Expecting a Baby?
Programs for expectant and new parents
Fall 2017 to Fall 2018
Hello and Congratulations!

As you count down the months, weeks and days to the arrival of your baby, your excitement will grow (along with you!). You’ll be faced with decisions to make—and questions to ask. We can help. Spectrum Health Healthier Communities offers fun, informative seminars, classes and support groups on all kinds of topics for expectant and new parents and families. Our certified childbirth educators can answer many of your questions—and maybe some that you didn’t think to ask.

Browse our booklet. We’ve included introductions to each class, along with registration information to help you plan. You will find out more about specific dates for classes when you register or call us for more information. We want to make sure that you have the latest details about days, rooms and times!

As you participate in a class (or classes), you’ll learn more about what to expect, along with how our capabilities and services can benefit your family. You can also schedule a tour of the Family Birthplace at Spectrum Health Butterworth Hospital for a firsthand look at our birthing facilities. Whatever classes you choose, we want to enhance this special time in your life and make it as easy as possible.

Thank you for considering our programs as part of your parenting journey. On behalf of the Spectrum Health Healthier Communities Prenatal Education team, we look forward to meeting you and your birthing partner, who is welcome to join you for classes.

The Healthier Communities Prenatal Education Team
Pregnancy and Growing Family Classes
Check out our current classes. You can go to the page number to learn more about each class. **Because classes fill quickly, we recommend scheduling your classes as you near the end of your first trimester to hold your place.**

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Registration Information

Class Locations

Spectrum Health Healthier Communities, 665 Seward Avenue NW, Grand Rapids
Spectrum Health South Pavilion, 80 68th Street SE, Cutlerville
Spectrum Health Integrated Care Campus – East Beltline, 2750 E. Beltline Avenue NE, Grand Rapids

All locations have FREE, on-site parking!

General Information

Most classes require preregistration. Any that do NOT require preregistration are indicated in the class description. **Some classes have a fee; others are free of charge.** Your insurance may or may not cover the cost. Call us for information. You will have to contact your insurance carrier to find out if they will cover a particular class.

In cases of severe weather, call 616.391.5000, option 3, for cancellation information or visit spectrumhealth.org/cancellations.

To Register

**STEP 1:** Choose your class(es).
**STEP 2:** Choose your preferred class format (if multiple options are available, they are included in the description).
**STEP 3:** Online registration is available at spectrumhealth.org/pregnancy-class, or call 616.267.2626, option 4.

Ask About the Spectrum Health Going Home Program

Our Going Home program is designed for mothers who prefer a minimum stay in the hospital. The program offers one-on-one attention for you and your baby from a registered nurse for two home visits within the first few days. Contact your insurance provider before your anticipated delivery for more information about your individual coverage. Let your health care provider know if you are interested in this option. For more information call 616.391.5000, option 5.

“The program was wonderful. The nurse was very nice. It was great to sleep in my own bed knowing the nurse would be there to check on the baby. I wish I would have had this available for my other two children.” —Recent Participant
Pregnancy and Birth

Preparing for Childbirth

“I was very impressed with all the classes offered! I felt very prepared for labor, delivery and postpartum. Thank you for taking the time to run such great classes!” —Recent Participant

Our most popular class! The complete learning experience for first-timers. Schedule near the end of your first trimester for best selection! Our main focus is on preparing you and your support person for labor and delivery, including:

- Is it really labor? What is it like? What to do when it’s time.
- Exercises, labor positions, breathing patterns.
- Relaxation tips and techniques.
- Pain relief options and comfort measures.
- Basic cesarean birth introduction (see page 6 for a more in-depth cesarean birth class).
- Newborn care and feeding basics to get you started.

Lots of options to fit your schedule:

- 5-week series 1 class per week, 2 hours each class
- 4-week series 1 class per week, 2.5 hours each class
- 2-week series 2 classes per week, 2.5 hours each class
- Weekend series Friday, 6 p.m. to 9:30 p.m.; Saturday, 9 a.m. to 3:30 p.m.

Please call for information on classes in Spanish.

Preregistration is required. Online registration is available at spectrumhealth.org/pregnancy-class, or call 616.267.2626, option 4.
NOTE: An online Preparing for Childbirth eClass is also available. It is designed for expectant moms who are on bed rest, or those whose circumstances don’t allow them to participate in our hands-on classroom experiences. Learn more about this class at spectrumhealth.org/pregnancy-class.

