

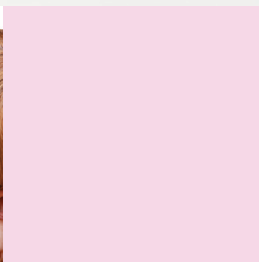
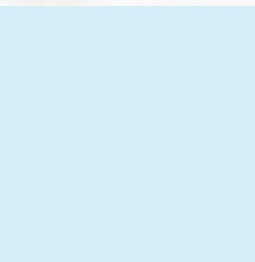
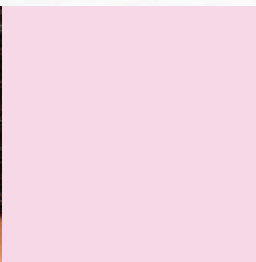
# Women's Health and Maternity Services

Heritage Valley Beaver



Uniquely Connected. For Life.<sup>SM</sup>

HERITAGE VALLEY  
HEALTH SYSTEM



# Commonly Asked Questions

**Q: Who do I call to register for prenatal education classes?**

A: Call **724-773-5911** to register for any of the classes.

**Q: May I come to class if I haven't registered?**

A: We would highly recommend that you register for the class you would like to attend. We have limited space in the classrooms that the classes are held.

**Q: Is there a charge for the class?**

A: The Prenatal Class series are free of charge. There is a charge for the Lamaze classes. Some insurance will cover these costs.

**Q: Should I take the hospital prenatal classes?**

A: The choice is yours. Prenatal classes will enable you to gain some of the mandatory education while preparing you for your new baby. Prenatal classes are recommended! You may wish to discuss this with your doctor or the prenatal class educator. Our classes are very informative - we would like to be an integral part of your exciting experience.

**Q: What types of classes are offered?**

A: Prenatal series, Breastfeeding, Sibling & Adult tour.

**Q: What if the weather is bad?**

A: Do not travel if you feel conditions are unsafe. In the event of a class cancellation, attempts will be made to phone those registered. You may also call the Heritage Valley Beaver switchboard operator at **724-728-7000** to ask whether the class is being held.

**Q: Where do I call to get further information?**

A: You may call **724-773-5911**.

# Sneak Previews...

## Tours for Adults and Children

Tours of the Maternity Unit are available to expectant parents, their close family members or support persons. Tours are adapted to the audience. Questions are welcomed and answered by the tour guide.

**Adults:** The persons attending either the “Prenatal Classes” for expectant parents or the Lamaze classes have the opportunity to tour with those classes. Other tours for groups of adults are offered by appointment. The areas toured include: labor and delivery suites, postpartum unit, and newborn nursery. Tours last about an hour. Pre-registration is required. Accommodations for children can be made for younger children.

# Prenatal Class During Middle to Late Pregnancy

**Who:** Expectant parents or the expectant mother and supportive guest of her choice.

**What:** Two Part Series

A two-class series held in the evening includes a tour of the maternity center (Labor and Delivery activity permitting). Series will cover the following topics:

- Labor and Delivery — This class is for the expectant mother and her labor-support partner and explores:
  - Labor management (coaching support)
  - Role of the labor partner
  - The birth process
  - Vaginal birth, cesarean birth
  - Vaginal birth after cesarean (VBAC)
  - Anesthesia options
- Postpartum, Breastfeeding, and Newborn Care — This class explains the new mother's recovery process after birth and her physical changes and needs after delivery. Discussion will include ways to make getting started as a parent easier and more successful. This class will also provide new parents-to-be with tips and techniques to benefit you and your new baby, including:
  - Newborn appearance
  - Bathing/diapering/dressing/feeding (breast and bottle)/soothing a fussy infant
  - Selecting a pediatrician/routine check-ups/immunizations
  - Infant safety and security/proper use of car seat

Expectant mothers will be offered guidelines for a successful breastfeeding experience.

