

*Mayo Clinic
Family Birth Center*

Services and 2011-2012 Classes

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2011-2012 Class Registration Forms on Page 31, 33 and 35.

Classes fill quickly - early registration is recommended

Mayo Clinic Family Birth Center Services and Classes

Our philosophy

Mayo Clinic Family Birth Center is dedicated to serving families through excellence in individualized 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

Mayo Clinic Family Birth Center provides family-centered health care to pregnant women and their infants for both normal and high-risk pregnancies and births.

Located in Rochester, Minnesota, the Family Birth Center brings together the health care expertise of Mayo Clinic, Methodist Hospital, and Mayo Eugenio Litta Children's Hospital (in Saint Marys Hospital). The Center serves people from the Upper Midwest and complex-needs patients from much greater distances.

Mayo Clinic Family Birth Center combines the resources of obstetrics, family medicine, nurse midwifery, maternal-fetal medicine, pediatrics, neonatology, pediatric surgery, and nursing services. Together we 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
- Newborn nurseries
- Intermediate special care nursery (ISCN)
- Neonatal intensive care unit (NICU)
- Pediatrics
- Lactation consulting
- Social work
- Dietetics
- Diabetic Nurse Educators

Birthing experience options

Mayo Clinic Family Birth Center offers a number of options for your baby's birth. Prenatal care is provided at both the Division of Obstetrics through Team Care and Resident Care and the Department of Family Medicine by the physician of your choice. Certified Nurse Midwives in the Division of Obstetrics also provide prenatal care. A neonatologist, pediatrician and neonatal nurse practitioners are available to attend the birth.

Your health care provider will work with you to plan your birthing experience and to provide the best possible care. Because each family is unique, we will individualize your care as much as possible to accommodate your needs and requests. You may want to discuss some of the following options:

Birthing suites Birthing suites provide a comfortable setting for labor, birth and initial recovery. You are encouraged to bring support persons with you. You may also bring your favorite music, "focal points," and cameras to film portions of your birth, if you desire. Many of our suites have a deep bathtub for use during labor. Special arrangements may be made for your children to attend the birth (see page 29).

Delivery rooms Traditional delivery rooms are used for difficult or high-risk births, as well as multiple or cesarean births.

Rooming in You and your family are encouraged to keep your baby with you in your postpartum room as much as you wish.



CenteringPregnancy® at Mayo

Imagine a new kind of prenatal appointment.

Two hours of time dedicated to your pregnancy and baby's development. An instant support network of women at the same stage of pregnancy as you. All of your appointments scheduled at the beginning of pregnancy. Confidence-building education on caring for yourself and your baby.

Imagine CenteringPregnancy® — prenatal care in groups.

Benefits of CenteringPregnancy®

Support network. 8-12 different women with similar due dates meet throughout their pregnancies. You will receive reassurance and validation that your experience is shared by other women, and that what you're experiencing is normal.

Extended provider contact. You'll still have one-on-one time with your Certified Nurse Midwife or Obstetrician for assessment and to hear your baby's heartbeat in a semi-private setting. CenteringPregnancy® sessions give you 2 hours of combined private and group time with your provider — time to ask questions, learn about your baby's development and practice self-care skills.

Scheduling simplified. With CenteringPregnancy®, all of your appointments are scheduled at the beginning of your pregnancy. Sessions will always start and end on time with no waiting. You can plan other activities and coordinate child care knowing your schedule, and you won't have to worry about setting up an appointment each month.

Knowledge amplified. In CenteringPregnancy® groups, you'll learn how to weigh yourself and take your own blood pressure. Being active in your own care empowers you to make healthy choices for you and your baby.

For more information or to sign up for CenteringPregnancy® call (507) 266-2016 or 284-5135. For more information email CenteringPregnancy@mayo.edu.

Special care needs

Our staff of specialized nurses, neonatal nurse practitioners, perinatologists (obstetricians trained to help with high-risk pregnancies and deliveries), and neonatologists (pediatricians who specialize in the care of newborns) are prepared to handle any unexpected problems during your pregnancy and after your delivery.

Our special-care nurseries have all the equipment necessary to provide for your baby's unique needs. If your baby remains in a special-care nursery after you are ready to return home, your nurse will discuss available options with you.

Although you may not need the Neonatal Intensive Care Unit (NICU), its presence is reassuring. Should the NICU be required, your baby will be stabilized by the neonatologist and transferred to the NICU at Mayo Eugenio Litta Children's Hospital (in Saint Marys Hospital). In all cases, you will be kept informed and involved in your baby's care. Shuttle service and closed-circuit television connect the two hospitals.

If your baby is born at another hospital and needs medical attention at birth, a specially trained team will transport your infant to Mayo Clinic's NICU via Mayo One helicopter, fixed-wing aircraft or ground ambulance. After transfer, neonatal nurses and respiratory and physical therapists work with the neonatologist to provide your baby with the best care possible.

If a baby is in the special care nursery or is transferred to the NICU, the baby's mother can watch the baby via the "Caring Connection," a live, closed-circuit television system in her room at Methodist Hospital.

