Childbirth Education 2016
Precious is the Miracle of Birth

Preparing for your little miracle begins months before you arrive at the hospital for your baby’s birth. The Family Birthplace Education Series and support services are designed to prepare you for your baby’s arrival and guide you into parenting.

In cooperation with your physician or midwife, these education sessions are available to give you insight into conception, pregnancy, labor, birth and parenting roles.

Offerings are held at Mayo Clinic Health System, La Crosse Campus.
Family Birthplace Childbirth Education
Classes and Services

Our philosophy
Family Birthplace is dedicated to serving families through excellence in individualized Relationship Based Care. We believe the birth of your baby is one of the most important events in your lifetime. As each individual is unique, so is each pregnancy and birthing experience.

Expertise and Services
“Perinatal” refers to the period of time around birth. Family Birthplace provides family-centered health care to pregnant women and their infants for both normal and high-risk pregnancies and births.

Family Birthplace combines the resources of obstetrics, family medicine, nurse midwifery, maternal-fetal medicine, pediatrics, neonatology, nursing and lactation services. Together our team can provide the best care for you and your baby before, during and after your childbirth experience.

Our comprehensive perinatal services include:

- Prenatal care
- Centering Program
- Education programs
- Labor and Delivery
- High-risk prenatal care
- Medical Genetics
- Neonatal Intensive Care Unit (NICU)
- Pediatrics
- Lactation consulting
What You Need To know

- REGISTER EARLY – as soon as possible in your pregnancy.
  
  (You should be minimum of 20 weeks gestation by the course date).

  Class size is limited and classes fill early.

- No payment is required to attend any of the classes for Mayo Clinic Health System patients.

- All registered participants will receive a confirmation letter.

- To cancel your registration, please call Cathy Pupp, (608) 392-4172. Please notify Cathy at least three business days prior to the beginning of your class. This will allow others on the waiting list the opportunity to attend. We reserve the right to limit enrollment and cancel classes. If there are severe weather warnings in the La Crosse and surrounding counties classes will be cancelled. Class cancellation due to severe weather is confirmed by calling (608) 392-9723.

During Your Hospital Stay

During the hospital stay after the birth of your baby, our staff continues to answer any questions you might have. We are committed to helping you increase your enjoyment and confidence as a new parent. Our staff continues to offer individualized education in infant cares, feeding and behavior; car seat safety; maternal care; nutrition and family adjustments. Tell us how long you plan to breastfeed your baby, we are here to help!

Lactation Consultation – breastfeeding support

Registered Nurses educated in breastfeeding are available to provide information and assistance to help you and your newborn during your hospital stay. In addition, Certified Lactation Counselors and International Board Certified Lactation Consultants (IBCLC) with expertise in breast feeding education provide instruction and assistance 24/7. Families may continue to receive breastfeeding support from the IBCLCs after returning home from the hospital. Family Birthplace staff are proud of our Baby Friendly Designation achievement in 2008 and a redesignation status in 2014. Mayo Clinic Health System, La Crosse became the 6th hospital in Wisconsin and the 70th in the United States to achieve this designation.
Family Time
Your nurse will assist you in designing your hospital time to provide a balance of rest, time with your baby and family, and time for education. You may use the family lounge for your family’s needs when they come to spend time with you and your new baby.

Quiet Time
It is important to us that mothers get a rest period each day, then perhaps she will give her self permission to do so at home. Every day between the hours of 1:00 p.m. - 2:30 p.m. the lights are dimmed and all is quiet and peaceful in Family Birthplace. Visitors understand that rest time is important for mothers and babies.

Family Birthplace Visitation
The following visitor hours for Family Birthplace are: 12:00 p.m. – 1:00 p.m. and from 2:30 p.m. – 8:30 p.m. All visitors are warmly welcomed and required to wear an identification badge while visiting Family Birthplace. All visitors and family members are screened for presence of communicable disease before accessing Family Birthplace. Please remind any guest to not visit if they are sick. The health and safety of our mothers and babies is taken very seriously in Family Birthplace.

