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 - Franciscan Healthcare in La Crosse.
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
- Education programs
- Labor and Delivery
- High-risk prenatal care
- Medical Genetics
- Neonatal Intensive Care Unit (NICU)
- Pediatrics
- Lactation consulting
What You Need To know

- Patient Online Services users will receive their confirmation letter via Patient Online Services message. All registered participants will receive a confirmation letter.

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

- Register Early
  You should be between 20-35 weeks gestation by the course date. Class size is limited and classes fill early.

- To cancel your registration, please call 608-392-9090. Please notify us 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; maternal care; nutrition and family adjustments.
Supporting our Patient’s Feeding Choices
The Family Birthplace follows standards of care that ensure our families receive correct, current information to help them choose a method for feeding their baby. These practice standards are a vital link between what a mother learns prior to and after the birth of her baby. As a result, we are better able to meet the needs of families however they choose to feed their baby.

As part of our continuing efforts to support breastfeeding families, the Family Birthplace incorporates the World Health Organization’s Ten Steps to Successful Breastfeeding into the care we provide.

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.

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 herself permission to do so at home. Every day between the hours of 1 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
All visitors are warmly welcomed and will receive an identification badge to wear 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 for 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**
The Mom and Baby group is a great way to network with other new moms and babies in the area. 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.*
Sally Olson Conference Room, Family Health Clinic entrance at 817 10th Street South, La Crosse

**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 608-392-4624.
Perinatal Education Classes

**Prepared Childbirth**
These classes provide information about:

- 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
- Breathing, relaxation techniques
- Certified Registered Nurse Anesthetist (CRNA) provides information on labor epidurals
- Medical interventions: induction, pain management and cesarean birth
- Immediate post-partum care
- Tour of the Family Birthplace

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 three week series of classes or a one day class are available.

**Prepared Childbirth Three Week Series**

*Mondays, 3 Week Class 6 – 8:30 p.m.*
- January 8, 15, 22
- March 12, 19, 26
- May 7, 14, 21
- July 9, 16, 23
- September 10, 17, 24
- November 12, 19, 26

**Prepared Childbirth One Day Express**

This seven 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 45 minute lunch break is allotted. Participants may opt to bring a lunch from home or utilize the cafeteria on campus.

*One Saturday, 9 a.m. – 4:30 p.m.*
- January 12
- February 10
- March 10
- April 14
- May 19
- June 9
- July 14
- August 11
- October 13
- December 8
Beginning to Breastfeed Class
This 2 ½ hour class is offered on one Thursday each month. 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:
• Benefits of Breastfeeding
• Initiation of Breastfeeding
• Latch and Positioning
• Expression and Storage of Breastmilk
• Breastfeeding Lifestyle
• Troubleshooting and Resources

One Thursday, 6 - 8:30 p.m.
• January 4  • May 3  • September 6
• March 1  • July 12  • November 1

For questions or to develop an individualized breastfeeding plan, please contact a Family Birthplace Lactation Consultant at 608-392-9789.
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:
• Questions and answers with Pediatrician
• Normal fussy periods and comforting techniques
• Bathing
• Diapering and dressing
• Feeding and burping
• Child safety
• Well baby care
• Signs and symptoms of illness
• Choosing a care provider
• Enhancing brain development

One Saturday 9 - 11:30 a.m.
• January 20
• February 17
• March 17
• April 28
• May 5
• June 23
• July 21
• August 18
• September 15
• October 27
• November 10
• December 22

Caring for Your Newborn and Beginning to Breastfeed Combined Class

One Saturday 9 a.m. - 1 p.m.
• January 20
• February 17
• March 17
• April 28
• May 5
• June 23
• July 21
• August 18
• September 15
• October 27
• November 10
• December 22
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 16
- March 6
- May 8
- July 10
- September 1
- November 13

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 two pillows and wear comfortable clothing.

One Wednesday 5:30 - 6:45 p.m.
- January 10
- June 13
- October 3

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 is taught at Mom & Baby Group.
No registration needed.

For Non-English Speaking Patients
Interpreter services are provided free of charge for any of the courses. Please call 608-392-9090 to arrange for interpretive services.
Childbirth Education Classes and Services

2018 Registration Form

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

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.
• All registered participants will receive a confirmation letter.
• Patient Online Services users will receive their confirmation letter via
  Patient Online Services message.
• 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 8, 15, 22   ❑ July 9, 16, 23
    ❑ March 12, 19, 26   ❑ September 10, 17, 24
    ❑ May 7, 14, 21      ❑ November 12, 19, 26

❑ Prepared Childbirth Class –
  One Day Express (Saturday) 9 a.m. - 4:30 p.m.
    ❑ January 12         ❑ May 19               ❑ August 11
    ❑ February 10       ❑ June 9                ❑ October 13
    ❑ March 10          ❑ July 14              ❑ December 9
    ❑ April 14          ❑                      ❑
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Please mail registration form to:

Mayo Clinic Health System
Family Birthplace, Childbirth Education
700 West Avenue South, La Crosse, WI 54601