Perinatal Education Program

Pregnancy is a time when you may have many questions and concerns. To supplement ongoing communication with your health care provider, Perinatal Education offers a wide selection of classes that will help your family plan and prepare for childbirth and the care of your baby. All classes are taught by registered nurses who specialize in maternal/infant care.

Perinatal Education Classes:

Preconception

Infant Passenger Safety

Prenatal

Prenatal: Comfort Measures Plus 

Weekend Prenatal

Magnificent Multiples


Young Mom's Clinic (YMC)


Childbirth Review

Cesarean Birth

Vaginal Birth After Cesarean (VBAC)

Breastfeeding

Breastfeeding: A Choice for the Working Mom 

Working Moms Breastfeeding Support Network 

Adoptive Parent

Sibling

Grandparenting

Obstetric Tours

Speakers of Other Languages

Preparing Children to Attend Birth

If you would like more information about these educational classes, see index on page 8.

To register for classes, see page 31, 33, and 35.

During Your Hospital Stay

Education

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 care, feeding and behavior; car seat safety; maternal care; nutrition, and family adjustments.

Lactation consultation/breastfeeding support

Registered Nurses educated in breastfeeding are available to provide information and assistance to help you and your newborn during your hospital stay. In addition, International Board Certified Lactation Consultants (IBCLC) and Certified Lactation Counselors (CLC) with expertise in breastfeeding education provide instruction and assistance throughout Mayo Clinic. Families may continue to receive breastfeeding support from the Lactation Consultants after returning home from the hospital. Classes and breastfeeding support are also provided for families with newborns who have been hospitalized in the NICU or Intermediate Special Care nurseries. For more information you may call 507-266-8863.

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. Consider limiting the number of visitors you have or using a privacy sign to assure that you and your baby have quiet time for skin-to-skin holding and bonding. Cots are available for private room use. You may use the family lounge/children's play area for your family's needs when they come to spend time with you and your new baby.

Making an appointment

If you are beginning to plan a family, schedule a visit with your health care provider before becoming pregnant. A medical checkup is important. You may have health problems you are concerned about, or you may wish to find out if you have a condition that could affect a healthy pregnancy. A preconception class is offered four times a year (see page 10).

To make an appointment if you are pregnant or planning to get pregnant call:

Obstetrics/Physicians and Midwives

Charlton Building: 507-284-5135

Family Medicine

Baldwin Building: 507-284-5300

Kasson Mayo Family Practice Clinic

507-634-4744

Mayo Family Clinic Northwest

507-538-8555

Mayo Family Clinic Northeast

507-538-8500

You are welcome to visit The Mayo Clinic Family Birth Center at any time before or during your pregnancy to see our facilities and to talk with one of our nurses about your questions or wishes (see Obstetric Tours, page 28).

Other important numbers:




Family Birth Center: 507-266-7531

Eisenberg Desk 3C ObGyn Triage: 507-266-7501

Mayo Clinic Perinatal Center

2011-2012 Class Offerings

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Mayo Clinic Family Birth Center supports the philosophy of family-centered care, offering classes for the entire family – from siblings to grandparents. You are encouraged to bring your spouse or your support partner to the classes. Families planning to birth at Rochester Methodist Hospital and elsewhere are welcome to participate. Please let us know if any accommodations are required (i.e. wheelchair, recliner, interpreter, etc.).

What You Need to Know:

- REGISTER EARLY – as soon as possible in your pregnancy. **Class size is limited and classes fill quickly.**
- **Payment is required with your registration**, except for members of medical assistance, Minnesota U-Care or those needing a scholarship. Contact the Perinatal Education Office at 507-266-7473 if you have payment concerns or for payment options. Personal check or money order is the preferred payment method.
- All registered participants will receive a confirmation letter.
- To be eligible for a refund, please notify the perinatal education program (266-7473) at least three (3) business days prior to the beginning of your class. This will allow others on a waiting list the opportunity to attend. No refunds will be given after class begins.
- You will be notified if the class that you have selected is full or has been cancelled. Other options will be offered to you at that time. Class cancellations due to severe weather are announced on our telephone message center (507-266-7473) and on Rochester radio stations KWEB and KROC.

Preconception Class

This class is arranged, when requested, for couples considering pregnancy. Topics include nutrition, exercise, alcohol/drug use, miscarriage, infertility, stress and a variety of pre-existing medical conditions that can affect pregnancy.

Time: As arranged, 1 – 1.5 hours

Length: 1 – 1.5 hours

Fee: \$15.00 per couple

**Classes fill quickly –
early registration is recommended.**

Infant Passenger Safety Class

Did you know that four out of five car seats are installed incorrectly? This class focuses on car seat safety for infants through the first year of life. Join our certified educator and learn how to select a car seat, and how to secure the seat and your child in your car. The course utilizes lecture, video, written materials, sample seat belt systems and car seat demonstrations, including a hands-on small group activity. Anyone who transports infants is encouraged to attend. Car seat purchase is recommended after class attendance.

Topics include:

- Installation basics
- Car seat selection
- Avoiding common mistakes
- Additional resources

Time: 7:00 to 9:00 p.m.

