

# 2019 Family Life Classes

VCU Health offers a variety of classes on childbirth, breastfeeding and child rearing to assist expectant and new parents. Registration is required for all classes and we recommend you register early in your pregnancy (18-20 weeks). See page 6 for payment information. **Call (804) 828-4409 to register or visit [vcuhealth.org](http://vcuhealth.org) for more information.**

## Prenatal Classes

### Healthy Beginnings: Tour of Birthing Center (Adults Only)

**Cost: No charge**

Tour VCU Medical Center's birthing center so you will know what to do and where to go when your special day arrives. This class is designed to be taken early in pregnancy approximately 18-20 weeks. Because space is limited, expectant mothers may bring one person. Please meet in the Labor and Delivery Lobby, Main Hospital, 6th Floor.

**Sundays 2-3 p.m.**

Dates: 1/27, 2/17, 3/24, 4/7, 5/19, 6/30, 7/28, 8/18, 9/22, 10/20, 11/17, 12/15, 1/19/2020

**Mondays 7:30-8:30 p.m.**

Dates: 1/7, 2/4, 3/4, 4/1, 5/6, 6/3, 7/8, 8/5, 9/9, 10/7, 11/4, 12/2, 1/6/2020

**Tuesdays 12-1 p.m.**

Dates: 1/15, 2/19, 3/19, 4/16, 5/21, 7/16, 8/27, 9/17, 10/15, 11/19, 12/17, 1/14/2020

**Wednesdays 4-5 p.m.**

Dates: 1/9, 2/13, 3/13, 4/10, 5/8, 8/14, 9/4, 10/30, 11/13, 12/11 1/8/2020

**Thursdays 7:30-8:30 p.m.**

Dates: 1/24, 2/28, 3/28, 4/25, 5/23, 6/27, 7/25, 8/22, 9/26, 10/24, 11/21, 1/23/2020

### Childbirth Preparation (Adults Only)

**Cost: \$60 per couple (\$45)\***

Childbirth class is designed to increase knowledge and confidence in the birth experience. Expectant parents learn the signs and stages of labor and delivery options, and tips to prepare for your return home with baby. Please bring a partner (support person) and **two pillows and a blanket**. Wear comfortable clothes, women should not wear dresses or skirts (for exercise and positions for laboring out of bed). Classes offered on Saturdays are for those who cannot attend weekday series. Bring lunch, snack and beverage for weekend classes.

**Mondays 7-9:30 p.m. (3-week series)**

Location: Main Hospital, 6th Floor, Labor and Delivery Conference Room

Dates: 2/4-2/18, 8/12-8/26, 10/14-10/28

**Wednesdays 7-9:30 p.m. (3-week series)**

Location: Stony Point Campus, Stony Point 9000

Dates: 1/9-1/23, 3/13-3/27, 5/1-5/15, 7/10-7/24, 9/11- 9/25, 1/8-1/22/2020

**Thursdays 7-9:30 p.m. (3-week series)**

Location: Main Hospital, 6th Floor, Labor and Delivery Conference Room

Dates: 4/4-4/18, 6/6-6/20, 11/7-11/21

*Saturday and Sunday classes continued on next page.*

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## Childbirth Preparation (Adults Only)

### **Saturdays 9 a.m.-4 p.m. (one session)**

Location: Stony Point Campus, Stony Point 9000  
 Dates: 2/9, 4/6, 10/19, 12/7

Location: Main Hospital, 6th Floor, Labor and Delivery Conference Room  
 Dates: 1/5, 3/9, 5/18, 8/24, 1/11/2020

### **Sundays 11 a.m.-6 p.m. (one session)**

Location: Stony Point Campus, Stony Point 9000  
 Dates: 7/14, 11/3

## Breastfeeding (Adults Only)

### **Cost: \$20 (\$15)\***

Information on the benefits and management of breastfeeding including effective positioning and latching; rooming in; baby feeding cues and signs of hunger; early skin-to-skin contact; common problems and solutions; returning to work; expression of breast milk and nutrition. This is an interactive class with hands-on practice with dolls. **Partners are welcome and encouraged to attend.**

### **Mondays 7-9:30 p.m.**

Location: Main Hospital, 6th Floor, Labor and Delivery Conference Room  
 Dates: 1/28, 3/4, 5/13, 6/10, 8/5, 12/9, 1/13/2020

### **Tuesdays 4-6:30 p.m.**

Location: Main Hospital, 6th Floor, Labor and Delivery Conference Room  
 Dates: 1/15, 3/12, 11/5, 1/21/2020

### **Wednesdays 7-9:30 p.m.**

Location: Stony Point Campus, Stony Point 9000  
 Dates: 2/6, 4/10, 7/31, 9/4, 10/16

