

2020 Family Life Classes

VCU Health offers a variety of classes on childbirth, breastfeeding and child rearing to assist expectant and new parents. All classes are for adults only, except where noted. Space is limited and we recommend you register early in your pregnancy (18-20 weeks). Failure to cancel within a timely manner may result in a cancellation fee. See page 6 for payment information. **Call (804) 828-4409 to register or visit vcumom.com for more information.**

Prenatal Education Classes

Healthy Beginnings: Tour of the Labor and Delivery Unit (Adults Only)

Cost: No Charge

Tour VCU Medical Center's Labor and Delivery Unit 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 at approximately 18-20 weeks. Space is limited. Expectant mothers may bring one person. Please meet in Labor and Delivery Lobby, Main Hospital, 6th Floor, 1250 E. Marshall St.

Sundays 2-3 p.m.

Dates: 1/19, 2/23, 3/15, 5/17, 6/28, 7/26, 8/16, 9/27, 10/25, 11/15, 1/24/2021

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

Dates: 1/6, 2/3, 3/2, 4/6, 5/4, 6/1, 8/3, 10/5, 11/2, 12/7, 1/4/2021

Tuesdays 12-1 p.m.

Dates: 1/14, 3/31, 5/19, 7/21, 9/15, 11/17, 1/19/2021

Wednesdays 4-5 p.m.

Dates: 1/8, 2/5, 4/1, 6/17, 8/12, 10/14, 12/9

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

Dates: 1/23, 2/27, 3/26, 4/30, 5/28, 6/25, 7/23, 8/27, 9/24, 10/22, 12/17, 1/28/2021

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). Bring lunch, snack and beverage for weekend classes.

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

Location: Main Hospital, 6th Floor, Labor and Delivery Conference Room, 1250 E. Marshall St.

Dates: 2/3-2/17, 4/6-4/20, 6/1-6/15, 8/3-8/17, 10/5-10/19, 12/7-12/21

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

Location: East Parham Road Office Building, 7818 E. Parham Rd.

Dates: 1/8-1/22, 2/12-2/26, 3/11-3/25, 5/6-5/20, 7/15-7/29, 9/2-9/16, 11/4-11/18, 1/6-1/20/2021

Saturday and Sunday classes continued on next page.

Revised January 22, 2020

Childbirth Preparation (Adults Only)

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

Location: East Parham Road Office Building, 7818 E. Parham Rd.
 Dates: 2/22, 6/27, 10/17

Location: Main Hospital, 6th Floor, Labor and Delivery Conference Room, 1250 E. Marshall St.
 Dates: 1/11, 4/4, 8/22

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

Location: East Parham Road Office Building, 7818 E. Parham Rd.
 Dates: 3/8, 5/17, 7/19, 9/20, 11/8, 1/17/2021

The RAMble: Walking for Wellness

Cost: No Charge

Join VCU Massey Cancer Center's Integrative Health and VCU Medical Center's Women's Health programs for a physician-led 1.5 mile group walk around Stony Point Fashion Park. Does not meet in July and August. Weather permitting. Call (804) 828-8478 for more information.

Saturdays 8:30-9:30 am (third Saturday of each month)

Location: Stony Point Fashion Park, 9200 Stony Point Parkway (meet at the entrance by Panera Bread)
 Dates: 1/18, 2/15, 3/21, 4/18, 5/16, 6/20, 9/19, 10/17, 11/21, 12/19, 1/16/2021

Breastfeeding Essentials (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, 1250 E. Marshall St.
 Dates: 1/13, 3/9, 5/11, 7/20, 9/14, 11/9, 1/11/2021

Tuesdays 4-6:30 p.m.

Location: Main Hospital, 6th Floor, Labor and Delivery Conference Room, 1250 E. Marshall St.
 Dates: 1/21, 5/19, 9/15, 1/19/2021

Wednesdays 7-9:30 p.m.

Location: East Parham Road Office Building, 7818 E. Parham Rd.
 Dates: 2/5, 4/8, 6/17, 8/12, 10/14, 12/9

Saturdays 12-2:30 p.m.

Location: Main Hospital, 6th Floor, Labor and Delivery Conference Room, 1250 E. Marshall St.
 Dates: 1/18, 9/26, 11/14

Sundays 2:30-5 p.m.

Location: East Parham Road Office Building, 7818 E. Parham Rd.
 Dates: 2/9, 3/22, 5/3, 6/7, 8/23, 10/4, 12/13, 1/10/2021

Location: Main Hospital, 6th Floor, Labor and Delivery Conference Room, 1250 E. Marshall St.
 Dates: 4/19, 7/12

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Newborn Parenting Essentials (Adults Only)

Cost: \$20 (\$15)*

This class discusses normal newborn appearance and abilities, safety and daily care activities. Topics include 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, 1250 E. Marshall St.