Length: One evening

Fee: Free, please register to attend, class size is limited

2011

Wednesday, September 7, 2011

Tuesday, September 20, 2011

Tuesday, October 4, 2011

Monday, October 24, 2011

Thursday, November 3, 2011

Wednesday, November 9, 2011

Tuesday, November 29, 2011

Tuesday, December 6, 2011

Thursday, December 29, 2011

2012

Tuesday, January 3, 2012

Thursday, January 26, 2012

Thursday, February 9, 2012

Thursday, February 23, 2012

Monday, March 5, 2012

Wednesday, March 28, 2012

Tuesday, April 3, 2012

Thursday, April 26, 2012

Thursday, May 10, 2012

Wednesday, May 23, 2012

Wednesday, June 6, 2012

Tuesday, June 19, 2012

Tuesday, July 10, 2012

Monday, July 23, 2012

Wednesday, August 1, 2012

Wednesday, August 22, 2012

Thursday, September 6, 2012

Tuesday, September 18, 2012

Tuesday, October 2, 2012

Monday, October 29, 2012

Wednesday, November 7, 2012

Tuesday, November 27, 2012

Tuesday, December 4, 2012

Thursday, December 20, 2012

For information on carseat inspections, contact the Mayo Clinic Injury Prevention Program at 507-255-5066

Prenatal Class

Come and prepare for the birth of your baby! This class helps families prepare for labor, birth and early parenting. You will receive a tour of the Family Birth Center. **Register early in your pregnancy for this class.** Try to complete the class about one month before your due date.

Topics include:

- The process of labor and birth
- Comfort measures (including relaxation and breathing techniques)
- Birth options, medication and anesthesia
- Newborn characteristics and care
- Postpartum care and family adjustment

Time: 7:00 to 9:00 p.m.

Length: Six weeks; one class per week

Fee: \$40.00

Register early to secure the dates you prefer.

Prenatal Class

2011-2012 - Monday

September 12, 19, 26, October 3, 10, 17, 2011

October 10, 17, 24, 31, November 7, 14, 2011

December 5, 12, 19, 2011, January 9, 16, 23, 2012

February 20, 27, March 5, 12, 19, 26, 2012

March 19, 26, April 2, 9, 16, 23, 2012

Apr. 16, 23, 30, May 7, 14, 21, 2012

May 7, 14, 21, June 4, 11, 18, 2012

June 4, 11, 18, 25, July 2*, 9, 16*, 2012

July 23, 30, August 6, 13, 20, 27, 2012

October 1, 8, 15, 22, 29, November 5, 2012

November 5, 12, 19, 26, December 3, 10, 2012

***Optional Scheduling Dates**

**Classes fill quickly –
early registration is recommended.**

2011-2012 - Tuesday

September 20, 27, October 4, 11, 18, 25, 2011
November 8, 15, 22, 29, December 6, 13, 2011
December 6, 13, 20, 27*, 2011, January 3, 10, 17*, 2012
January 10, 17, 24, 31, February 7, 14, 2012
March 6, 13, 20, 27, April 3, 10, 2012
April 17, 24, May 1, 8, 15, 22, 2012
June 12, 19, 26, July 10, 17, 24, 2012
July 24, 31, August 7, 14, 21, 28, 2012
August 14, 21, 28, September 4, 11, 18, 2012
September 25, October 2, 9, 16, 23, 30, 2012
December 4, 11, 18, 2012, January 8, 15, 22, 2013
*Optional Scheduling Dates

2011-2012 - Wednesday

October 26, November 2, 9, 16, 30, December 7, 2011
November 30, December 7, 14, 21, 28*, 2011, January 4, 11, 18*, 2012
February 15, 22, 29, March 7, 14, 21, 2012
March 14, 21, 28, April 4, 11, 18, 2011
May 23, 30, June 6, 13, 20, 27, 2012
June 13, 20, 27, July 11, 18, 25, 2012
August 15, 22, 29, September 5, 12, 19, 2012
October 24, 31, November 7, 14, 28, December 5, 2012
November 28, December 5, 12, 19, 26*, 2012, January 2, 9, 16*, 2013
*Optional Scheduling Dates

2011-2012 - Thursday

September 22, 29, October 6, 13, 20, 27, 2011
October 6, 13, 20, 27, November 3, 10, 2011
November 3, 10, 17, December 1, 8, 15, 2011
January 5, 12, 19, 26, February 2, 9, 2012
February 16, 23, March 1, 8, 15, 22, 2012
April 5, 12, 19, 26, May 3, 10, 2012
May 24, 31, June 7, 14, 21, 28, 2012
August 16, 23, 30, September 6, 13, 20, 2012
September 20, 27, October 4, 11, 18, 25, 2012
October 4, 11, 18, 25, November 1, 8, 2012

Prenatal Class: Comfort Measures Plus

This class is designed for families who would like to focus more on natural (non-pharmacological) methods for comfort during their labor and birth. Topics covered are identical to those covered in the *Prenatal Class*, although more classroom time will be spent focusing on and practicing relaxation and comfort measures for labor.

Come and prepare for the birth of your baby! This class helps families prepare for labor, birth and early parenting. You will receive a tour of the Family Birth Center. Try to complete the class about one month before your due date.

