

The Great Expectations Society

As a new parent, you will undoubtedly have many questions about what you can do to prepare for your baby's birth. The W.G. Watson, M.D., Women's Center is proud to offer the following FREE events to help. Please call 706/774-2825 for more information or to register.

Mom-to-Be Tea

The Mom-to-Be Tea is designed especially for first-time moms 14-28 weeks into their pregnancies. It is our way of celebrating your pregnancy and providing you with information to help you better prepare for the birth of your baby. You will learn about your baby's growth and development, pregnancy warning signs and pregnancy discomforts. A tour of the Women's Center is included.

OB Tour

The tour will include visits to labor and delivery (including the surgical suite), postpartum and the nursery. You will receive information regarding sibling visitation, rooming-in and birth options. Gifts and a birth film are included in this 2 1/2-hour tour package.

Big Brother/Big Sister Birthday Party

The arrival of a new baby affects the entire family. Your children can share in this happy experience by attending our Birthday Party, which includes a video, doll diapering, tour of the newborn nursery, cake and a coloring book. We encourage you to bring a camera.

Mommy and Me Support Group

This is an interactive, sharing time for new moms and infants held in a comfortable atmosphere at Babies "R" Us at Mullins Crossing, 4225 Washington Road, Evans. Guest speakers, new child-care products and discussions are included.

Childbirth Preparation

This four-week series of childbirth preparation classes is designed to inform and prepare all expectant parents regardless of birth plans. Class topics include stages of labor, breathing and relaxation techniques, and how to care for yourself and your new baby. Your partner will learn positive support techniques for use during the birth experience. The informal setting provides opportunities to network with other expectant parents as well.

Weekender Childbirth Education

This is a complete childbirth preparation class designed for those with time constraints or fluctuating schedules. The course content is similar to the four-week series. The class meets on Fridays from 6:30-9:30 p.m. and Saturdays from 9 a.m. to 5:30 p.m.

Refresher Childbirth Education

The class is designed for those who have taken a childbirth class with a previous pregnancy but need a review. It covers a review of the labor process, in-depth practice session of all breathing and relaxation techniques and tips on incorporating an additional child into your family. A tour of the Women's Center is included. This five-hour course is held in two 2 1/2-hour sessions.

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Infant CPR

This class provides an opportunity to learn infant CPR and practice on mannequins. Infant safety is also incorporated.

Breast-feeding

This 2 1/2-hour class is designed for the expectant woman who plans to breast-feed her baby. Birth partners are welcome! If you want in-depth information on common questions, how to evaluate breast-feeding and how to get off to a good start, this class is for you.

Health Central

With your special membership to Health Central, University's wellness and fitness center, you can stay in shape during your pregnancy. Individualized counseling is available. Membership is good for the term of your pregnancy and three months after delivery. Childcare is available at Health Central. Call 706/724-4408, ext. 231 to register for this service.

Grandparenting

This fun class is designed for grandparents who want to learn about their new role and how to support their children who have become new parents. This class will provide infant-care guidelines, teach newborn growth and development and offer ways to create special moments with the new baby.

For more information or to register, please call 706/774-2825.