Childbirth Education

2017
Precious is the Miracle of Birth

Preparing for your little miracle begins months before you arrive at the hospital for your baby’s birth. Our education series and support services will help prepare you for the birth of your baby and assist you in your parenting role.
We offer a childbirth education program that consists of classes for you to help prepare for the labor, delivery and care of your baby.

The classes are divided into eight sections:

- Pregnancy
- Baby Care and Nutrition
- Labor & Birth
- Cesarean Birth
- Labor & Delivery Review
- Siblings
- Beyond Birth
- Grandparents

Each section is designed to meet the needs of each stage of pregnancy or parenthood. We encourage both parents to attend the classes if at all possible. If you are a single parent, you may bring a companion with you to class. Be sure to check the location of your classes.

If there is inclement weather, cancellations will be announced on KCUE, the local radio station, or you can call Mayo Clinic Health System in Red Wing at 651-267-5000.

For other questions, please contact Stacy Almsted at 651-267-5607 or Barbara Voth at 651-267-5375.

*Class size is limited and classes fill quickly. Register early by calling 651-267-5607 unless otherwise noted.*
Classes and Content

**Pregnancy Education**

First time parents are recommended to attend this class early in your pregnancy prior to the Labor & Birth classes. Classes are held the second Tuesday of every other month from 7 to 9 p.m.

Location:
Mayo Clinic Health System, Classroom – 3rd Floor
701 Hewitt Boulevard, Red Wing, MN

Topics covered:
- The importance of good prenatal care and its influences on both mother and child
- Physical and emotional changes experienced by expectant parents
- Physical activity during pregnancy: exercise, relaxation, work, proper body mechanics
- Changes in life-style: nutrition, smoking, drugs, alcohol
- The baby’s development: fetal development
- Discomforts of pregnancy: causes and possible remedies
- Warning signs: how to recognize them and what to do

**Classes available include:**

- January 10
- March 14
- May 9
- July 11
- September 12
- November 14
Baby Care & Baby Nutrition Classes

This class is recommended to take in your sixth or seventh month of pregnancy. Classes are held the third (Baby Care) and fourth (Baby Nutrition) Tuesday of every other month from 7 to 9 p.m.

Location:
Professional & Community Center, Classroom – 1st Floor
1407 West 4th Street, Red Wing, MN

Topics covered:
- Infant nutrition: the first year of life – breastfeeding
- How feeding decisions impact your baby’s development and health
- Normal characteristics of the newborn
- Care of your baby: includes baby bath demonstration
- Infant safety
- Family adjustments to the new baby
- Car seat safety
- Physical development
- Couplet care

Classes available include:
- January 17 & 24
- March 21 & 28
- May 16 & 23
- July 18 & 25
- September 19 & 26
- November 21 & 28

NEW! Saturday classes:

Saturday classes are offered from 9 a.m. to 3 p.m. at Mayo Clinic Health System, Classroom - 3rd Floor, 701 Hewitt Blvd., Red Wing. (Baby Care session held in the morning, Baby Nutrition session held in the afternoon). A light lunch will be provided.

- February 11
- April 8
- June 10
- August 12
- October 14
- December 9
Labor & Birth

This class is recommended for you to attend in your seventh or eighth month of pregnancy. Classes held the first three Thursdays of each month from 7 to 9 p.m.

Session 1
Professional & Community Center, Classroom – 1st Floor
1407 West 4th Street, Red Wing, MN

Session 2 – Bring two pillows to use during relaxation exercise
Professional & Community Center, Classroom – 1st Floor
1407 West 4th Street, Red Wing, MN

Session 3
Mayo Clinic Health System, Classroom – 3rd Floor
701 Hewitt Boulevard, Red Wing, MN

Topics covered:
• How labor begins and progresses
• Breathing and relaxation techniques for use during labor and delivery
• Importance of support person during labor and delivery
• Birth films—normal vaginal delivery
• Practice sessions for breathing and relaxation
• Tour of OB department
• Options for pain relief: comfort measures, positioning and medications

Classes available include:

- January 5, 12 & 19
- March 2, 9 & 16
- May 4, 11 & 18
- July 6, 13 & 20
- September 7, 14 & 21
- November 2, 9 & 16

NEW! Saturday classes (includes session 1, 2 and 3):
Class is held from 9 a.m. to 4:30 p.m. at Mayo Clinic Health System, Classroom - 3rd Floor, 701 Hewitt Blvd., Red Wing. A light lunch will be provided.

- February 4
- April 1
- June 3
- August 5
- October 7
- December 2
Labor & Birth Review

The Labor & Birth Review is recommended for you to attend in your eighth or ninth month of pregnancy, if you previously attended the Labor & Birth class in Red Wing with your last pregnancy. Classes are held one Monday every other month from 7 to 9 p.m.

