



Welcoming

Your

Baby...

University of Maryland Shore Regional Health 2019 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 – **Come see our newly renovated birthing suites!**

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

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

- January 5
- February 2
- March 2
- April 6
- May 4
- June 1
- July 13
- August 3
- September 7
- October 5
- November 2
- December 7

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 a.m. - 1:30 p.m.

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

- February 16
- April 20
- June 22
- August 24
- October 18
- December 14

Breastfeeding Baby

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

Breastfeeding Class

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

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

- January 19
- March 23
- May 11
- July 27
- September 21
- November 16

Breastfeeding Support Group

First and third Tuesdays monthly, 10 - 11:30 a.m.
**UM Shore Medical Center at Easton,
Fifth Floor Meeting Room**

- January 8 & 15
- February 5 & 22
- March 5 & 19
- April 2 & 16
- May 7 & 21
- June 4 & 18
- July 9 & 16
- August 6 & 20
- September 3 & 17
- October 1 & 15
- November 5 & 19
- December 3 & 17

Big Brother, Big Sister: Sibling Preparation

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

Saturdays, 9:30 - 11 a.m.

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

- February 23
- April 27
- June 29
- August 31
- October 26
- December 21

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**.



UNIVERSITY of MARYLAND
SHORE REGIONAL HEALTH

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

UMShoreRegional.org/birthing