CLASSES for EXPECTANT FAMILIES 2019
Welcome to Our Lady of Lourdes Medical Center

Dear Friends,

Each year, more than 1,000 beautiful babies get their first glimpse of life at Our Lady of Lourdes Medical Center. We share in your sense of pride as you await the arrival of your little miracle. You are entering one of the most exciting and important times of your lives, and we are thrilled to be a part of this journey that will take you from partners to parents.

The classes for expectant families are designed to meet the learning needs of a growing family and to give you the knowledge and reassurance you need to make the best decisions for you and your baby. We offer a variety of classes, including preparation for childbirth, successful breastfeeding, infant and child CPR and sibling classes, as well as the opportunity to receive and learn massage for both you and your baby through our Wellness Services. Lourdes is a family-centered, maternity care hospital, recognized as a “Baby-Friendly Designated Birth Facility” by the World Health Organization and United Nations Children’s Fund for our total care of mothers and babies.

We encourage and welcome you and your family members to share the joy and excitement of pregnancy and birth, whether this is your first child, or if you have experienced the miracle of birth before.

We are prepared to care for not only the low-risk pregnancy, but also the many complications that may arise for either you or your baby during your pregnancy or delivery. Our Labor and Delivery Unit and Special Care Nursery provide around-the-clock coverage by both perinatologists (doctors specializing in high-risk obstetrics) and neonatologists (doctors specializing in high-risk infants). These highly skilled professionals and state-of-the-art technologies and equipment make Lourdes the perfect place for delivering your baby.

Parking is provided free of charge in the hospital parking lot when attending the classes we offer at Our Lady of Lourdes Medical Center. Go to our website, www.lourdesnet.org, for information, schedules and directions.

Please be sure to register early, since classes fill quickly. Registration must be received at least three weeks prior to the class or classes you choose. REGISTRATION FEES ARE NONREFUNDABLE. Classes are subject to cancellation or change based on enrollment response. Please call the number below with any questions.

Best wishes to you and your family for a happy, healthy pregnancy and a joyful birth experience.

Beth McCarthy
Beth McCarthy, MSN, RN, C-EFM
Perinatal/Periop Educator
(856) 757-3035
kehse@lourdesnet.org
Our Lady of Lourdes Medical Center

Our Lady of Lourdes Medical Center is one of the region’s leading healthcare providers. It is recognized consistently by Healthgrades and the Joint Commission. Our Lady of Lourdes is the only hospital in New Jersey ever to have been awarded the American Hospital Association’s top honor for excellence in community outreach services.

Founded by the Franciscan Sisters of Allegany, NY Lourdes has been committed to caring for the mind, body and spirit of area residents for nearly 70 years. Lourdes is particularly known for:

- The Lourdes Cardiovascular Institute, one of the largest providers of cardiac care in the Delaware Valley
- The Lourdes Regional Rehabilitation Center
- The Lourdes Stroke Center
- The Center for Organ Transplantation, providing kidney, pancreas and liver transplants
- Minimally invasive and robotic surgery

• All classes are held in the 6th Floor Mother Baby Unit Conference room.
• Employees receive a 20 percent discount.
• Enrollees receive a $25 discount when they register for 3 or more classes.
• In the event of inclement weather, either call the hospital at (856) 757-3500 or listen to KYW 1060AM. A decision will be made by 7:30 AM or 5:00 PM regarding cancellation of classes.
• If you are not registering for classes for expectant families, but would like more information on Our Lady of Lourdes Medical Center or a tour of the Maternity unit, please call Beth McCarthy, Perinatal/Periop Educator at (856) 757-3035 or email at kehse@lourdesnet.org.
Family-Centered Maternity Care

As a family-centered maternity care facility, we know that after experiencing the miracle of birth, it is important to feel the loving support of people around you. We welcome your family and friends at this special time. Four visitors at a time can be accommodated on the Mother/Baby unit from 7:30 AM to 9:30 PM daily.

Quiet Time is observed on the mother/baby unit from 2:00 PM – 4:00 PM. During this time we encourage mom to spend quiet bonding time with her baby. Visitors are encouraged to observe this quiet time for mom and baby.

Lactation Services at Lourdes

We offer a full range of lactation services and support by International Board Certified Lactation Consultants and Lactation Educators. Breastfeeding provides you and your baby with important health benefits and is the most natural and nutritious way to feed your infant. Our lactation program is designed to help you achieve and maintain successful breastfeeding. We are here to assist you during the newborn period and are available by phone throughout the entire time you breastfeed. We also offer a Successful Breastfeeding Class to be taken in the last trimester of pregnancy. This class focuses on the breastfeeding process, getting off to a good start and helpful tips for your first few weeks at home. For more information regarding lactation services at Our Lady of Lourdes, please call (856) 757-3314.

