Perinatal and Family Education

What can I do to have the healthiest pregnancy possible? Which exercises are safe to do while I am pregnant? Which relaxation and breathing techniques will help me during labor? How can my partner help me and really become a part of this experience? What are my options in the hospital- before, during and after my baby is born? How can I determine why my baby is crying? How do I know if breastfeeding is going well?

So many questions, so much to learn! Now that you’re expecting, we want you to have the opportunity to learn the answers to these questions and important information. Being prepared before the birth will help you have a more positive experience.

Educational Offerings

**Prepared Childbirth**
This class will help expectant parents prepare for their upcoming birth experience. Our Lamaze-or ICEA-certified instructors will focus on topics including breathing and relaxation, positioning and coping techniques, and anesthesia options using videos. A tour of the Family Birth Center is included. This course is offered as a five-weekday-evenings series, a three-week Saturday series or weekend express course; all options include 12 hours of course content. This course is recommended six to eight weeks prior to delivery. Please register in advance as classes fill quickly!

**Breastfeeding Basics**
Breastfeeding is rewarding, but can be challenging too. This class will provide an explanation of the lactation process, benefits of breastfeeding, the importance of a support system and tips to a successful start. You will learn about positioning, latch-on, early feedings and the importance of assessing your baby’s intake. Breastpumping, storage and maintaining a healthy milk supply is also discussed for moms that plan to return to work or school. This class is recommended during the last three months of pregnancy.

**Newborn Care**
This class will answer all of your questions about the new baby. A review of newborn characteristics, general baby care, early parenting, safety issues and resource materials are provided. Demonstrations using a doll for bathing, diaper changes and cord care are performed and you will have an opportunity to practice as well. This class is recommended during the last two months of pregnancy.

**CPR for Infant, Child and Adult**
Participants will learn CPR and relief of foreign-body airway obstruction for infants, children and adults. This three-hour course is designed to meet (over)
the needs of lay rescuers, expectant parents, school children aged 12 and up and family members. No written test is required. An AHA observation/participation card is given at the end of the class. **Note: This is NOT a certification course.**

**Childbirth Refresher**
This class is a review of prepared childbirth for experienced mothers and their partners. Topics include positioning and coping techniques, anesthesia options and a tour of the maternity center. *This class is recommended during the last two months of pregnancy.*

**Cesarean Birth**
This class is designed to meet the needs of expectant mothers preparing for a scheduled birth by cesarean. Understanding indications, interventions and procedures will help put your mind at ease before the big day. A tour of the Family Birth Center recovery area and Women’s Specialty Unit is included. *This class is recommended during the last two months of pregnancy.*

**Maternity Tour**
A tour of the Family Birth Center is available to help you feel more prepared when that big day arrives. A Family Birth Center nurse will meet you in the Atrium, walk you through the steps from admission to discharge and answer any questions you may have about your stay at Memorial Hermann The Woodlands Hospital.

**Sibling Class**
This class is designed to help siblings prepare for the arrival of a new baby. A description of newborn characteristics and hands-on practice with dolls will facilitate a safe and positive interaction with their new sibling. A brief tour of the Family Birthing Center is included. One or both parents may attend. *This class is available for children 3 to 9 years of age.*

**Accommodating Learning and Support Needs Following Your Baby’s Birth**

**Homeward-Bound Discharge Instruction Class**
This class is offered FREE daily at 10:30 a.m. for all inpatient mothers, fathers and their babies to help the new family prepare for their transition to home. The class is taught by a Family Birth Center nurse who answers questions, reviews current healthcare practices and demonstrates basic newborn care for baby and postpartum care for mom.

**“All About Moms” Weekly Support Group**
Facilitated by a Nurse and Certified Childbirth Educator from the Family Birth Center, this support group is conducted in a casual atmosphere which allows new and experienced moms and babies (birth to 1 year) to come together to share, learn and support each other through the process of motherhood. The group meets every Monday from 10 to 11:30 a.m. and is FREE to any new mother/baby couplet in the community. No registration is required. Free baby weight checks available.

**Coming Soon...**
Preparation for Multiples! Baby Sign Language!

**How To Sign Up**
Registration is required and can be completed by calling 713-222-CARE (or locally 281.364.5959).