destination maternity™

Schedule of Events

January 2012

Registration is available at Destination Maternity by using the Parent Education Phone at the Juice Bar or call the Parent Education department at 914-681-1234
Pre -Registration is required for all educational classes

YOGA*: *For the busy mom or mom-to-be: buy a class pass and drop in whenever you choose!
Or, drop in and pay with exact change, personal check, or credit card
All yoga classes $15 or Class Pass – ($120/10)

Mondays: *Classes with Sinda*

10:15-11:15AM	All levels Prenatal Yoga
11:30AM- 12:30PM	Mommy & Me Yoga

Tuesday evening: *Class with Sinda*

7PM-8PM	All levels Prenatal Yoga

Wednesdays

10:15-11:15AM	All levels Prenatal Yoga: *Class with Lissa*
11:30AM- 12:30PM	Mommy & Me Yoga: *Class with Jessica*

Saturday morning: *Class with Sinda*

11AM-12PM	All levels Prenatal Yoga
12:15- 1:15PM	Mommy & Me Yoga

Educational Classes Listed Below: See other side for class descriptions

Classes listed below require pre-registration at 914-681-1234
2 Hour parking validation provided at Destination Maternity

Wednesday 1/4	Parenting	6:30-9PM	$50/couple
Saturday 1/7	Heartsaver CPR	2-6PM	$95/person
Sunday 1/8	Childbirth Education	11AM-6PM	$200/couple
Monday 1/16	Parenting	6:30-9PM	$50/couple
Sunday 1/22	Childbirth Education	11AM-6PM	$200/couple
Monday 1/23	Breastfeeding Basics	6:30-8:30PM	$50 /family

Complimentary tours of the William and Sylvia Silberstein Neonatal & Maternity Center available ***Must call to register***

Sibling class offered at White Plains Hospital 3rd Monday of every month

White Plains Hospital

Check WPHospital.org (Maternity Program) for updated class schedule
5 Maple Avenue, White Plains, NY 10605914.948.1279

White Plains Hospital
& Destination Maternity

ONGOING CLASS DESCRIPTIONS

Breastfeeding Basics: Get your breastfeeding experience off to a great start by learning researched based information. In class we will be discussing the benefits of breastfeeding, positioning, establishing a good milk supply, and common concerns. We welcome all those supporting you during this time.

Childbirth Education Classes: Knowledge about the childbirth process and the options available during pregnancy, labor and delivery are essential to reducing anxiety and to having a positive birth experience. This is a comprehensive, fact-based and fun class, covering a wide variety of topics. Snacks provided. Bring 2 pillows and lunch

Heart Saver CPR for Infants, Children, and Adults: Taught by White Plains Hospital Center CPR instructors. A must for all new parents and parents-to-be. You will learn how to recognize a baby, child, or adult in distress and learn how to perform CPR, relieve choking, and use an AED. This comprehensive class covers fast recognition and effective response for 0-12 month's infants, as well as for all family members. This course includes the AHA Heart Saver CPR book, as well as a certificate valid for 2 years given at course completion. Pre-registration required.

Mommy and Me Yoga: A certified yoga instructor leads this class for new moms and their infants up to one year of age. All levels of yoga students will find this postnatal class beneficial. Postnatal yoga moves the body with flowing postures that are challenging, grounding, uplifting and strength building
all at the same time, while bonding with you new bundle of joy.

Parenting: This class will help new parents to become familiar with the basics of caring for their infant in the first 6 weeks after birth. Topics covered will include:

- Understanding normal infant behavior, communication, appearance, and sleep patterns
- Understanding basics of diapering, umbilical cord care, and bathing of your baby
- Choosing a pediatrician
- Understanding common newborn procedures in the hospital
- Transition of couple to family

Pre-natal Yoga: Relaxing exercise in gentle yoga postures will increase flexibility, strength, circulation, balance and the mind-body-spirit connection for expecting mothers. Certified yoga instructors will guide mom in a safe and supportive manner through movements and techniques to support their pregnancy. Class is recommended for 2nd and 3rd trimester

Sibling Class: Given at White Plains Hospital. This unique class is structured to help children prepare for a new baby in the family, and is designed for children age 3 and older. Includes tour of maternity unit

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COLLEGE SAVINGS NOW

With a new baby arriving there are tons of things that will need to be done. Don't let yourself forget about college savings. The Futuretrust program can help turn your everyday spending into college savings. Learn how to save for your child's future when you buy gas, groceries, clothes and more. (Information available in the store)