Wireless Internet Access to Patients and Visitors
This service is free of charge. Patients and visitors interested in using this service should note:

- You must provide your own hardware. Due to resource availability and liability concerns, Mayo Clinic Health System will not be responsible for technical support of the patient’s /visitor’s hardware or software.
- Nursing staff in Family Birthplace have patient care as their top priority. They are not in a position to assist or trouble-shoot internet connections. Please bring your device documentation for assistance.
Support Groups

**Mom and Baby Group**

Mom and Baby Group is a support group for moms and babies. There is a 15 – 20 minute informational presentation and the remainder of the hour is reserved for moms and babies to interact. It is a great source of friendship. This is a free offering. Babies of all ages are welcomed. Call (608) 392-4172 for questions;

*Thursdays, 10:30 – 11:30 a.m. in La Crosse.*

**Pregnancy and Infant Loss Support**

Our Share Program is a branch of a the National Share Pregnancy and Infant Loss Support, Inc. to aid in helping families through their grieving and healing processes. The Share Program offers further training to staff to help them care for bereaved families prenatally, at the time of loss, and over the following year, mailings will be provided to assist in the grieving process including invitations to the Healing Through Grief Series. Families are encouraged to contact the Share Program for individual follow up. Ecumenical Memorial Service and Burial are held in May and October each year. Mayo Clinic Health System in La Crosse and Gundersen Health System offer a co-sponsored Walk to Remember in October and a Christmas Candlelight Memorial Service in December of each year.

Please call (608) 785-0940, extension 22389. Our Share Program Coordinator will return all phone calls. Please leave your name, phone number, and best time to call in the message. E-mail LAShareProgram@mayo.edu

**Natural Family Planning - Creighton Model FertilityCare System (CrMS)**

Mayo Clinic Health System’s La Crosse FertilityCare Practitioner teaches couples the Creighton Model FertilityCare System (CrMS) - a modern, effective and scientifically proven ovulation method of family planning. CrMS is a safe, natural and holistic way for couples to achieve pregnancy, postpone pregnancy, and identify gynecological health issues.

To learn more, call 392-4624.
Perinatal Education Classes

Prepared Childbirth
These classes provide information about:

- Breathing, relaxation techniques
- Medical interventions: induction, pain management and cesarean birth
- Certified Registered Nurse Anesthetist (CRNA) provides information on labor epidurals
- Stages of labor – what happens at each stage, emotions accompanying each stage, self-help techniques and comfort measures
- Labor partner assistance – how to provide support during labor and birth and preparing for the experience
- Post-partum-immediate post-partum care and lifestyle adjustments after giving birth

Support is very important during childbirth. Bring someone with you to the class who will be with you during labor.

Prepared childbirth classes should be started in the sixth month of pregnancy. Depending on the learning style of the participants, a 3 week series of classes or a one day class are available.

Prepared Childbirth Three Week Series
This three week series offers the best opportunity for practicing the various childbirth techniques. There will be a tour of the Family Birthplace on the first night of class.

Mondays, 3 Week Class 6 – 8:30 p.m.
- January 4, 11, 18
- Feb. 29, March 7, 14
- April 25, May 2, 9
- July 11, 18, 25
- November 7, 14, 21
- September 12, 19, 26

If you desire to attend both Prepared Childbirth and Birthing Naturally: Your way, three week service, you need to only attend the first session of either series once, as the information is the same.

Prepared Childbirth One Day Express
This six hour session is for those who prefer a one day class rather than a series. It is recommended to take this class in the sixth month of pregnancy. A break for lunch is provided. Practice of childbirth techniques is limited in this class.