### **Saturdays 12-2:30 p.m.**

Location: Stony Point Campus, Stony Point 9000  
 Dates: 5/4, 6/29, 8/17

Location: Main Hospital, 6th Floor, Labor and Delivery Conference Room  
 Dates: 9/28, 1/18/2020

### **Sundays 2:30-5 p.m.**

Location: Stony Point Campus, Stony Point 9000  
 Dates: 2/24, 3/31, 7/21, 11/10

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## Newborn Parenting (Adults Only)

### Cost: \$20 (\$15)\*

This class discusses normal newborn appearance and abilities, safety and daily care activities such as feeding, diapering, dressing, bathing, discipline, parenting strategies, parenting adjustment, parent-child attachment, infant crying, infant sleeping, establishing routines and postpartum planning and community resources.

#### **Mondays: 7-9:30 p.m.**

Location: Main Hospital, 6th Floor, Labor and Delivery Conference Room

Dates: 3/11, 5/6, 7/8, 9/23, 12/16, 1/27/2020

#### **Tuesdays: 4-6:30 p.m.**

Location: Main Hospital, 6th Floor, Labor and Delivery Conference Room0

Dates: 2/12, 4/9, 8/13, 11/12

#### **Wednesdays: 7-9:30 p.m.**

Location: Stony Point Campus, Stony Point 9000

Dates: 1/30, 4/3, 8/28, 10/9, 1/29/2020

#### **Saturdays: 9-11:30 a.m.**

Location: Stony Point Campus, Stony Point 9000

Dates: 5/4, 6/29, 8/17

Location: Main Hospital, 6th Floor, Labor and Delivery Conference Room

Dates: 9/28, 1/18/2020

#### **Sundays: 12-2:30 p.m.**

Location: Stony Point Campus, Stony Point 9000

Dates: 2/24, 3/31, 7/21, 11/10

## Infant CPR and Safety (Adults Only)

### Cost: \$20 (\$15)\*

This class instructs expectant parents on safety and the basics of infant CPR through hands-on practice with manikins. No certificate given.

#### **Tuesdays 7-9:30 p.m.**

Location: Stony Point Campus, Stony Point 9000

Dates: 1/8, 2/12, 3/12, 4/9, 5/14, 6/11, 7/9, 8/13, 9/10, 10/1, 11/12, 12/10, 1/14/2020

Location: Main Hospital, 6th Floor, Labor and Delivery Conference Room

Dates: 1/22, 2/26, 3/26, 4/30, 5/28, 6/25, 7/23, 8/27, 9/24, 10/22, 11/19, 1/28/2020

## Grandparenting 101 and CPR

### Cost: \$15 (\$10)\*

This class updates future grandparents on current parenting techniques as well as instruct them on the basics of Infant CPR through hands-on practice with manikins. No certificate given.

#### **Sundays 3:15-5:15 p.m.**

Location: Main Hospital, 6th Floor, Labor and Delivery Conference Room

Dates: 1/27, 3/24, 5/19, 7/28, 9/22, 11/17, 1/19/2020

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## Child Care 101 (Adults Only)

**Cost: No Charge**

This class offers information to help you know what to look for in selecting an environment that is fun, educational and a safe place for your child's day care. There is free parking for this event in the parent cove area past the back elevators. Class will be held in the lower level parent's breastfeeding room. **To register or for more information, call Mary Thornton at (804) 828-6291.**

**Wednesdays 5:30-6:30 p.m.**

Location: Family Care Center, N Deck, 607 North 10th Street

Date: 3/6, 6/5, 9/4, 12/4

## Sibling Class (Parents and Children Attend)

**Cost: \$15 (\$10)\***

This class is designed to celebrate the soon-to-be big brother or sister and help them prepare for the new baby.

**Sundays 4:15-5:15 p.m.**

Location: Main Hospital, 6th Floor, Labor and Delivery Conference Room

Dates: 2/10, 4/7, 8/11, 10/13, 12/1

## Baby on Board: Car Seat Safety Inspections

**Cost: No Charge**

A child passenger technician will teach you how to transport your child correctly and will ensure that your child's car seat is properly installed, allowing you to leave the hospital knowing that your baby is safe and secure.