Register early in your pregnancy for this class.

Topics include:

- The process of labor and birth
- Comfort measures (including relaxation and breathing techniques)
- Birth options, medication and anesthesia
- Newborn characteristics and care
- Postpartum care and family adjustment

Time: 7:00 to 9:00 p.m.

Length: Six weeks; one class per week

Fee: \$40.00

MONDAY

November 14, 21, 28, December 5, 12, 19, 2011

January 23, 30, February 6, 13, 20, 27, 2012

August 6, 13, 20, 27, September 10, 17, 2012

TUESDAY

October 18, 25, November 1, 8, 15, 22, 2011

February 21, 28, March 6, 13, 20, 27, 2012

May 1, 8, 15, 22, 29, June 5, 2012

October 16, 23, 30, November 6, 13, 20, 2012

WEDNESDAY

September 28, October 5, 12, 19, 26, November 2, 2011

January 4, 11, 18, 25, February 1, 8, 2012

April 11, 18, 25, May 2, 9, 16, 2012

September 26, October 3, 10, 17, 24, 31, 2012

THURSDAY

March 15, 22, 29, April 5, 12, 19, 2012

June 7, 14, 21, 28, July 5*, 12, 19*, 2012

July 19, 26, August 2, 9, 16, 23, 2012

November 1, 8, 15, 29, December 6, 13, 2012

Prenatal Weekend Class

This two-session condensed version of the prenatal class is designed for parents who are expecting their first child, but whose schedules won't accommodate a six-week series. (The six-week prenatal series is highly recommended.) Presentations, discussions, and print and video materials will help you understand the many aspects of preparing for your baby – from labor, to birth, to early parenting. There will also be a tour of the Family Birth Center.

Register early in your pregnancy for this class.

Time: Friday evening 6:00 to 9:00 p.m./Saturday 9:00 a.m. to 4:00 p.m.

Fee: \$50.00

2011–2012 Friday evening 6 – 9 p.m./Saturday 9 a.m. – 4 p.m.

September 9, 10, 2011

September 30, October 1, 2011

November 4, 5, 2011

December 9, 10, 2011

January 13, 14, 2012

February 17, 18, 2012

March 2, 3, 2012

April 20, 21, 2012

May 4, 5, 2012

June 8, 9, 2012

July 13, 14, 2012

August 17, 18, 2012

September 21, 22, 2012

October 26, 27, 2012

November 9, 10, 2012

December 14, 15, 2012

Magnificent Multiples Class

If you are expecting multiples, this class is for you and your support person(s).

Topics include:

- Special needs of a multiple pregnancy
- Planning for your birth experience
- Breastfeeding multiples
- Adjusting to life at home

Meeting and sharing with other families who are also expecting multiples will be a highlight of this one evening session. We recommend taking this class after 20 weeks of pregnancy. A regular prenatal class series is also recommended to prepare for your birth experience.

Time: 7:00 to 9:00 p.m.

Length: One evening

Fee: \$10.00

2011

Wednesday, September 28, 2011

Monday, November 7, 2011

2012

Wednesday, January 18, 2012

Thursday, March 1, 2012

Thursday, May 24, 2012

Tuesday, July 24, 2012

Wednesday, September 26, 2012

Monday, November 12, 2012

Young Mom's Clinic (YMC)

This clinic is designed for young, pregnant women, age 23 or younger, and their support person(s). Participants learn about labor and ways to handle the discomfort associated with it. They will also learn about infants and their care. Guest speakers (social worker, pediatrician and obstetricians) provide topic information.

Time: 1:30 to 3:30 p.m. or 3:30-5:30 p.m.

Length: Six weeks; one class per week

Fee: Free, please register

2011 WEDNESDAY

September 14, 21, 28, October 5, 12, 2011 (3:30 – 5:30 p.m.)

November 2, 9, 16, 23, 30, 2011 (1:30 – 3:30 p.m.)

2012 WEDNESDAY

January 11, 18, 25, Feb. 1, 8, 2012 (1:30 – 3:30 p.m.)

March 7, 14, 21, 28, April 4, 2012 (3:30 – 5:30 p.m.)

May 2, 9, 16, 23, 30, 2012 (3:30 – 5:30 p.m.)

July 11, 18, 25, August 1, 8, 2012 (1:30 - 3:30 p.m.)

September 12, 19, 26, October 3, 10, 2012 (3:30 – 5:30 p.m.)

November 7, 14, 21, 28, December 5, 2012 (1:30 – 3:30 p.m.)

Childbirth Review Class

This course best meets the needs of parents who have experienced childbirth and wish to have a review of labor, birth and pain management options. Ideas for helping parents and siblings adjust to a new baby and a tour of the obstetric area are included.

We recommend taking this class before taking the Vaginal Birth After Cesarean (VBAC) class.

Time: 7:00 to 9:00 p.m.

