Oct. 14, 6:30 – 8:30 pm
Wednesday, Oct. 27, 6:30 – 8:30 pm

Thursday, Nov. 11, 6:30 – 8:30 pm

Thursday, Dec. 9, 6:30 – 8:30 pm
Wednesday, Dec. 29, 6:30 – 8:30 pm

St. Luke's Hospital Breastfeeding 2010 Information Series

Join us for this ongoing series filled with practical information and strategies for successful breastfeeding. Each month there will be a short informational session on the topics below, followed by time for discussion and questions. Friends and family, as well as babies (free of infection) are welcome to come along.

Please register at least three days prior to the day you plan to attend.

All classes are held in the Priscilla Payne Hurd Education Center, Room 111, St. Luke's Hospital – Bethlehem Campus, and start promptly at 6:30 pm

*Maintaining Your Milk Supply & Pumping
& Storing Milk*

Monday, Jan. 18, 6:30 – 7:30 pm

Working Outside the Home

Monday, Feb. 15, 6:30 – 7:30 pm

Common Problems & Solutions

Monday, March 15, 6:30 – 7:30 pm

Introducing Solid Foods

Monday, April 19, 6:30 – 7:30 pm

Fathering Breastfed Babies

Monday, May 17, 6:30-7:30 pm

Traveling With Your Baby

Monday, June 21, 6:30 – 7:30 pm

Breastfeeding Multiples (Twins, Triplets, etc.)

Monday, July 19, 6:30 – 7:30 pm

*Maintaining Your Milk Supply & Pumping
& Storing Milk*

Monday, Aug. 16, 6:30 – 7:30 pm

Introducing Solid Foods

Monday, Sept. 20, 6:30 – 7:30 pm

Working Outside the Home

Monday, Oct. 18, 6:30 – 7:30 pm

Low Stress Holidays

Monday, Nov. 15, 6:30 – 7:30 pm

Common Problems and Solutions

Monday, Dec. 20, 6:30 – 7:30 pm

BETHLEHEM CAMPUS *(continued)*

Vaginal Birth After Cesarean Class

The Vaginal Birth After Cesarean (VBAC) Class is an opportunity for women who have previously given birth by Cesarean to receive information about VBAC as a birth option. A St. Luke's Hospital Mother-Baby Educator Nurse and an Obstetrician present this one-hour program.

Plan to attend this session as early in your pregnancy as possible. Your partner and other family members are welcome to attend with you.

All classes are held in Room 112 of the Priscilla Payne Hurd Education Center at St. Luke's Hospital – Bethlehem Campus. Free parking is available under the Education Center building.

Thursday, Jan. 21, 6:30 – 7:30 pm

Thursday, March 18, 6:30 – 7:30 pm

Thursday, May 20, 6:30 – 7:30 pm

Thursday, July 15, 6:30 – 7:30 pm

Thursday, Sept. 16, 6:30 – 7:30 pm

Thursday, Nov. 18, 6:30 – 7:30 pm

Your Baby's First Year; What Every Parent Should Know

Join us for this free, ongoing series filled with practical information and strategies for raising healthy and happy children. Each month, there will be a short informational session on the topics below, followed by time for discussion and questions. Programs feature knowledge and advice from St. Luke's experts.

Friends, family and children (free of infection) are welcome to attend.

Reservations are required no later than the Thursday before each program.

All classes are held in the Priscilla Payne Hurd Education Center, Room 104, St. Luke's Hospital – Bethlehem Campus, and start promptly at 6:30 pm.

Car Seats, What You Need to Know

Tuesday, Jan. 26, 6:30 – 7:30 pm

Development Milestones

Tuesday, Feb. 23, 6:30 – 7:30 pm

Getting Ready to Bottle Feed

Tuesday, March 23, 6:30 – 7:30 pm

Nighttime Parenting and Sleeping Through the Night

Tuesday, April 27, 6:30 – 7:30 pm

Expectant/ New Dad Class

Tuesday, May 25, 6:30 – 7:30 pm

Baby Proofing Your Home, Summer Safety & Vacationing Tips

Tuesday, June 29, 6:30 – 7:30 pm

Daycare, In Home & Teen Sitters

Tuesday, July 27, 6:30 – 7:30 pm

Common Childhood Illnesses

Tuesday, Aug. 24, 6:30 – 7:30 pm

Development Milestones of the First Year

Tuesday, Sept. 28, 6:30 – 7:30 pm

Financial Issues of Parenting

Tuesday, Oct. 26, 6:30 – 7:30 pm

Low Stress Holidays & Holiday Safety

Tuesday, Nov. 23, 6:30 – 7:30 pm

Feeding Through the First Year and Beyond

Tuesday, Dec. 28, 6:30 – 7:30 pm

BETHLEHEM CAMPUS *(continued)*

Grandparenting Class

This class is designed for expectant grandparents and their interested friends. Expectant parents may accompany interested grandparents if they desire. New grandparents may also benefit from discussions although the ideal time to attend this program is within the last three months, immediately prior to the baby's due date.

The session will update grandparents on current ideas in childbirth and childcare, prepare grandparents for their role and familiarize them with the hospital's family-centered policies and environment. There will be adequate time for discussion and questions about various topics. A tour of the New Beginnings Family Birth Unit and nursery will be included based upon room availability.

All classes are held in the Priscilla Payne Hurd Education Center, Lecture Room 1,
at St. Luke's Hospital – Bethlehem Campus.

Thursday, Jan. 7, 6:30 - 8:30 pm

Thursday, July 1, 6:30 - 8:30 pm

Thursday, March 4, 6:30 - 8:30 pm

Thursday, Sept. 2, 6:30 - 8:30 pm

Thursday, May 6, 6:30 - 8:30 pm

Thursday, Nov. 4, 6:30 - 8:30 pm

Newborn and New Mother Care Class

This informative class is filled with practical information to help you feel confident in caring for your newborn and yourself after your baby's birth. A baby bath demonstration and safety instructions are included.

This information is also provided daily on the birthing unit by video during your hospital stay.

All classes are held in the Priscilla Payne Hurd Education Center, Lecture Room 1,
St. Luke's Hospital-Bethlehem Campus.

Wednesday, Jan. 20, 6:30 - 8:30 pm

Wednesday, July 21, 6:30 - 8:30 pm

Wednesday, Feb. 17, 6:30 - 8:30 pm

Wednesday, Aug. 18, 6:30 - 8:30 pm

Wednesday, March 17, 6:30 - 8:30 pm

Wednesday, Sept. 15, 6:30 - 8:30 pm

Wednesday, April 21, 6:30 - 8:30 pm

Wednesday, Oct. 20, 6:30 - 8:30 pm

Wednesday, May 19, 6:30 - 8:30 pm

Wednesday, Nov. 17, 6:30 - 8:30 pm

Wednesday, June 16, 6:30 - 8:30 pm

Wednesday, Dec. 15, 6:30 - 8:30 pm

Checking In

When you have reached the 32nd week of your pregnancy, please call St. Luke's InfoLink at 1-877-610-6161 (toll free) to schedule a one-on-one visit with a nurse for about an hour. The nurse will answer your questions and fill out all paper work in advance of delivering your baby.



*My Health. My Hospital.*SM