

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 events to help. Please call 706/774-2825 for more information or to register.

OB TOUR

The 1 1/2-hour tour will include visits to labor and delivery, postpartum and the nursery. Attendees will receive information regarding each area.

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, medication options for labor, 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. A tour of the Women's Center is included.

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 4-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. A tour of the Women's Center is included.

INFANT CPR

This American Heart Association Family & Friends' class provides an opportunity for hands-on practice with infant mannequins. Attendees will receive a course participation card.

BREASTFEEDING

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

BREASTFEEDING SUPPORT GROUP

This class is offered for breastfeeding mothers and mother's of NICU babies. The group meets 1-2 p.m., first Wednesday of each month. **Come to the Skills Lab on 3rd Floor of Women's Center at University Hospital. Pre-registration is not required. Please call 706/774-2825 for questions.**

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

2014 CLASS SCHEDULE

<u>Childbirth Preparation Class (4 weeks series) free</u> 7-9:30 p.m. (OB Tour is included)
<p>Mondays: January 6, 13, 20, 27</p> <p>Tuesdays: January 7, 14, 21, 28</p> <p>Wednesdays: January 8, 15, 22, 29</p> <p>Mondays: February 3, 10, 17, 24</p> <p>Tuesdays: February 4, 11, 18, 25</p> <p>Wednesdays: February 5, 12, 19, 26</p> <p>Mondays: March 3, 10, 24, 31</p> <p>Tuesdays: March 4, 11, 18, 25</p> <p>Wednesdays: March 5, 12, 19, 26</p> <p>Mondays: (3 wk series) April 14, 21, 28</p> <p>Tuesdays: (3 wk series) April 15, 22, 29</p> <p>Wednesdays: (3 wk series) April 16, 23, 30</p> <p>Mondays: No Classes in May</p> <p>Tuesdays: (3 wk series) May 13, 20, 27</p> <p>Wednesdays: (3 wk series) May 14, 21, 28</p> <p>Mondays: June 2, 9, 16, 23</p> <p>Tuesdays: June 3, 10, 17, 24</p> <p>Wednesdays: June 4, 11, 18, 25</p> <p>Mondays: June 30, July 7, 21, 28</p> <p>Tuesdays: July 1, 8, 15, 22</p> <p>Wednesdays: July 2, 9, 23, 30</p> <p>Mondays: August 4, 11, 18, 25</p> <p>Tuesdays: August 5, 12, 19, 26</p> <p>Wednesdays: August 6, 13, 20, 27</p> <p>Mondays, September 8, 15, 22, 29</p> <p>Tuesdays: September 2, 9, 16, 23</p> <p>Wednesdays: September 3, 10, 17, 24</p> <p>Mondays: (3 wk series) October 6, 20, 27</p> <p>Tuesdays: October 7, 14, 21, 28</p> <p>Wednesdays: October 1, 8, 15, 22</p> <p>Mondays: November 3, 10, 17, 24</p> <p>Tuesdays: November 4, 11, 18, 25</p> <p>Wednesdays: (3 wk series) November 5, 12, 19</p> <p>Mondays: (3 wk series) December 1, 8, 15</p> <p>Tuesdays: No Classes in December</p> <p>Wednesdays: (3 wk series) December 3, 10, 17</p>

<u>OB Tour (free)</u> 7-9:30 p.m.
<p>January 9, 2014 July 10, 2014</p> <p>February 13, 2014 August 14, 2014</p> <p>March 13, 2014 September 11, 2014</p> <p>April 3, 2014 October 9, 2014</p> <p>May 8, 2014 November 13, 2014</p> <p>June 12, 2014 December 11, 2014</p>

<u>Breastfeeding (free) Held at Babies R Us</u> 7-8 p.m.
<p>January 16, 2014 July 17, 2014</p> <p>February 20, 2014 August 21, 2014</p> <p>March 20, 2014 September 18, 2014</p> <p>April 17, 2014 October 16, 2014</p> <p>May 15, 2014 November 20, 2014</p> <p>June 19, 2014 No Dec Class</p>

<u>Breastfeeding Support Group</u> <u>for New Mothers (Free)</u> 1st Weeds- 1-2 p.m.
<p>January-No Class July 2, 2014</p> <p>February 5, 2014 August 6, 2014</p> <p>March 5, 2014 September 3, 2014</p> <p>April 2, 2014 October 1, 2014</p> <p>May 7, 2014 November 5, 2014</p> <p>June 4, 2014 December 3, 2014</p>

<u>Infant CPR (free)</u> 7-8:30 p.m.
<p>January 23, 2014 July 24, 2014</p> <p>February 27, 2014 August 28, 2014</p> <p>March 27, 2014 September 25, 2014</p> <p>April 24, 2014 October 23, 2014</p> <p>May 22, 2014 November 6, 2014</p> <p>June 26, 2014 December 18, 2014</p>

<u>Weekender Childbirth Preparation Class (free)</u> Fri. 6:30-9:30 p.m., Sat. 9 a.m.-5:30 p.m. (OB Tour is included)
<p>January 3 & 4</p> <p>February 7 & 8</p> <p>March 7 & 8</p> <p>April 4 & 5</p> <p>May 2 & 3</p> <p>June 6 & 7</p> <p>July 25 & 26</p> <p>August 15 & 16</p> <p>September 26 & 27</p> <p>October 17 & 18</p> <p>November 21 & 22</p> <p>December 19 & 20</p>

<u>Weekender Childbirth Preparation Class (free)</u> Fri. 6:30-9:30 p.m., Sat. 9 a.m.-5:30 p.m. (OB Tour is included)
<p>January 17 & 18</p> <p>February 21 & 22</p> <p>March 21 & 22</p> <p>April 25 & 26</p> <p>May 16 & 17</p> <p>June 20 & 21</p> <p>August 1 & 2</p> <p>September 12 & 13</p> <p>October 3 & 4</p> <p>November 7 & 8</p> <p>December 5 & 6</p>

Space is limited. Registration is required by calling 706/774-2825. Class dates are subject to change.
 Note: All classes and support groups are free to the public unless otherwise noted.