Length: Three weeks; one class per week

Fee: \$30.00

2011

Thursday, September 8, 15, 22, 2011

Monday, October 3, 10, 17, 2011

Tuesday, November 8, 15, 22, 2011

Thursday, December 1, 8, 15, 2011

2012

Monday, February 6, 13, 20, 2012

Tuesday, April 10, 17, 24, 2012

Tuesday, June 12, 19, 26, 2012

Tuesday, August 7, 14, 21, 2012

Monday, October 8, 15, 22, 2012

Thursday, December 6, 13, 20, 2012

Cesarean Birth Class

If you are anticipating a cesarean birth or just wish to be better prepared in case a cesarean birth is necessary, this class is for you.

Topics include:

- Indications for a cesarean birth
- Medical procedures
- Birth options
- Your partner's role
- Your recovery
- Caring for your baby after a cesarean birth
- A tour of obstetric facilities

Time: 7:00 to 9:30 p.m.

Length: One evening

Fee: \$15.00

2011

Monday, October 24, 2011

Wednesday, December 21, 2011

2012

Tuesday, February 28, 2012

Monday, April 23, 2012

Monday, June 11, 2012

Tuesday, August 28, 2012

Monday, October 29, 2012

Thursday, December 27, 2012

Vaginal Birth After Cesarean (VBAC) Class

This class is for parents who would like more information about having a vaginal birth after a previous cesarean birth.

Topics include:

- Identifying your needs in preparing for VBAC
- Benefits and risks
- Medical care

We recommend this class be taken after attending our childbirth review class (see page 18).

Time: 7:00 to 9:30 p.m.

Length: One evening

Fee: \$15.00

2011

Tuesday, September 27, 2011

Tuesday, November 29, 2011

2012

Monday, January 23, 2012

Thursday, March 29, 2012

Wednesday, May 23, 2012

Wednesday, July 25, 2012

Tuesday, September 25, 2012

Tuesday, November 27, 2012

Breastfeeding Class

This class will help you and your partner understand the breastfeeding process and increase your confidence in breastfeeding. *We strongly encourage you to bring your spouse, your birthing partner, your mother or other supportive friend.* This class offers more detailed information about breastfeeding than our childbirth classes.

Topics include:

- Benefits of nursing for you and for baby
- Separating facts from myth
- Getting started
- Managing difficulties
- Supporting the breastfeeding woman
- Introduction to returning to work
- Resources at Mayo Clinic and in your community

Time: 6:30 to 8:30 p.m.

Location: Refer to your confirmation letter

Length: One evening

Fee: \$15.00

2011

Tuesday, September 6, 2011
Thursday, September 15, 2011
Tuesday, September 27, 2011
Thursday, October 6, 2011
Wednesday, October 19, 2011

Monday, November 7, 2011
Thursday, November 17, 2011
Tuesday, November 29, 2011
Monday, December 5, 2011
Tuesday, December 13, 2011

2012

Tuesday, January 10, 2012
Monday, January 16, 2012
Wednesday, January 25, 2012
Tuesday, February 7, 2012
Tuesday, February 21, 2012
Thursday, March 1, 2012
Tuesday, March 13, 2012
Monday, March 26, 2012
Thursday, April 5, 2012
Tuesday, April 17, 2012
Monday, April 30, 2012
Monday, May 7, 2012
Thursday, May 17, 2012
Thursday, June 7, 2012
Monday, June 18, 2012

Wednesday, July 11, 2012
Tuesday, July 24, 2012
Thursday, August 2, 2012
Wednesday, August 15, 2012
Monday, August 27, 2012
Wednesday, September 5, 2012
Thursday, September 13, 2012
Tuesday, September 25, 2012
Thursday, October 4, 2012
Wednesday, October 17, 2012
Thursday, November 1, 2012
Monday, November 12, 2012
Wednesday, November 14, 2012
Tuesday, November 27, 2012
Monday, December 3, 2012
Tuesday, December 18, 2012

Breastfeeding: A Choice for the Working Mom

This new class, offered monthly, focuses on the mother returning to work and continuing to breastfeed. Choices available for feeding a new baby when the mother returns to work will be explored. Parents will learn strategies to successfully continue to breastfeed and/or provide breastmilk for their baby. Breastfeeding babies, family members, and child care providers are welcome. Moms should attend after their baby's birth.

Time: 10:30 a.m. to 12:00 p.m.

Length: One class

Fee: Free, please register at (507) 266-7473

2011

Thursday, September 8, 2011

Thursday, October 13, 2011

Thursday, November 10, 2011

Thursday, December 8, 2011

2012

Thursday, January 12, 2012

Thursday, February 9, 2012

Thursday, March 8, 2012

Thursday, April 12, 2012

Thursday, May 10, 2012

Thursday, June 14, 2012

Thursday, July 12, 2012

Thursday, August 9, 2012

Thursday, September 13, 2012

Thursday, October 11, 2012

Thursday, November 8, 2012

Thursday, December 13, 2012

Working Moms Breastfeeding Support Network

The Mayo Clinic Perinatal Education Program is offering an opportunity for employed breastfeeding mothers to meet monthly in a supportive environment for the purpose of networking with each other and sharing ideas. There will be a short educational topic on breastfeeding offered during this time. An International Board Certified Lactation Consultant (IBCLC) may be available as a resource. Breastfeeding babies are welcome. A privacy screen and one classic breast pump will be available for pumping. No cost to attend. Feel free to bring your lunch and stay as long as your schedule permits.