Expectant Teens: Preparing for Childbirth
This program is geared especially to the questions and concerns of expectant teens, giving them the opportunity to share with peers going through the same experience. This 4-week series of classes (1 class per week, 2.5 hours each week) covers the same information as “Preparing for Childbirth.”

Preregistration is required. Online registration is available at spectrumhealth.org/pregnancy-class, or call 616.267.2626, option 4.

Refresher on Childbirth
The class is for you if “you’ve been there” but may be feeling a little rusty. Or maybe it’s a worthwhile review and a night out! Either way, this fun refresher course is ideal for moms and support partners who’ve experienced labor and delivery before. Here is your chance to brush up on:

- Labor positions and breathing patterns
- Relaxation tips and techniques
- Pain relief options and comfort measures
- Newborn care updates

Single session (3.5 hours).

Preregistration is required. Online registration is available at spectrumhealth.org/pregnancy-class, or call 616.267.2626, option 4.

Cesarean Birth
Maybe you already know you will have a cesarean birth. Maybe you are first-time parents who want to be prepared if you need one. Don’t worry. While a different experience than a vaginal birth, you’ll be just as involved and have the confidence of doing what’s best for you and your baby. This class for expectant moms and support partners gets serious about what it’s like to experience a cesarean birth. It also offers tips to help you feel more prepared at the hospital and at home. Single session (2 hours).

Preregistration is required. Online registration is available at spectrumhealth.org/pregnancy-class, or call 616.267.2626, option 4.
Tours of the Family Birthplace
Interested in a tour of the Spectrum Health Butterworth Hospital Family Birthplace as you anticipate your new arrival? Free, scheduled tours are available for you and one other guest over age 10.

For best selection of dates and times, schedule early in the second trimester of pregnancy. Ask us if you are interested in attending a Spanish-speaking tour. See you soon!

**Preregistration is required. Online registration is available at spectrumhealth.org/pregnancy-class, or call 616.267.2626, option 4.**

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Good Start: Nutrition, Exercise and Your Pregnancy
Did you know that you could have a positive effect on your baby’s intelligence and their long-term physical health **starting day one** of your pregnancy? With a few simple steps, you can set your baby up for a good start for life!

This class covers the importance of good nutrition and the benefits of physical activity during pregnancy, after delivery and for lifelong health. Come learn about the exciting research regarding how diet and physical activity can affect your baby’s brain health and microbiome (gut) health. Your support partner also is encouraged to attend.

Classes are led by a registered dietitian and an exercise specialist, who will share great information on topics like:

- How does exercise during pregnancy affect my baby?
- What foods are best to have a healthy pregnancy and baby? What should I avoid?
- How does nutrition and tummy-time help affect my baby’s brain development?
- What is a healthy microbiome and how does it influence my baby’s health?

Single session (1.5 hours).

**Preregistration is required. Online registration is available at spectrumhealth.org/pregnancy-class, or call 616.267.2626, option 4.**
Pointers From a Pediatrician

“Getting information by word of mouth from family and friends is great, but being able to have a conversation and ask questions with a doctor gave us so much more peace of mind!” —Recent Participant

Your opportunity to hear it straight from an expert awaits. Here is your chance to chat with a pediatrician. Bring your questions and concerns about newborn and infant health to this informative, enjoyable event. Find out a doctor’s point of view on topics such as:

- Choosing your baby’s doctor
- Sleeping and crying
- Feeding your baby
- FAQs from parents of newborns
- Baby illnesses, what to watch for, when to call the doctor

Single session (2 hours).

Preregistration is required for this FREE class. Online registration is available at spectrumhealth.org/pregnancy-class, or call 616.267.2626, option 4.

NOTE: This class is presented at Spectrum Health Butterworth Hospital East Auditorium, 100 Michigan Street NE, Grand Rapids. Park in Ramp 7 on Michigan Street.

Diabetes and Pregnancy

This is an ideal opportunity for any expectant mom who is living with diabetes or who may develop gestational diabetes—two in 10 U.S. women, according to the Centers for Disease Control. Our specialized Spectrum Health Diabetes Education Team will help you understand:

- How to manage type 1 and type 2 diabetes during pregnancy
- How gestational diabetes is diagnosed and treated
- What complications can occur for any type of diabetes during pregnancy and how to manage them
- Diet planning and blood sugar monitoring during pregnancy
- Emotional and psychological changes related to diabetes and getting the support you need

Call 616.267.8950 for details and to register.
Breastfeeding

Breastfeeding Class
Every new mom wonders (and often worries) about breastfeeding. We think this topic receives lots of confusing—and sometimes misguided—publicity. Our certified lactation specialist will take the mystery out of this unique aspect of motherhood. Don’t laugh, but we ask that you bring a baby-sized doll or stuffed animal with you so you can practice holding and positioning—it works!