One Saturday, 9 a.m. – 4:30 p.m.
- January 9
- February 20
- March 12
- April 9
- May 7
- June 11
- July 9
- August 13
- September 10
- October 8
- November 12
- December 10
Birthing Naturally: Your Way including Nutrition, Activity and Fitness for Pregnancy

This three week series is offered for families who would like to focus on holistic and non-pharmacological methods for comfort during labor and birth. Class time will be focused on practicing relaxation techniques and comfort measures for labor. Throughout this class, we will invite a Registered Dietitian, a Physical Therapist, a Yoga Instructor, and a Labor Nurse to be present to provide information and answer questions. You will also receive a tour of the Family Birthplace the first night of your class. On the third evening of class we will focus on nutrition, activity, and fitness for pregnancy. This interactive class covers what you need to know about nutrition for you and your growing baby, and the basic Dos and Don’ts of activity and exercise of pregnancy.

Please note: For those only wanting to take the nutrition, activity, and fitness for pregnancy portion of the class you only need to register for the third evening of the Birthing Naturally Your Way session. Those dates are listed below.

Topics include:

- Massage
- Positioning
- Focused Breathing
- Music Therapy
- Guided Imagery
- Hydrotherapy
- Aromatherapy
- Pregnancy Yoga
- Reiki
- Hypnobirthing
- Nutrition
- Fitness
- Impact of food and drink, and activity choices during pregnancy
- Nutrition requirements during pregnancy
- Healthy meal and snack choices during pregnancy
- Importance of exercise during pregnancy
- Exercises to practice during pregnancy

**Mondays, 3 Week Series 6:00 p.m. - 8:30 p.m.**
- February 1, 8, 15
- March 28, April 4, 11
- June 6, 13, 20
- August 8, 15, 22
- October 10, 17, 24
- December 5, 12, 19

**Nutrition, Activity, Fitness and Comfort Measures 3rd Monday 6:00 p.m. - 8:30 p.m.**
- February 15
- April 11
- June 20
- August 22
- October 24
- December 19
For Non-English Speaking Patients
Interpretive services are provided free of charge for any of the courses. Please call Cathy Pupp at (608) 392-4172 to arrange for interpretive services.

Beginning to Breastfeed Class
This 2 ½ hour class is offered on Wednesday or Saturday. Partners are encouraged to attend. This class is recommended for all families who are considering, or have decided to breastfeed. Information included in the class:

- Why breastfeeding is good for mother and baby
- The first feeding
- Medications and illness
- Nursing after the first feeding
- Special Situations
- Skin to skin contact

One Thursday, 6 - 8:30 p.m.
- January 7
- February 4
- March 10
- April 7
- May 12
- June 2
- July 7
- August 4
- September 1
- October 20
- November 10
- December 1

One Saturday, 12 - 2:30 p.m.
- January 16
- March 5
- May 14
- July 16
- September 17
- November 19

Please contact a Family Birthplace Lactation Consultant at 608-392-9789 for assistance with:

- Designing a plan for continuing to breastfeed after returning to the workplace or school
- Expressing and storage of breast milk
- Breast pumps
- Introducing a bottle
- Any other questions and concerns regarding breastfeeding your baby.
Caring for Your Newborn
This class offers practical tips, information and demonstrations to assist in caring for your new baby. This 2 ½ hour class includes discussion of:

- Normal fussy periods and comforting techniques
- Bathing
- Diapering and dressing
- Feeding and burping
- Child safety
- Questions and answers with Pediatrician
- Well baby care
- Signs and symptoms of illness
- Choosing a care provider
- Enhancing brain development

**One Saturday 9 - 11:30 a.m.**
- January 16
- February 6
- March 5
- April 2
- May 14
- June 4
- July 16
- August 6
- September 17
- October 15
- November 19
- December 3

Infant Basic Life Support
Infant Basic Life Support (BLS) classes include infant CPR and foreign body airway obstruction. The classes are intended for parents and grandparents. The American Heart Association (AHA) recognizes Infant Basic Life Support classes.