Prepared Childbirth Classes

Preparing for the birth of your baby is an exciting time. These fun and informative classes are designed for first time expectant parents. You will learn about the labor and delivery process. The course also covers techniques to prepare you for labor, including breathing, relaxation, and other coping strategies. Information on analgesic options is also included. Class participants will be invited to enjoy a tour of the Labor & Delivery and Mother/Baby units. We recommend combining this series with the Baby Basics Class. Please dress in comfortable clothes and bring two pillows and a blanket to each class. All series include class materials and refreshments.

Two week evening series or one full day, $120 per couple.

- Jan. 8 & 15  2 week series  Tues. 7:00 PM — 9:30 PM
- Feb. 2  one day class  Sat. 9:00 AM — 4:00 PM
- March 5 & 12  2 week series  Tues. 7:00 PM — 9:30 PM
- April 6  one day class  Sat. 9:00 AM — 4:00 PM
- May 7 & 14  2 week series  Tues. 7:00 PM — 9:30 PM
- June 1  one day class  Sat. 9:00 AM — 4:00 PM
- July 9 & 16  2 week series  Tues. 7:00 PM — 9:30 PM
- Aug. 3  one day class  Sat. 9:00 AM — 4:00 PM
- Sept. 10 & 17  2 week series  Tues. 7:00 PM — 9:30 PM
- Oct. 5  one day class  Sat. 9:00 AM — 4:00 PM
- Nov. 5 & 12  2 week series  Tues. 7:00 PM — 9:30 PM
- Dec. 7  one day class  Sat. 9:00 AM — 4:00 PM
Baby Basics

This class is ideal for “new” parents needing to learn, or “seasoned” parents needing to brush-up on postpartum and newborn care. Learn the newest recommendations from the American Academy of Pediatrics, such as “back to sleep” and “tummy to play,” as well as tips for bathing, sleeping, and feeding. Postpartum care for mom will also be discussed.

One, two-hour class, Tuesdays 7:00 PM — 9:00 PM $35 per family

Class Schedule (Tuesday evenings):
February 12 | August 13
April 9 | October 8
June 11 | December 10

Successful Breastfeeding Class

Our Lady of Lourdes Medical Center has been designated as a Baby Friendly Facility. The Baby-Friendly USA Initiative is a global program sponsored by the World Health Organization and the United Nations Children’s Fund to encourage and recognize hospitals that offer an optimal level of care for infant feeding.

Experts agree that breastfeeding is the best way to feed your baby. There are many benefits for baby, mom, the community, and the environment. Come learn about them all! This class will help you prepare you and your partner for the experience of breastfeeding. We strongly encourage all pregnant women and their partners to take this class even if you are undecided about whether this is the right choice for you. Breastfeeding Class is recommended for expectant mothers in the last 3 months of pregnancy. Topics include:

- Benefits of breastfeeding
- How breastfeeding works
- Role of the partner and breastfeeding
- How milk is made
- What’s normal
- Positioning and latch
- Working and breastfeeding
- How to know if baby is getting enough
- Community support services
- Milk storage

One, 2-1/2 hour class, Thursday evenings 7:00 PM — 9:30 PM $35 per person/$50 per couple

Class Schedule (Wednesday evenings):
January 30 | May 29 | September 25
February 27 | June 26 | October 23
March 27 | July 31 | November 20
April 24 | August 28 | December 18

Infant and Child CPR

Parents, grandparents, babysitters...anyone caring for babies and children need to be prepared to handle emergencies!

The Childbirth Education Staff, who are certified by the American Heart Association as CPR instructors, teach this workshop. A CPR for Family and Friends book from the American Heart Association will be sent upon receipt of your registration. There is no written test for this class, but it is important to read the book prior to attending, especially the pediatric portion, as this will be the focus. The purpose of the evening will be to ensure that everyone is skilled in performing CPR in an emergency. Safety issues will also be discussed. The class is held in the 6th Floor MBU conference room.

One, two-hour class, Wednesdays 7:00 PM — 9:00 PM $35 per person/$50 per couple

Class Schedule (Wednesday evenings):
January 30 | May 29 | September 25
February 27 | June 26 | October 23
March 27 | July 31 | November 20
April 24 | August 28 | December 18

Siblings are Special 2019

This special class is for siblings ages 3 to 9, although older children may enjoy the class too. Time will be spent talking about changes a new baby brings to the family, and how it will feel to be a big brother or big sister. We use dollplay, storytelling, games, arts and crafts, as well as a video to help prepare children for the new baby. The class is held on the 6th floor MBU conference room. A short tour of the Maternity Unit and snacks are included.

One, 90-minute class, Saturdays 10:00 AM — 11:30 AM
$15 one child
$5 each additional child — from the same family

Class Schedule (Saturdays):
February 9 | September 7
May 4 | November 2
Pregnancy, Postpartum Massage
Add to the joy of awaiting the birth of your child, plus help alleviate many of the aches, pains and concerns associated with pregnancy. Certified pregnancy massage therapists facilitate the health of expectant moms and their babies through tailored massage treatment sessions. Dads, delivery coaches and other family members can be included too — learning techniques to help mothers-to-be feel good!