Location:
Mayo Clinic Health System, Classroom – 3rd Floor
701 Hewitt Boulevard, Red Wing, MN

Topics Include:
- Review of signs & symptoms of labor
- Knowing when to come to the hospital
- Breathing and relaxation techniques

Classes available include:

- January 23
- March 27
- May 22
- July 24
- September 25
- November 27
Cesarean Birth

We recommend all expectant parents attend this class so they are prepared for Cesarean delivery, as well as vaginal delivery. Classes are held every other month on a Monday night from 7 to 9 p.m.

Location:
Mayo Clinic Health System, Classroom – 3rd Floor
701 Hewitt Boulevard, Red Wing, MN

Topics covered:
- View a video that discusses aspects of a Cesarean delivery
- What to expect and methods to optimize the healing process
- Tour of operating room where Cesarean deliveries are performed
- Anesthesia staff available to answer questions

Classes available include:

- January 2
- March 6
- May 1
- July 3
- September 11
- November 6
Siblings

This class is designed to prepare children, ages 2 1/2 to 9 years of age, for their new sibling and mom’s hospital stay. For parents and children. Classes are held on the first Tuesday every other month from 6 to 7:15 p.m.

Location:
Mayo Clinic Health System, Classroom – 3rd Floor
701 Hewitt Boulevard, Red Wing, MN

Children will:
• Tour the hospital maternity area
• See a newborn baby
• Watch a video presentation, “Super Sibling”
• Draw pictures for new baby’s hospital crib
• Children are to bring a doll or teddy bear to class to diaper

*Parents meet separately with a childbirth educator for approximately 20 minutes to discuss the adjustment of siblings to a new baby. This is while the children are watching a video presentation and having a treat.

Classes available include:

- January 3
- March 7
- May 2
- July 5
- September 5
- November 7
Grandparents Class

This class is designed to teach grandparents current concepts in prenatal and infant care and how to best support new parents. Changes in baby care, car seats and much more will be covered. Scheduled three times per year from 7 to 9 p.m.

Location:
Mayo Clinic Health System, Classroom – 3rd Floor
701 Hewitt Boulevard, Red Wing, MN
Beyond Birth Classes

After your baby is born, we continue to be here for you. Parents and baby are welcomed back to the classroom for the new challenges of baby care and parenting. Classes are held every Monday and Thursday from 1:30 to 3 p.m. except holidays (No class on May 29, July 4, September 4, November 23 and December 25).

Location:
Mayo Clinic Health System, Classroom – 3rd Floor
701 Hewitt Boulevard, Red Wing, MN

Topics covered:
Every parent has questions when they bring a new baby home, and these questions continue to change as baby grows and new challenges are met. The Beyond Birth class is set aside twice a week to give caregivers time to meet with our childbirth educators and lactation experts to help ease this time of change. Baby will be weighed, and baby care, feeding issues and growth and development needs are discussed.

It is recommended that you come to at least two of these classes before the baby’s 2-week exam. During the first and third Thursday class there is more opportunity for mothers to share with other mothers and guest speakers attend from community resources.

Registration not required.
Baby Café

The Lake City Area Baby Café, is a free resource for pregnant and breastfeeding moms. It is a great place for mothers to relax, share tips and techniques, and socialize with other moms experiencing similar situations. One-on-one help from specially trained health professionals is available, including professional lactation support. Babies can also be weighed and breastfeeding is assessed during this time.

Open Wednesdays from 12:30 to 2:30 p.m. at the Lake City Public Library meeting room. For more information on the Lake City Area Baby Café, please contact Anne Beckman at 651-267-5376.

No registration is required.
Online Childbirth Education

This online program is an option for those parents who cannot attend conventional prenatal classes or would like home-based education. It may also be used as a “refresher” course or to reinforce what you learned in class. All interested participants must register to receive login information.

It is ideal for families:

• With time constraints
• Experiencing scheduling conflicts
• On bed rest due to medical reasons
• Who have given birth before and want a refresher class
• Or in addition to a face to face childbirth education class

To register for the online childbirth education program, call 651-267-5607.

Many parents appreciate a chance to talk with a childbirth educator to ask questions or schedule a tour of The BirthPlace. Call 651-267-5375 to schedule a face-to-face meeting.
Childbirth Instructors

- Shelley Barker, M.D.
- Anne Beckman, B.S.N., R.N., I.B.C.L.C.
- Jolie Berktold, B.S.N., R.N., C.L.C., I.C.C.E.
- Jennifer Conroy, R.N.
- Linda Dech, I.B.C.L.C.
- Carol Gardner, P.T.
- Kelly Lexvold, B.S.N., R.N.
- Nancy Olson, R.D.L.D.
- Jenna Reinhart, R.N., I.B.C.L.C.
- Nancy Risberg, R.N.
- Carol Ryan, B.S.N., R.N.
- Ann Warrington, R.N.