

MINISTRY LIFE CONNECTIONSSM

Saint Elizabeth's Medical Center believes that Life Connections occur during every stage of pregnancy. With this belief in mind, Saint Elizabeth's, together with our providers and partners, offers a variety of activities, support, and education to help parents and families plan for their futures. The Ministry Life ConnectionsSM program helps families create a nourishing, fulfilling, and secure environment for their children. Women and families are encouraged to attend these programs:

2009 LIFE CONNECTIONS SCHEDULE

Childbirth Preparation (2-part series)

Dates & Times:	Tuesdays, January 13 & 20	6:30 – 8:30 p.m.
	Tuesdays, March 10 & 17	6:30 – 8:30 p.m.
	Tuesdays, May 12 & 19	6:30 – 8:30 p.m.
	Tuesdays, July 14 & 21	6:30 – 8:30 p.m.
	Tuesdays, September 8 & 15	6:30 – 8:30 p.m.
	Tuesdays, November 10 & 17	6:30 – 8:30 p.m.

Fee: \$20.00 per couple

Benefits of Breastfeeding

Date & Time:	Tuesday, January 13	5:30 – 6:30 p.m.
	Tuesday, March 10	5:30 – 6:30 p.m.
	Tuesday, May 12	5:30 – 6:30 p.m.
	Tuesday, July 14	5:30 – 6:30 p.m.
	Tuesday, September 8	5:30 – 6:30 p.m.
	Tuesday, November 10	5:30 – 6:30 p.m.

Fee: \$10.00 per family

Sibling Class

Date & Time:	Tuesday, January 20	5:30 – 6:30 p.m.
	Tuesday, April 21	5:30 – 6:30 p.m.
	Tuesday, July 21	5:30 – 6:30 p.m.
	Tuesday, October 20	5:30 – 6:30 p.m.

Fee: \$5.00 per participant/couple

All classes are held at Saint Elizabeth's Medical Center. To register for Life Connections programs, call Saint Elizabeth's, 651-565-4531, and ask for the OB Department. Financial assistance is available to those who cannot afford program fees. NOTE: Classes could be cancelled due to low attendance. You will be notified if classes are cancelled.

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SUMMARY OF EDUCATIONAL OFFERINGS

CHILDBIRTH EDUCATION SERIES

Topics include:

- Anatomy of the Pregnant Women
- Overview of Labor
- The Stages of Labor
- Labor Variations
- Comfort Measures During Labor
- How to Time Contractions
- Breathing Techniques
- C-Section/VBAC
- Medication Options
- Childbirth Choices/Birthing Center Tour
- Postpartum Care
- Characteristics of the Newborn

BENEFITS OF BREASTFEEDING

Topics include:

- Breastfeeding benefits for mom and baby
- How breastfeeding works
- Feeding patterns of breastfeeding babies
- Hunger cues
- Breastfeeding discretely in public

SIBLING CLASS

Children and parents are encouraged to bring stuffed animal for diaper practice and a picture of you for your new baby's first birthday card. Recommended ages: 3 years to 8 years old.