This class is for you and your support person. Having a support person increases success. We’ll discuss:
• How breastfeeding works
• How it affects you, your baby, your partner and your post-pregnancy experience
• How to help your baby “get it” with latch-on tips
• How to hold your baby while breastfeeding so both of you are comfy and cozy
• How to know when/if your baby is getting enough to eat
• How to nurse a sleepy baby
• What’s the deal on pumping, how it works and do you have to do it
• How to plan for the transition of going back to work

Single session (2.5 hours).

Preregistration is required. Online registration is available at spectrumhealth.org/pregnancy-class, or call 616.267.2626, option 4.
Breastfeeding Support Group

“If it were not for this group, I can say, without a doubt, I would have stopped breastfeeding completely!” —Recent Participant

The early weeks of breastfeeding can be challenging. Breastfeeding should not hurt. Come with your newborn and receive expert help from lactation specialists. Sleepy babies, gassy babies, burping, pumping and weight gain are some of the topics that will be discussed. Surrounded by other moms and babies, you will gain confidence in breastfeeding. Along with hands-on help from an expert, learn from more experienced moms who can share tips, challenges and emotions they experienced the first few weeks. Come as you are to this very informal, warm and welcoming environment. These group sessions are free and registration is not required. You are welcome to attend during pregnancy.

Breastfeeding Support Group options:

- Tuesdays, 12:30 p.m. to 2 p.m.
  Spectrum Health South Pavilion, 80 68th Street SE, Cutlerville

- Wednesdays, 6:30 p.m. to 8 p.m.
  Spectrum Health Healthier Communities, 665 Seward Avenue NW, Grand Rapids

- Thursdays, 12:30 p.m. to 2 p.m.
  Spectrum Health Healthier Communities, 665 Seward Avenue NW, Grand Rapids

No preregistration is required for this FREE support group.
Call 616.391.5000 for questions and further information.

More Breastfeeding and Breast Pump Services

The Spectrum Health Family Birthplace has staff trained in breastfeeding support. We also have certified lactation specialists if you need more involved, in-depth breastfeeding help. Our outpatient lactation services also include pump rentals. Just call us!

Call 616.391.9437 to schedule an appointment. A fee may be charged for some services.
Family

Dads on Deck: For Dads-to-Be

“Really engaging, great information, very real.” —Recent Participant

Yes! A guys-only, one-time session that gives a male perspective on what’s happening in your life—now, when the big day arrives and once you take your new baby home. Led by an experienced “Dad's class” educator, this is your chance to:

- Ask questions (no holds barred) and get straight answers
- Learn how you can support mom
- Understand more about caring for your new baby

Single session (2.5 hours).

Preregistration is required. Online registration is available at spectrumhealth.org/pregnancy-class, or call 616.267.2626, option 4.

Sibling Class

Hello, big brother and/or big sister! It’s an exciting time while you wait for your new baby's arrival. Some siblings can’t wait; others would like this new tyke to take a hike. Classes are offered for children age 3 to 5 and age 6 to 9. Join other parents and new siblings to talk about:

- How a baby comes into this world on their “birth” day
- How to help care for a baby—hands on practice time with a doll for the big brother/big sister
- How a baby’s needs are different than big brother/sister needs
- How to be a special big brother or big sister
- Questions siblings might have about what’s ahead

Single session (1.5 hours).

Preregistration is required. Online registration is available at spectrumhealth.org/pregnancy-class, or call 616.267.2626, option 4.
Twins, Triplets and More
Oh, babies! You know (or will soon know) if this class is for you. Your first session will cover helpful facts and unique considerations when expecting multiple newborns. This includes pregnancy, labor, delivery and postpartum issues. During the second session, the facilitator teams up with experienced parents of multiples who will offer real-life stories as you:

- Learn what to expect when you take your babies home
- Navigate the physical and emotional adjustments you’ll face
- Get practical hints on juggling the babies’ care

Two sessions (2.5 hours each).

Preregistration is required. Online registration is available at spectrumhealth.org/pregnancy-class, or call 616.267.2626, option 4.

Postpartum Emotional Support

“The group was very welcoming and supportive from the very first meeting I attended. I felt understood, and that was amazing.” —Recent Participant

“This isn’t what I expected” ... if you feel this way before or after your baby is born, you are not alone. Statistics show that 2 in 10 women face perinatal mood disorders, with feelings of anxiety and sadness, being overwhelmed or depressed.