**One Tuesday 6 - 7 p.m.**
- January 19
- March 8
- May 10
- July 14
- September 6
- November 15
Massage for Pregnant Couples
This course is designed for the Mother-to-be and her spouse, partner or support persons to learn the basic techniques of massage to help her relax and ease the discomfort of pregnancy. Please bring 2 pillows and wear comfortable clothing.

One Thursday 6:30 - 7:45 p.m.
- April 13
- August 31
- December 7

Infant Massage
This class is intended to instruct parent(s) on individualized massage techniques for their infant. We will go over techniques to help relieve gas and colic and strengthen the bonding and communication with parent and baby through massage that can be continued on them as they grow. This can provide an opportunity for you and your baby to develop relaxation skills that can last a lifetime.

Infant Massage will be taught at Mom & Baby Group in Sally Olson Conference Room (817 South 10th Street entrance).
No registration needed.
Childbirth Education Classes and Services

2016 Registration Form

To register online please go to:
http://mayoclinichealthsystem.org/locations/la-crosse/medical-services/birthing-centers/childbirth-education-registration

Name_______________________________________ Due Date__________________

Address_______________________________________ Moms DOB________________

City_____________________________________ State______ Zip________________

Phone___________________________________ Work__________________________

Email address __________________________   Physician ______________________

Which hospital are you delivering at? ______________________________________

Please check the classes you are registering for and one date for each.

We reserve the right to cancel classes due to low enrollment.
Please register for classes early.

❑ Prepared Childbirth Class – Three Week Series (Mondays) 6-8:30 p.m.
  ❑ January 4, 11, 18       ❑ July 11, 18, 25
  ❑ Feb. 29, March 7, 14   ❑ September 12, 19, 26
  ❑ April 25, May 2, 9     ❑ November 7, 14, 21

❑ Prepared Childbirth Class – One Day Express (Saturday) 9-4:30 p.m.
  ❑ January 9       ❑ May 7       ❑ September 10
  ❑ February 20    ❑ June 11      ❑ October 8
  ❑ March 12       ❑ July 9        ❑ November 12
  ❑ April 9        ❑ August 13     ❑ December 10

❑ Birthing Naturally Your Way – Three Week Series (Mondays) 6-8:30 p.m.
  ❑ February 1, 8, 15       ❑ August 8, 15, 22
  ❑ March 28, April 4, 11   ❑ October 10, 17, 24
  ❑ June 6, 13, 20          ❑ December 5, 12, 19
Nutrition, Activity and Fitness session (Mondays) 6-8:30 p.m.
- February 15
- April 11
- June 20
- August 22
- October 24
- December 19

Beginning to Breastfeed (Thursdays) 6 - 8:30 p.m.
- January 7
- February 4
- March 10
- April 7
- May 12
- June 2
- July 7
- August 4
- September 1
- October 20
- November 10
- December 1

Beginning to Breastfeed (Saturdays) 12 - 2:30 p.m.
- January 16
- March 5
- May 14
- July 16
- September 17
- November 19

Caring for Your Newborn (Saturdays) 9 - 11:30 a.m.
- January 16
- February 6
- March 5
- April 2
- May 14
- June 4
- July 16
- August 6
- September 17
- October 15
- November 19
- December 3

Infant Basic Life Support (Tuesdays) 6 - 7 p.m.
- January 19
- March 8
- May 10
- July 14
- September 6
- November 15

Massage for Pregnant Couples (Thursdays) 6:30 - 7:34 p.m.
- April 13
- August 31
- December 7
Please mail registration form to:

Cathy Pupp, Mayo Clinic Health System
Marketing Communications
700 West Avenue South, La Crosse, WI 54601
or Fax to: (608)392-9416.
Baby Friendly!

The Family Birthplace in La Crosse has received international recognition as a baby-friendly birth facility. The Baby Friendly Hospital Initiative recognizes hospitals that offer comprehensive care for breast-feeding mothers and their babies. Family Birthplace staff, which includes certified lactation counselors and international board certified lactation consultants, are able to competently and compassionately provide information, encouragement, support and assistance before, during and after the birth of your baby.