Time: 12:00 p.m. to 1:00 p.m.

Date: Second Thursday of each month

Location: Will vary each month. Please call 266-7473 for location or further information.

2011

Thursday, September 8, 2011

Thursday, October 13, 2011

Thursday, November 10, 2011

Thursday, December 8, 2011

2012

Thursday, January 12, 2012

Thursday, February 9, 2012

Thursday, March 8, 2012

Thursday, April 12, 2012

Thursday, May 10, 2012

Thursday, June 14, 2012

Thursday, July 12, 2012

Thursday, August 9, 2012

Thursday, September 13, 2012

Thursday, October 11, 2012

Thursday, November 8, 2012

Thursday, December 13, 2012

Adoptive Parent Class

Parents adopting a child may request an educational session.

Sample topics include the following:

- Getting ready for a baby
- Understanding newborn abilities
- Learning practical aspects of everyday baby care, including safety tips
- Recognizing signs of illness
- Planning your baby's health care
- Parenting adjustments
- Exploring resources at Mayo Clinic and within the community

For more information or to schedule a session, contact the Perinatal Education Supervisor at 507-266-1732.

Time: As arranged

Length: As arranged

Fee: \$15.00

Sibling Class

These classes are offered during the last six to eight weeks of your pregnancy for siblings between the ages of two and twelve years (see age divisions below). The educator presents an age-appropriate description of pregnancy, explores feelings about becoming a big brother or sister and conducts a tour of the mother/baby unit. Children will also see a newborn baby in the nursery. Teaching techniques include discussion, demonstration, role-playing, and video. Parents attend this class with their children. Suggestions and resources for answering questions about new babies and tips for managing sibling rivalry will be offered.

Time: Varies, see schedule below

Length: One class

Fee: \$5.00 per family

2 YEAR-OLD SIBLING CLASS

2011: 2 year-old – 4:30 p.m. – 5:30 p.m.

Tuesday, October 11, 2011

Tuesday, December 13, 2011

2012: 2 year-old – 4:30 p.m. – 5:30 p.m.

Monday, January 9, 2012

Wednesday, February 15, 2012

Tuesday, March 6, 2012

Monday, April 16, 2012

Monday, June 25, 2012

Tuesday, July 17, 2012

Tuesday, September 11, 2012

Thursday, November 15, 2012

2011: 2 year-old – 6:00 p.m. – 7:00 p.m.

Tuesday, October 11, 2011

Tuesday, December 13, 2011

2012: 2 year-old – 6:00 p.m. – 7:00 p.m.

Tuesday, March 20, 2012

Tuesday, May 8, 2012

Wednesday, June 13, 2012

Monday, August 13, 2012

Tuesday, October 9, 2012

Tuesday, December 11, 2012

**Classes fill quickly –
early registration is recommended.**

3-6 YEAR-OLD SIBLING CLASS

2011: 3-6 year-old – 6:00 p.m. - 7:30 p.m.

Tuesday, September 13, 2011
Monday, September 26, 2011
Tuesday, October 4, 2011
Tuesday, November 1, 2011
Wednesday, November 16, 2011
Monday, November 28, 2011
Monday, December 19, 2011

2012: 3-6 year-old – 6:00 p.m. - 7:30 p.m.

Tuesday, January 3, 2012	Monday, June 25, 2012
Monday, January 9, 2012	Monday, July 9, 2012
Wednesday, January 25, 2012	Tuesday, July 17, 2012
Tuesday, February 7, 2012	Tuesday, July 31, 2012
Monday, February 27, 2012	Monday, August 6, 2012
Tuesday, March 6, 2012	Thursday, August 23, 2012
Monday, March 12, 2012	Tuesday, September 11, 2012
Tuesday, March 27, 2012	Monday, September 24, 2012
Monday, April 16, 2012	Tuesday, October 2, 2012
Wednesday, April 18, 2012	Monday, November 5, 2012
Tuesday, May 1, 2012	Thursday, November 15, 2012
Monday, May 21, 2012	Thursday, November 29, 2012
Tuesday, June 5, 2012	Wednesday, December 19, 2012

7-12 YEAR-OLD SIBLING CLASS

2011: 7-12 year-old – 6:00 p.m. - 7:30 p.m.

Tuesday, October 25, 2011
Monday, December 5, 2011

2012: 7-12 year-old – 6:00 p.m. - 7:30 p.m.

Wednesday, February 15, 2012
Monday, April 2, 2012
Thursday, June 21, 2012
Wednesday, August 29, 2012
Tuesday, October 23, 2012
Monday, December 3, 2012

Grandparenting Class

A relaxed, fun and informative session for expectant or new grandparents. Even if your grandchild will be born elsewhere, you are welcome to attend.

Topics include:

- Childbirth and parenting today
- Grandparenting/memory making
- Encouragement versus advice
- Safety reminders
- Long-distance grandparenting
- Tour of obstetric facilities

Time: 6:30 to 9:00 p.m.