We’d like to help you get your happy back. Our sessions are facilitated by a registered nurse and a therapist. Our main focus is on helping you cope, including:

- Dealing with feelings of sadness, anger, anxiety or frustration
- Adjusting to the many challenges of new motherhood
- Understanding your emotional stress and the physical responses to the extended baby blues or postpartum depression/anxiety
- Regaining confidence and contentment

Come as you are. A support person is welcome to attend with you and your baby. Pregnant women are welcome to attend as well. “Dad’s Night,” led by a male therapist, is offered the fourth Tuesday of each month.

No registration is required for this FREE support group that meets on Tuesdays from 7:30 p.m. to 9:30 p.m. at Spectrum Health Healthier Communities, 665 Seward Avenue NW, Grand Rapids. Call 616.391.1771 or 616.391.5000 with questions or to request an information packet.
Grandparenting Journey

Grandparents-to-be and already-grandparents awaiting a new arrival enjoy this helpful discussion. It’s an informal session exploring what’s changed through the years, with topics such as:

- Current trends in pregnancy care
- Today’s childbirth options and newborn care
- How to support the new family now and after baby’s birth
- How to be involved in the anticipation of the new grandbaby, from near or far

Single session (2 hours).

Preregistration is required. Online registration is available at spectrumhealth.org/pregnancy-class, or call 616.267.2626, option 4.

Your Baby’s Care and Safety

Baby Care

For those not attending a “Preparing for Childbirth” class but interested in learning more about the practical reality of caring for a baby, this is for you. It’s also an ideal class for parents who are adopting a baby! We’ll talk about all kinds of concerns, and we welcome your questions. You’ll learn about popular parent topics, such as:

- Bathing your baby
- Feeding your baby
- Soothing a crying baby
- Your baby’s sleep habits
- When to call the doctor

Single session (3 hours).

Preregistration is required. Online registration is available at spectrumhealth.org/pregnancy-class, or call 616.267.2626, option 4.
Infant Car Seat Safety
A properly installed car seat can reduce the risk of death by nearly 71 percent.

But, it’s complicated! While the engineers go crazy seeking the safest design for car seats, parents (new and experienced!) go equally crazy trying to figure out how they work. As a result:

- 90 percent of our kids are improperly secured while on the road.
- Car accidents are the leading cause of death and injury to young kids.

Become a pro. This session is perfect for expectant parents shopping for the right car seat. It’s also great even if this isn’t your first time around the block as a parent. Bring your infant car seat if you already have it (if not, no worries, come without it). Join our hands-on event and learn the following from our child safety experts:
  - How all those buckles and straps really work and what they do
  - How to properly install the seat in the car
  - How to properly secure your baby or child in the seat
  - Answers to your questions about transporting your precious cargo

Each family who attends this class will receive a voucher for a discounted convertible car seat.

Single session (2 hours).

Preregistration is required for this FREE class. Online registration is available at spectrumhealth.org/pregnancy-class, or call 616.267.2626, option 4.

Call the Spectrum Health Helen DeVos Children’s Hospital Injury Prevention Program at 616.391.7233 with questions.
Infant/Child CPR and Other Emergencies
Do you know what to do if your baby or child is choking or stops breathing? Do you know how to help your baby in other emergencies? This is a don’t-miss night of hands-on practice, discussion and life-saving demonstrations. Grandparents may appreciate the peace of mind that comes with this class, too. This class is not for certification, but could save the life of your—or someone else’s—baby or child. Single session (3 hours).

Preregistration is required. Online registration is available at spectrumhealth.org/pregnancy-class, or call 616.267.2626, option 4.

Sharing Our Untimely Losses (SOUL)
The death of your baby by miscarriage, ectopic pregnancy, stillbirth or neonatal death may be the most difficult event you ever have to face. Our parent support group, Sharing Our Untimely Losses (SOUL), provides an opportunity to meet in a supportive environment with others who have experienced a similar loss. It is not a therapy group.

Call Pastoral Care and Bereavement at 616.391.1753 for date, time and location information.
As part of Spectrum Health’s designation as a “Baby-Friendly” hospital through the World Health Organization (WHO) and the United Nations Children’s Fund (UNICEF), we are taking special steps to give parents and newborns the best possible start for infant feeding.

For more information about the Baby-Friendly philosophy, visit babyfriendlyusa.org.