



MAYO CLINIC
HEALTH SYSTEM

Childbirth Education

2018



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 nine sections:

- Pregnancy
- Baby Care and Nutrition
- Labor & Birth
- Cesarean Birth
- Labor & Delivery Review
- Vaginal Birth After Cesarean (VBAC)
- 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 9

March 13

May 8

July 10

September 11

November 13



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., as well as the Saturday option listed below.

Location:

Mayo Clinic Health System, Classroom – 3rd Floor
701 Hewitt Boulevard, 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:

- | | | |
|--|---------------------------------------|--|
| <input type="checkbox"/> January 16 & 23 | <input type="checkbox"/> May 15 & 22 | <input type="checkbox"/> September 18 & 25 |
| <input type="checkbox"/> March 20 & 27 | <input type="checkbox"/> July 17 & 24 | <input type="checkbox"/> November 20 & 27 |

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).

- | | | |
|--------------------------------------|------------------------------------|-------------------------------------|
| <input type="checkbox"/> February 10 | <input type="checkbox"/> June 9 | <input type="checkbox"/> October 13 |
| <input type="checkbox"/> April 14 | <input type="checkbox"/> August 11 | <input type="checkbox"/> December 8 |

Class size is limited and classes fill quickly. Register early by calling 651-267-5607.



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 every other month from 7 to 9 p.m., as well as the Saturday option listed below.

Location:

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
- Tour of OB department
- Options for pain relief: comfort measures, positioning and medications

Classes available include:

- | | |
|---|---|
| <input type="checkbox"/> January 4, 11 & 18 | <input type="checkbox"/> July 5, 12 & 19 |
| <input type="checkbox"/> March 1, 8 & 15 | <input type="checkbox"/> September 6, 13 & 20 |
| <input type="checkbox"/> May 3, 10 & 17 | <input type="checkbox"/> November 1, 8 & 15 |

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.

- | | | |
|-------------------------------------|-----------------------------------|-------------------------------------|
| <input type="checkbox"/> February 3 | <input type="checkbox"/> June 2 | <input type="checkbox"/> October 6 |
| <input type="checkbox"/> April 7 | <input type="checkbox"/> August 4 | <input type="checkbox"/> December 1 |



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 on a 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:

- | | | |
|-------------------------------------|----------------------------------|---------------------------------------|
| <input type="checkbox"/> January 22 | <input type="checkbox"/> May 21 | <input type="checkbox"/> September 24 |
| <input type="checkbox"/> March 26 | <input type="checkbox"/> July 23 | <input type="checkbox"/> November 26 |



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 8

March 5

May 7

July 2

September 10

November 5



Vaginal Birth After Cesarean (VBAC)

This class is for parents who would like more information about having a vaginal birth after a previous cesarean birth. Classes are held the first Thursday 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:

- Identifying your needs in preparing for VBAC
- Benefits and risks
- Medical care
- Labor and birth review
- Comfort measures

Classes available include:

- | | | |
|-------------------------------------|-----------------------------------|-------------------------------------|
| <input type="checkbox"/> February 1 | <input type="checkbox"/> June 7 | <input type="checkbox"/> October 4 |
| <input type="checkbox"/> April 5 | <input type="checkbox"/> August 2 | <input type="checkbox"/> December 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:

- | | | |
|------------------------------------|---------------------------------|--------------------------------------|
| <input type="checkbox"/> January 2 | <input type="checkbox"/> May 1 | <input type="checkbox"/> September 4 |
| <input type="checkbox"/> March 6 | <input type="checkbox"/> July 3 | <input type="checkbox"/> November 6 |



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. Call 651-267-5375 to register for the next class that is forming.

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 to 2:30 p.m. except holidays.

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.

We invite you to come to as many of these classes as you wish, up until the baby is three months of age. Siblings and family members are welcomed. 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

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.

Lake City Area Baby Café

Lake City Public Library meeting room
201 S. High Street, Lake City, MN
Open Wednesdays, 12:30 to 2:30 p.m.

Cannon Falls Area Baby Café

First English Lutheran Church
511 W. Belle Street, Cannon Falls, MN
Open Tuesdays, 9:30 to 11:30 a.m.

For more information on Baby Café, please contact Anne Beckman or Jenna Reinhart at 651-267-5376.

Registration not required.



Prenatal Breast Milk Collection Class – Gathering Colostrum Before Baby Arrives

Colostrum is considered the “early milk” and is an antibody rich immune booster. Gathering colostrum before your baby arrives is beneficial to both you and your baby. Join our lactation experts after you reach 32 weeks gestation to learn more about the many benefits of colostrum expression and the process for collecting and storing it until your baby arrives. Classes are held every Monday and Thursday from 11 to 11:30 a.m. except holidays.

Location:

Mayo Clinic Health System, Classroom – BirthPlace
701 Hewitt Boulevard, Red Wing, MN

Topics covered include:

- Benefits of prenatal colostrum collection
- Techniques and resources for hand expression
- How to store your colostrum in your freezer
- Identify the supplies needed to collect, label and store your colostrum

For more information or to register, call 651-267-5607.



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.



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mayoclinichealthsystem.org

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