Length: One class

Fee: \$5.00 per couple

See registration sheet (page 35)

2011

Monday, September 12, 2011

Thursday, November 10, 2011

2012

Tuesday, January 17, 2012

Monday, March 5, 2012

Thursday, May 17, 2012

Monday, July 16, 2012

Monday, September 10, 2012

Thursday, November 8, 2012

Obstetric Tours

Come tour the Mayo Clinic Family Birth Center. You also will be able to ask questions of the educator providing your tour. *Note: Tours are included in our prenatal, YMC, and review classes.*

Time: Daytime and evening

Length: One session, 1 hour

Fee: Free, please register

To register for these tours, please follow instructions on page 31. Please see next page for information on tours for speakers of other languages.

2011 daytime tour: 12:00-1 p.m. Wednesday, November 2, 2011 Wednesday, November 30, 2011	2011 daytime tour: 2-3 p.m. Wednesday, September 21, 2011 Wednesday, October 5, 2011
2011 evening tour: 7:45-8:45 p.m. Tuesday, September 13, 2011 Monday, September 26, 2011 Tuesday, October 4, 2011 Tuesday, October 25, 2011	Tuesday, November 1, 2011 Monday, November 28, 2011 Monday, December 5, 2011 Monday, December 19, 2011
2012 daytime tour: 12:00-1 p.m. Wednesday, January 11, 2012 Wednesday, January 18, 2012 Wednesday, February 1, 2012 Wednesday, February 8, 2012 Wednesday, March 14, 2010 Wednesday, April 11, 2012 Wednesday, May 9, 2012 Wednesday, June 13, 2012	Wednesday, July 11, 2011 Wednesday, July 18, 2012 Wednesday, August 8, 2012 Wednesday, September 12, 2012 Wednesday, October 10, 2012 Wednesday, November 7, 2012 Wednesday, November 14, 2012 Wednesday, December 5, 2012
2012 daytime tour: 2-3 p.m. Wednesday, March 7, 2012 Wednesday, April 4, 2012 Wednesday, May 2, 2012	Wednesday, May 30, 2012 Wednesday, September 19, 2012 Wednesday, October 3, 2012
2012 evening tour: 7:45-8:45 p.m. Tuesday, January 3, 2012 Wednesday, January 25, 2012 Tuesday, February 7, 2012 Monday, February 27, 2012 Monday, March 12, 2012 Tuesday, March 27, 2012 Monday, April 2, 2012 Wednesday, April 18, 2012 Tuesday, May 1, 2012 Monday, May 21, 2012 Tuesday, June 5, 2012 Thursday, June 21, 2012	Monday, July 9, 2012 Tuesday, July 31, 2012 Monday, August 6, 2012 Thursday, August 23, 2012 Tuesday, September 11, 2012 Monday, September 24, 2012 Tuesday, October 2, 2012 Tuesday, October 23, 2012 Monday, November 5, 2012 Thursday, November 29, 2012 Monday, December 3, 2012 Wednesday, December 19, 2012

Speakers of Other Languages

Obstetric tours and educational sessions for speakers of other languages can be arranged. Interpreters will be provided free of charge. Please call the Perinatal Education Program at 266-1732 or Mayo Language Department at 284-2741 to schedule these sessions.

Preparing Children to Attend a Birth

This private session is available to families who plan to have their child or children present at the birth of a new sibling. Care provider approval must first be obtained. Children are helped to understand the following:

- The labor process
- The wonder of birth and a newborn baby
- Their role as an older brother or sister

For more information or to schedule a session, contact the Perinatal Education Supervisor at 507-266-1732.

Time: as arranged

Fee: \$15.00

**Classes fill quickly –
early registration is recommended.**

Somali CARES Program for Pregnancy

Imagine a culturally specific prenatal care program designed for Somali women providing:

- A support network of Somali pregnant women at the same stage of pregnancy as you
- 2-hour group appointments dedicated to your pregnancy and baby's development
- All of your appointments scheduled at the beginning of your pregnancy
- Education on caring for yourself and your baby throughout pregnancy

Imagine a culturally sensitive prenatal program that incorporates story-telling dramas, nutritious snacks and sharing of cultural norms with your pregnancy health care providers.

Imagine receiving prenatal care and learning how to keep you and your baby healthy in a fun and relaxing setting!

Benefits of Somali CARES Program

Support network

You will join a small group of Somali women who are also pregnant for monthly prenatal visits after an initial examination with a doctor or midwife. These visits provide a chance to listen to each other's stories and learn from other Somali women's experiences. You are welcome to bring a family member or friend too.

Extended provider contact

You will have one-on-one time with a Certified Nurse Midwife to listen to your baby's heartbeat and measure your belly. You will learn about good nutrition, exercise, warning signs, labor and birth, and other topics of interest.

Scheduling

All of your Somali CARES appointments will be scheduled ahead of time. You will have a few additional appointments closer to the time of giving birth.

No waiting in the waiting room for your appointment before Somali CARES.

For more information or to sign up, please call (507) 284-5135 and ask for Rebecca.

2011-2012 Perinatal Education Class Registration Form

Ways to Register

Mail to

Complete this registration form and enclose registration fee (check or money order preferred).

