

Prenatal Education Program

REGISTRATION

Families may enroll in any of the Childbirth Classes. Healthy Beginnings Part I & II and the Postpartum Reunion are only offered together. Early registration is recommended to ensure a convenient date. To inquire about cost, and to register please call:

Monday-Friday
9:00-3:00 pm

(905) 813-3944

www.cvh.on.ca

PARKING IS NOT INCLUDED

However, monthly parking passes are available through patient accounts.



CREDIT • VALLEY
THE CREDIT VALLEY HOSPITAL

HEALTHY BEGINNINGS ...HEALTHY LIFESTYLES

Healthy Beginnings Part I

Healthy Beginnings Part I is comprised of four classes and focuses on healthy lifestyles. These classes will include the following topics:

- The unborn baby's development
- Physical and emotional changes of pregnancy
- Relaxation
- Physical changes and care of mothers' after birth
- Fathers' role
- Importance of breast-feeding
- Normal newborn characteristics and care
- Adjustment of new roles as parents

Healthy Beginnings Part II

Healthy Beginnings Part II is comprised of four classes, which focus on the preparation for labour and birth. These classes will include the following topics:

- Labour and birth
- Comfort measures in labour including relaxation and breathing techniques
- Medical procedures and analgesia/ anaesthesia
- Caesarean birth
- Role of father or support person in labour
- Immediate care of mother/baby after birth

Postpartum Reunion

The Postpartum Reunion is a two- hour class that couples attend approx. 2-3 months following the birth of their baby. This class will include:

- Infant massage
- Infant growth & development
- Parenting Issues

Healthy Beginnings Weekend Workshop

This two-day workshop (Sat & Sun) is comprised of Healthy Beginnings Part I & Healthy Beginnings Part II. The workshop will include the same topics.

Having a baby at The Credit Valley Hospital is a special event, and we treat it that way. Our Prenatal Education Program offers several programs to meet expectant families' needs. Our family-centered maternity care enables family members to share the experience of birth from the very beginning.

Breast-feeding Preparation

This two-hour class is designed to help couples make informed choices about infant feeding. We strongly recommend that both the expectant mother and her partner/support person attend.

This class will include:

- Benefits of breast-feeding
- How breast-feeding works
- Initiating breast-feeding
- Practical tips
- Technique
- Video presentation

Refresher Program

This one-day program is designed for experienced parents expecting a second or later baby. This class will include the following topics:

- Review of labour & birth
- Comfort measures in labour, including a review of relaxation and breathing techniques

Sibling Preparation

This ninety-minute class is designed to help prepare for the arrival of a new brother or sister, and will include:

- Story-time & sibling video
- Play-time with child
- Newborn visit & discussion of the healthy newborn
- Family tour of the combined care unit

Pre Delivery Class

This one-hour class is offered to all expectant couples delivering at Credit Valley Hospital. This class will include:

- Hospital tour
- Infant bathing/care
- Car seat safety
- Healthy Babies, Healthy Children support program

