

For questions, call **317-718-4585** or email [kflora@hendricks.org](mailto:kflora@hendricks.org).



**\*\*CAR SEAT SAFETY CLASS**

**OFFERED EVERY OTHER MONTH**

Taught by a Certified Car Seat Technician, this class covers the basics of car seat safety. Topics include: what the different parts of a car seat are and how they are used, appropriate ages and stages for different car seats, installing a car seat correctly, what products can be used safely with car seats, the latch system and how to use it, and hands on demonstration and practice. Anyone that uses any car seat is welcome to take this class, as all car seat age-groups will be addressed. **\$10.00/couple**

**\*\*GRANDPARENTS AND CAREGIVERS: INFANT CARE CLASS**

**OFFERED EVERY OTHER MONTH**

Babies haven't changed, but what we know about them has. Come learn what's new! In this class, grandparents and caregivers for infants will learn the basics of safe sleep, feeding, car seats, infant cues, safety and discuss current trends in birth practices and infant care. We will also explore the role grandparents and other caregivers play in giving support and assistance to a new family.

*This class can be taken anytime, but is ideal either when infant is born or up to six months after.* **\$20.00/couple**

**\*\*CAR SEAT SAFETY AND INFANT CARE CLASS COMBINED** **\$25.00/couple**

**THIS IS NOT WHAT I EXPECTED CLASS**  
**OFFERED EVERY OTHER MONTH**

Becoming a parent comes with lots of changes. Some are exciting and joyful, but they can also be stressful and overwhelming. This class acknowledges that everyone's path in motherhood is different and includes strategies for building a village of support, how to help others know how to help you, caring for yourself and your growing family, addressing feelings that are stressful and how to deal with them, maximizing sleep, increasing movement and healthy habits, knowing what is normal and not with your changing body, and identifying and connecting you to services available in your community. *For any mom that has delivered in the last year.* **\$20.00/person**

**ALL CLASSES REQUIRE REGISTRATION ONLINE.**

For upcoming dates and times visit:

**[Hendricks.org/CREG](https://Hendricks.org/CREG)**



**HENDRICKS REGIONAL HEALTH**

**CHILDBIRTH CENTER CLASSES**



**HENDRICKS.ORG**



Hendricks Regional Health wants your baby journey to be an experience you enjoy and treasure. We offer a variety of classes to help you during pregnancy, birth and beyond.

**CHILDBIRTH CENTER TOURS - FREE AVAILABLE ANYTIME DURING PREGNANCY**

Walking tours of our Childbirth Center at Hendricks Regional Health Danville Hospital are free and are available for expecting parents and birth partners. The tour introduces our Labor and Delivery Suites and postpartum amenities for a more comfortable birthing experience. Tours are 20 to 30 minutes long with time for questions. They can be scheduled at a time convenient for you. *If you plan on taking a Labor class, know that a tour is included with that class.* Call **317-718-4585** or email [kflora@hendricks.org](mailto:kflora@hendricks.org).

**HEALTHY BEGINNINGS EVENT - FREE AVAILABLE QUARTERLY; ATTEND ANYTIME**

Healthy Beginnings is a free event hosted by the Hendricks Regional Health Childbirth Center on all things pregnancy. Anyone expecting a baby in the next year or planning to become pregnant, is welcome to attend with their support partners.

This event is free and includes:

- Shop local mother and baby vendors
- Talk with a Hendricks Regional Health dietitian on nutrition in pregnancy
- Discover Hendricks Regional Health healthcare providers
- Information on exercise in pregnancy and local exercise options
- Enter to win giveaways for classes, diapers and more
- Healthy refreshments
- Register for 'Preparing for Baby' classes

**LABOR CLASS**

**TAKE BETWEEN 28 TO 36 WEEKS**

For all parents who want an interactive class to learn about and prepare for childbirth. Topics include: the stages of labor, pain management, medications, labor positions, delivery methods and a tour of the Childbirth Center. This is a three-hour class, taught by a Childbirth Center Registered Nurse on a Saturday morning or weekday evening. **\$30.00/couple**

**BREASTFEEDING CLASS TAKE BETWEEN 28 TO 36 WEEKS**

This class offers breastfeeding information from a Certified Lactation Consultant. Topics include: benefits for mom and baby, positioning, hunger cues, what a good latch looks and feels like and a tour of the Childbirth Center. Partners are encouraged to attend. This is a two hour class and is offered once a month. **\$30.00/couple**



**BREASTFEEDING AGAIN TAKE BETWEEN 28 TO 36 WEEKS**

Have you tried to breastfeed before? Was that experience different than what you thought it would be? This class is designed for those moms that have breastfed before, but may have not reached their goals and want to learn tips and techniques to help them reach their breastfeeding goals with the current pregnancy. Taught by a Certified Lactation Consultant. **\$20.00/mom**

**ALL CLASSES REQUIRE REGISTRATION ONLINE.**

For upcoming dates and times visit:

**[Hendricks.org/CREG](https://Hendricks.org/CREG)**

A square QR code is located to the right of the text, intended for scanning to access online registration information.

**\*4TH TRIMESTER: TAKING CARE OF MOM & BABY TAKE IN 3RD TRIMESTER**

Learn what to expect and how to care for both mom and baby following pregnancy and delivery. This is a 90-minute class. Topics include: infant feeding and diapering, parenting, safe sleep, nutrition and self-care for mom. It includes discussion, video and hands-on experience, taught by a Childbirth Center Registered Nurse. It can be taken with the pumping class for a reduced fee. **\$20.00/couple**

**\*PUMPING TAKE IN 3RD TRIMESTER OR POSTPARTUM**

Want to know more about your breast pump? This is a one-hour class that focuses on how to use your breast pump, how to prepare for returning back to work when breastfeeding, what to expect, and how to troubleshoot possible problems for yourself and your baby. This class is directly following the 4th Trimester class and can be combined with that class for a reduced fee. **\$20.00/couple**

**\*4TH TRIMESTER & PUMPING CLASS COMBINED \$30.00/couple**



**QUIT NOW - SMOKING/VAPING CESSATION PROGRAM - FREE**

Quitting smoking or vaping is the most important thing you can do for your health and the health of your baby. The Quit Now Program is free for anyone interested in quitting, with expanded services for pregnant women. Visit [QuitNowIndiana.com/Pregnant](https://QuitNowIndiana.com/Pregnant) or call **1.800.QUIT.NOW.**

**SIBLING PREPARATION CLASS (Two years old and up) AVAILABLE EVERY OTHER MONTH**

For children that will be welcoming a new baby into their home, this class will help them know what to expect. It includes the 'Super Siblings' video, discussion and a craft. Children should bring a stuffed animal or doll with them to practice with. This two hour class is held in the evening every other month and is taught by a Registered Nurse from our Pediatric Unit. **\$20.00/family**



**CPR HEARTSAVER COURSE**

This American Heart Association course should be taken by those not in the healthcare profession who want to be certified in CPR. This course will teach a combination of adult and pediatric skills, including relief of choking. AED instruction will also be covered. A two-year certification will be received upon successful completion. Registration is required and fee includes course book. **\$50.00/person**

**BODY MECHANICS CLASS - FREE AVAILABLE QUARTERLY; ATTEND ANYTIME**

Taught by a physical therapist from Hendricks Regional Health, this class is for anyone that is pregnant or has been pregnant in the last year. It has information on exercising effectively, improving posture, increasing core strength, managing pain during and after pregnancy, pregnancy recovery strategies and pelvic floor health. Partners are welcome.