Topics will include:

- Advantages of breastfeeding
- Nutritional Information
- Body changes that occur during pregnancy and breastfeeding
- Recognizing if baby is getting enough milk
- Preventing problems and what to do when problems arise
- Pumping and storing breast milk

**When:** Two part series are held the first and second Wednesday, every other month from 7:00 p.m. to 9:30 p.m.

# Breastfeeding Support

**Who:** Mothers who plan to breastfeed or pump breastmilk

**When:** During your pregnancy or while you are breastfeeding or pumping for your baby.

**What:** There is an International Board Certified Lactation Consultant for Heritage Valley Beaver:  
- Liz Brown, IBCLC, CLC

The lactation consultant will see you and your baby while you are at the hospital. Mothers and babies may come in to see the lactation consultant by appointment either at the hospital or at the Heritage Valley Pediatrics Chippewa office.

Breastfeeding help is available by phone at the Heritage Valley lactation office at **724-773-4797** or the Heritage Valley Pediatrics Chippewa office at **724-773-6842**. Calls are usually returned the same day or the next day when you leave a message by 9 am.

Another resource is the Allegheny County Breastfeeding Helpline, **412-247-1000**. Leave a message and an IBCLC will return your call. Their hours are 8 am to 10 pm on weekdays, 8 am to 8 pm on weekends, and 4 pm to 10 pm on holidays.



*Liz Brown, IBCLC, CLC*

# Lamaze Classes

- Who:** Expectant parents or the expectant mother and supportive guest of her choice.
- When:** Schedule a class to attend around the 30th week of your pregnancy. You can contact Heritage Valley Beaver at **724-773-5911** or [www.lamaze.org](http://www.lamaze.org) to put in your zip code for a Lamaze class near you.
- What:** A certified Lamaze instructor will help prepare mothers and their coaches who wish to actively participate in pregnancy and delivery.
- Where:** Education Center at Heritage Valley Beaver.

# Prenatal Class Schedule

**Where:** Heritage Valley Beaver Education Center - Entrance D. Leave a message for Tammi to register at **724-773-5911**. Please also call to come in for a tour of the unit.

**What:** ● **2 - Part Prenatal Series**

The Prenatal Series classes are free and taught by the Nursing Staff from Maternal Child Health.

**January 7, 2015:** Labor and Delivery / Postpartum, 7:00pm - 9:30pm

**January 14, 2015:** Breastfeeding, 6:00pm - 7:15pm and Newborn Care, 7:30pm - 9:30pm

**March 4, 2015:** Labor and Delivery / Postpartum, 7:00pm - 9:30pm

**March 11, 2015:** Breastfeeding, 6:00pm - 7:15pm and Newborn Care, 7:30pm - 9:30pm

**May 6, 2015:** Labor and Delivery / Postpartum, 7:00pm - 9:30pm

**May 13, 2015:** Breastfeeding, 6:00pm - 7:15pm and Newborn Care, 7:30pm - 9:30pm

**July 1, 2015:** Labor and Delivery / Postpartum, 7:00pm - 9:30pm

**July 8, 2015:** Breastfeeding, 6:00pm - 7:15pm and Newborn Care, 7:30pm - 9:30pm

**September 2, 2015:** Labor and Delivery / Postpartum, 7:00pm - 9:30pm

**September 9, 2015:** Breastfeeding, 6:00pm - 7:15pm and Newborn Care, 7:30pm - 9:30pm

**November 4, 2015:** Labor and Delivery / Postpartum, 7:00pm - 9:30pm

**November 11, 2015:** Breastfeeding, 6:00pm - 7:15pm and Newborn Care, 7:30pm - 9:30pm

● **2 - Part Lamaze**

Lamaze classes are a two part class, beginning the first Saturday and finishing the second Saturday of each month (\$65 fee includes both weeks). Please bring two pillows and a blanket. Some insurance plans cover this class. Please pay the fee to the instructor the day of class and she will in turn provide you with a reimbursement form to send to your insurance company. Gateway, United Healthcare, and UPMC For You plans need to bring an insurance card and referral as they will be submitted by the hospital.

**January 17, 2015 / January 24, 2015:** 9:00am - 1:30pm

**March 14, 2015 / March 21, 2015:** 9:00am - 1:30pm

**May 9, 2015 / May 16, 2015:** 9:00am - 1:30pm

**July 18, 2015 / July 25, 2015:** 9:00am - 1:30pm

**September 12, 2015 / September 19, 2015:** 9:00am - 1:30pm

**November 7, 2015 / November 14, 2015:** 9:00am - 1:30pm



Uniquely Connected. For Life.<sup>SM</sup>

HERITAGE VALLEY  
HEALTH SYSTEM