Mayo Clinic: Methodist Hospital
Perinatal Education Program
Eisenberg SL 41
200 First Street SW
Rochester, MN 55905

Drop off

Charlton 3B Obstetrics reception desk. Place completed form and payment in the drop box.

Fax

507-255-8873 – 24 hours a day, seven days a week.
Note: “Attention - Perinatal Education,” with your completed copy of the registration form below. Mail payment to complete your registration.

Phone

Telephone message center: 507-266-7473
Include all information requested on registration form below. Mail payment to complete your registration.

E-mail

Send e-mail to: PerinatalEducation@mayo.edu
Include all information requested on registration form below. Mail payment to complete your registration.

Your Name

First Last

Address

Street Address

City State ZIP Code

E-mail

E-mail Address

Phone Numbers

Home Work

Cell

Mayo Clinic Registration Number

Mayo Clinic#

Physician/Nurse Midwife Name

Physician/Nurse Midwife

Continued on next page



Personal Information

Name of person attending class with you:
(see space below for sibling(s) name(s) and age(s))

First

Last

Which pregnancy is this for you? _____

Number of children: _____

Due date range: _____

Class Requesting

_____ Fee \$ _____

1st Choice Date(s): _____

2nd Choice Date(s): _____

Class Requesting

_____ Fee \$ _____

1st Choice Date(s): _____

2nd Choice Date(s): _____

Class Requesting

_____ Fee \$ _____

1st Choice Date(s): _____

2nd Choice Date(s): _____

Your registration will be completed when payment or exceptions are received (see page 9)

Make check payable to: Perinatal Education Program

Total Enclosed \$ _____

Check No. _____

Sibling classes, please list children's names (include last names if they are different from your own), sex and ages below:

Grandparent classes, see separate grandparents class registration form page 35.

Special accommodations, let us know if you require a wheelchair, recliner, interpreter or other accommodations.



2011-2012 Perinatal Education Class Registration Form

Ways to Register

Mail to

Complete this registration form and enclose registration fee (check or money order preferred).

Mayo Clinic: Methodist Hospital
Perinatal Education Program
Eisenberg SL 41
200 First Street SW
Rochester, MN 55905

Drop off

Charlton 3B Obstetrics reception desk. Place completed form and payment in the drop box.

Fax

507-255-8873 – 24 hours a day, seven days a week.

Note: "Attention - Perinatal Education," with your completed copy of the registration form below. Mail payment to complete your registration.

Phone

Telephone message center: 507-266-7473

Include all information requested on registration form below. Mail payment to complete your registration.

E-mail

Send e-mail to: PerinatalEducation@mayo.edu

Include all information requested on registration form below. Mail payment to complete your registration.

Your Name

First Last

Address

Street Address

City State ZIP Code

E-mail

E-mail Address

Phone Numbers

Home Work

Cell

Mayo Clinic Registration Number

Mayo Clinic #

Physician/Nurse Midwife Name

Physician/Nurse Midwife

Continued on next page



Personal Information

Name of person attending class with you:
(see space below for sibling(s) name(s) and age(s))

First

Last

Which pregnancy is this for you? _____

Number of children: _____

Due date range: _____

Class Requesting

_____ Fee \$ _____

1st Choice Date(s): _____

2nd Choice Date(s): _____

Class Requesting

_____ Fee \$ _____

1st Choice Date(s): _____

2nd Choice Date(s): _____

Class Requesting

_____ Fee \$ _____

1st Choice Date(s): _____

2nd Choice Date(s): _____

Your registration will be completed when payment or exceptions are received (see page 9)

Make check payable to: Perinatal Education Program

Total Enclosed \$ _____

Check No. _____

Sibling classes, please list children's names (include last names if they are different from your own), sex and ages below:

Grandparent classes, see separate grandparents class registration form page 35.

Special accommodations, let us know if you require a wheelchair, recliner, interpreter or other accommodations.





2011-2012 Grandparent Class Registration Form

Please refer to page 27 for dates

Ways to Register

Complete this registration form and enclose registration fee.

Mail to

Mayo Clinic: Methodist Hospital
Perinatal Education Program
Eisenberg SL 41
200 First Street SW
Rochester, MN 55905

Drop off

Charlton 3B Obstetrics reception desk. Place completed form and payment in the drop box.

Fax

507-255-8873 – 24 hours a day, seven days a week.

Note: "Attention - Perinatal Education," with your completed copy of the registration form below. Mail payment to complete your registration.

Phone

Telephone message center: 507-266-7473

Include all information requested on registration form below. Mail payment to complete your registration.

E-mail

Send e-mail to: PerinatalEducation@mayo.edu

Include all information requested on registration form below. Mail payment to complete your registration.

Name(s)

Address

Street Address

City

State

ZIP Code

E-mail

E-mail Address

Phone Numbers

Home

Work

Cell

Grandchild due date

First choice date

Second choice date

Accommodations needed?

Special accommodations, let us know if you require a wheelchair, recliner, interpreter or other accommodations.



Notes





200 First Street SW
Rochester, Minnesota 55905
www.mayoclinic.org

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