Massage can:
• relieve muscle spasms, cramps and pain, especially in the back and neck — areas stressed by the baby growing in the womb;
• help to alleviate stress on weight-bearing joints (hips) and soft tissues during pregnancy and after delivery;
• ease pain during delivery and help shorten the length of labor;
• facilitate the body’s return to normal balance and alignment after birth;
• support mom after delivery with techniques to minimize the physical stress of caring for the newborn.

To book your massage appointment, please call the Lourdes Wellness Services at (856) 869-8190.

Infant Massage
Infant massage is a uniquely special and easy way for Mom, Dad, parents, siblings, grandparents — or any extended family member to bond with your new baby. Learn simple techniques to help your baby develop, sleep well and generally be happier. Discover how massage creates lasting effects for you and your family. To book your appointment to learn infant massage techniques, please call Lourdes Wellness Services at (856) 869-8190.

Class Location
All classes are held at Our Lady of Lourdes Medical Center. Please stop at the front desk in the lobby to get a visitor’s pass and find out the location of your class.

Parking: You may park across the street from the hospital in the Visitor’s Parking Lot. There is no parking fee for class participants. A parking voucher will be issued in class.

Directions to Our Lady of Lourdes Medical Center:
From Route 130 Southbound: From Pennsauken area, proceed on Route 130 South (look for Pub restaurant on right). Continue on Route 130 South (golf driving range on right) and turn right onto Route 561 (immediately after Radio Shack and Dunkin’ Donuts) look for blue “hospital” sign. This will place you directly onto Haddon Avenue. Continue going straight through four lights. Lourdes will be on your right and visitor’s parking is to the left.

From Route 130 Northbound: Proceed past Collingswood Circle and make right at sign that reads “Camden via Haddon Avenue.” Follow Haddon Avenue signs and blue “hospital” signs to Lourdes.

From Ben Franklin Bridge: Follow Route 30 (Admiral Wilson Boulevard) to Route 130 Southbound (Pub restaurant). Follow directions from 130 Northbound.

From Walt Whitman Bridge: Follow directions for Route 130 Northbound.

From Route 30 Westbound (White Horse Pike): Proceed to Collingswood Circle. Follow directions for Route 130 Northbound.

From Interstate 295 Northbound: Follow 295 North until it merges with Route 42 (stay to your left; do not exit “1-B”). Approximately one mile on your right, take exit “1-D” for Route 130 North, Collingswood. Follow directions for Route 130 Northbound.

From Interstate 295 Southbound: Take Exit 34, Route 70 West and proceed west. When Route 70 ends, follow directions for Route 130 Southbound.

From PATCO High-Speed Line: Get off at the Ferry Avenue station. Lourdes is a 10-minute walk. Cabs and Bus #403 are also available.

From Interstate 676: Exit onto Atlantic Avenue. Go east on Atlantic Avenue to the end and make a right onto Haddon Avenue. Lourdes is four blocks ahead on the left.

For more information, visit www.lourdesnet.org.

Our Special Gift to Expectant and New Moms
50 Percent Off a One-Hour Pregnancy Massage.
To schedule your pregnancy or postpartum massage appointment, please call the Lourdes Wellness Services at (856) 869-8190.
**Registration**

Please register at least three weeks prior to the class.

Payment must be included with your registration.

Make checks payable to:

**Our Lady of Lourdes Medical Center.**

Please mark your calendar for the dates you have chosen. You will be notified if we are unable to accept your registration. Please be sure to include your email for an e-mail confirmation.

To register by mail, complete this form and mail to:

Our Lady of Lourdes Medical Center
1600 Haddon Avenue
Camden, New Jersey 08103
Attention: Beth McCarthy, Nursing Education Office

To register online go to www.lourdesnet.org and click on News & Events > Events and scroll to find the class you are interested in taking.

For more information:
(856) 757-3035 or e-mail: kehse@lourdesnet.org

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Number of Children x $5 = $ Total $________________
($5 each additional child from same family)

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20 percent Employee Discount

$25 Discount for three or more classes

Grand Total $________________
Mission Statement

“We, Lourdes Health System and Trinity Health, serve together in the spirit of the Gospel as a compassionate and transforming healing presence within our communities.

In the tradition of the Franciscan Sisters of Allegany, New York, Lourdes Health System serves all who come to it with reverence and integrity in a simple, joyful and hospitable manner.”

We strive for excellence in our stewardship to our patients, their families, the community and each other by promoting a culture that embraces diversity.

We commit to being a transforming, healing presence within the diverse communities in which we live and serve.

We create collaborative, inclusive, caring communities who provide a full range of quality medical and wholistic health services.

We promote healthy communities and assure access to all, especially those most in need.