**To schedule an appointment, email [corri.millerhobbs@vcuhealth.org](mailto:corri.millerhobbs@vcuhealth.org) or call (804) 628-1603.**

**Saturdays 8-10 a.m.**

Dates: 1/26, 4/6, 9/7, 1/4/2020

## Boot Camp for New Dads

**Cost: \$25 (scholarships available)**

This workshop for men, taught by men, introduces the new experiences that first-time fathers can expect. Additional classes available on website. **To register, call (804) 288-3431 or visit the Relationship Foundation of Virginia at [www.rfva.org](http://www.rfva.org)**

**Saturdays 9 a.m.-12 p.m.**

Location: Stony Point Campus, Stony Point 9000

Dates: 3/23, 6/22, 7/27, 9/14

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## After Delivery

### Mommy and Me Breastfeeding Café (Breastfeeding Support Group)

**Cost: No Charge**

Connect with other mothers at this support group for new moms who have questions and concerns about breastfeeding in the weeks after birth. Mothers should bring their babies to the group. **Please register after delivery.**

**Mondays 3-4 p.m.**

Location: Main Hospital, 6th Floor, Labor and Delivery Conference Room

Dates: 1/7, 2/4, 3/4, 4/1, 5/6, 8/5, 10/7, 11/4, 12/2, 1/6/2020

Location: Stony Point Campus, Stony Point 9000

Dates: 2/18, 3/18, 5/20, 7/15, 8/19, 9/16, 10/21, 11/18, 12/16

### Breastfeeding and Work

**Cost: No Charge**

Committed to breastfeeding but concerned about going back to work? This class has ideas and helpful hints that have assisted other moms with the transition. The prenatal breastfeeding class is recommended to get a foundation of breastfeeding essentials. **Please register after delivery.**

**Mondays 3-4 p.m.**

Location: Main Hospital, 6th Floor, Labor and Delivery Conference Room

Dates: 1/28, 2/25, 3/25, 4/29, 6/24, 7/22, 8/26, 9/23, 10/28, 12/9, 1/27/2020

### Infant Massage

**Cost: \$20 (\$15)\***

Early touch is essential to the development of all infants. Massage benefits babies by enhancing bonding and attachment, promoting social, emotional and cognitive development, decreasing irritability and excessive crying, and reducing gas and colic. Certified Infant Massage instructors will teach you how to massage your baby. **Instructions:** Bring your baby (less than 12 months old) dressed in easy to remove clothing. Wear comfortable clothing appropriate for floor seating. Bring a soft, comfortable blanket to lay your baby on. Stimulated babies can become hungry, please be prepared to feed. **Please register after delivery.**

**Wednesdays 9:30-11:30 a.m.**

Location: Brook Road Campus, 2924 Brook Road, Gross Motor Room

Dates: 1/16, 2/20, 3/20, 4/17, 5/15, 6/19, 7/17, 8/21, 9/18, 10/16, 11/20, 12/18, 1/15/2020

**Wednesdays 2-4 p.m.**

Location: Stony Point Campus, Stony Point 9000

Dates: 1/2, 2/6, 3/6, 4/3, 5/1, 6/5, 8/7, 9/4, 10/2, 11/6, 12/4

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**Payment**

Checks should be made payable to VCU Health System. Payments can be brought to your first class or mailed to:

**VCU Health**  
**Box 980034**  
**Richmond, VA 23298-0034**  
**Attn: Diana Lussier, Practice Manager**

Scholarships are available after financial screening.

**Cancellation**

All times and dates are subject to change due to registration and availability. **Please check this schedule on [vcuhealth.org/parenting-classes](http://vcuhealth.org/parenting-classes) periodically to confirm class dates, times and locations.** Seating for all classes is limited. If you are unable to attend a class for which you have registered, please call (804) 828-4409 so that we may contact the next person on the waiting list to take your place.

**Directions**

VCU Medical Center's Main Hospital is located on the MCV Campus in downtown Richmond at 1250 E. Marshall Street. Parking is available at VCU Medical Center's Patient and Visitor Parking Deck, located at 12th and Leigh streets. Valet parking is also available at the Gateway Building, 1200 E. Marshall Street. Our Stony Point 9000 facility is located at 9000 Stony Point Parkway, near the Stony Point Fashion Park. Parking is available in the lot adjacent to the building.

**Visit [vcuhealth.org/locations](http://vcuhealth.org/locations) for directions to all of our locations.**

**Three Bears Club**

The Three Bears Club provides everything an expecting family needs, from prenatal classes to advanced pre-registration to breastfeeding assistance. If you are delivering at VCU Medical Center, you are automatically registered as a Three Bears Club member and receive a discount on most family life classes (price indicated in parentheses). Members **will not receive a discount** on the following classes: Boot Camp for New Dads and Grandparenting 101 and CPR. We also offer a special package price of \$60 per couple for all classes. VCU and VCU Health System employees receive an additional 50% employee discount (does not include Boot Camp for New Dads).

**Inclement Weather**

In the event of inclement weather, please call (804) 828-9000 to confirm whether or not your class will be held. Visit [vcuhealth.org](http://vcuhealth.org) for more information.

**For More Information**

Contact Valerie Coleman at (804) 828-4634 or [valerie.coleman@vcuhealth.org](mailto:valerie.coleman@vcuhealth.org)

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