



# University of Maryland Shore Regional Health 2020 Childbirth and Parent Education Programs

## Labor and Delivery

- Overview of maternal reproductive health
- Preparing for and recognizing signs, symptoms and stages of labor
- Pain management options
- Labor induction
- Relaxation techniques for a positive birthing experience
- Tips for birthing partners
- Cesarean delivery
- Postpartum care and recovery
- Birthing Center tour

**Saturdays, 9:00 a.m. - 3:00 p.m.**

**UM Shore Medical Center at Easton, Nick Rajacich Health Education Center**

- January 4
- February 8
- March 7
- April 4
- May 2
- June 6
- July 11
- August 8
- September 5
- October 3
- November 7
- December 5 (Board Room)

## New Mom, New Baby: Safety & CPR

*Note: Participants will NOT be certified in CPR upon completion of this class.*

### Caring for Baby

- Feeding schedule and challenges
- Taking baby's temperature
- Circumcision and cord care

### Caring for Mom

- Postpartum care
- Dealing with emotions and stress
- Returning to work after maternity leave
- Birth control options

### Child Safety

- Home childproofing
- Immunizations
- Car seat safety

- Infant security
- Poisoning prevention
- When to call the pediatrician

**Saturdays, 9:00 a.m. - 1:30 p.m.**

**UM Shore Medical Center at Easton, Nick Rajacich Health Education Center**

*\*Includes Birthing Center tour*

- February 15
- April 11
- June 13
- August 22
- October 10
- December 12

## Breastfeeding Baby

- Tips and techniques for breastfeeding and pumping
- Latch and positioning assistance
- Overcoming challenges
- Maintaining milk supply

### Breastfeeding Class

**Saturdays, 9:00 a.m. - 12:15 p.m.**

**UM Shore Medical Center at Easton, Nick Rajacich Health Education Center**

- January 18
- April 11
- May 16
- July 18
- September 19
- November 14

## Breastfeeding Support Group

**First and third Tuesdays monthly, 10:00 - 11:30 a.m.**

**UM Shore Medical Center at Easton, Fifth Floor Meeting Room**

- January 7 & 21
- February 4 & 18
- March 3 & 17
- April 7 & 21
- May 5 & 19
- June 2 & 16
- July 7 & 21
- August 4 & 18
- September 1 & 15
- October 6 & 20
- November 3 & 17
- December 1 & 15

## Big Brother, Big Sister: Sibling Preparation

- Designed for children ages 3-8
- Adjusting to the new baby
- Caring for baby
- Interacting with little brother or sister
- Story time and/or video
- Tour of the Birthing Center
- Bring a doll or stuffed animal for practice

**Saturdays, 10:00 - 11:00 a.m.**

**UM Shore Medical Center at Easton, Nick Rajacich Health Education Center**

- February 29
- April 25
- June 27
- August 29
- October 24
- December 19

All classes and support groups are offered free of charge. To register for the program(s) of your choice, please call **410-822-1000, ext. 5200**. Please include your name, telephone number, class name and date of desired participation.

For information about available sessions on gestational diabetes, offered twice monthly at UM Center for Diabetes and Endocrinology, located at UM Shore Medical Center at Easton, call **410-822-1000, ext. 5757**.



**The Birthing Center at UM Shore Regional Health**  
 UM Shore Medical Center at Easton, Fifth Floor  
 219 S. Washington Street, Easton, MD 21601