Dates: 1/27, 2/24, 4/27, 6/22, 8/24, 10/26

Tuesdays: 4-6:30 p.m.

Location: Main Hospital, 6th Floor, Labor and Delivery Conference Room, 1250 E. Marshall St.

Dates: 3/31, 7/21, 11/17

Wednesdays: 7-9:30 p.m.

Location: East Parham Road Office Building, 7818 E. Parham Rd.

Dates: 1/29, 3/4, 4/1, 5/27, 9/23

Saturdays: 9-11:30 a.m.

Location: Main Hospital, 6th Floor, Labor and Delivery Conference Room, 1250 E. Marshall St.

Dates: 1/18, 9/26, 11/14

Sundays: 12-2:30 p.m.

Location: East Parham Road Office Building, 7818 E. Parham Rd.

Dates: 2/9, 3/22, 5/3, 6/7, 8/23, 10/4, 12/13, 1/10/2021

Location: Main Hospital, 6th Floor, Labor and Delivery Conference Room, 1250 E. Marshall St.

Dates: 4/19, 7/12

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: East Parham Road Office Building, 7818 E. Parham Rd.

Dates: 1/14, 2/11, 3/10, 4/14, 5/12, 6/9, 7/14, 8/11, 9/8, 10/13, 11/10, 12/8, 1/12/2021

Location: Main Hospital, 6th Floor, Labor and Delivery Conference Room, 1250 E. Marshall St.

Dates: 1/28, 2/25, 3/24, 4/28, 5/19, 6/30, 7/28, 8/25, 9/22, 10/27, 11/17, 12/15, 1/26/2021

Baby on Board: Car Seat Safety

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 or call (804) 628-1603.

Saturdays 8-10 a.m.

Dates: 1/4, 4/18, 9/19, 1/30/2021

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Calling the Shots: Vaccines and Your Baby (Adults Only)

Cost: No Charge

This class offers parents the opportunity to meet with a pediatric infectious diseases expert to discuss questions regarding vaccinations and vaccine preventable diseases. The class covers the components of a vaccine, how vaccine safety is studied and monitored, vaccine-preventable diseases, and gives expecting parents the opportunity to ask questions about vaccinations in a judgment-free environment.

Sundays 3:15-4:15 p.m.

Location: Main Hospital, 6th Floor, Labor and Delivery Conference Room, 1250 E. Marshall St.

Dates: 3/29, 6/7, 10/25, 12/6

Child Day 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 N. 10th St.

Date: 3/4, 6/3, 9/2, 12/2, 1/23/2021

Boot Camp for New Dads

Cost: \$25

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 rfva.org**

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

Location: East Parham Road Office Building, 7818 E. Parham Rd.

Dates: 1/25, 3/21, 5/2, 7/11, 8/29, 11/21, 1/23/2021

Grandparenting 101 and CPR

Cost: \$15

This class updates future grandparents on current parenting techniques as well as instructs 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, 1250 E. Marshall St.

Dates: 1/19, 3/15, 5/17, 7/26, 9/27, 11/15, 1/24/2021

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Sibling Class (For Parents and Children)

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 3:30-4:30 p.m.

Location: Main Hospital, 6th Floor, Labor and Delivery Conference Room, 1250 E. Marshall St.

Dates: 2/9, 4/26, 6/14, 8/9, 10/11, 12/13

After Delivery Education Classes (register after delivery)

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, 1250 E. Marshall St.

Dates: 1/6, 3/2, 4/6, 7/13, 8/17, 9/14, 11/2, 12/7, 1/11/2021

Location: East Parham Road Office Building, 7818 E. Parham Rd.

Dates: 2/10, 3/16, 5/11, 6/29, 8/31, 9/28, 10/19, 11/16

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, 1250 E. Marshall St.

Dates: 1/27, 2/24, 3/23, 4/20, 5/18, 6/22, 7/20, 8/24, 9/21, 10/26, 11/23, 12/14, 1/25/2021

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: 1/15, 3/18, 5/20, 7/15, 9/16, 11/18, 1/20/2021

Wednesdays 2-4 p.m.

Location: Stony Point 9000, 9000 Stony Point Parkway

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

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Payment

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

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

Fees and Group Rates

Fees for individual classes are as noted. We offer a special package price of \$60 per couple for all childbirth preparation and newborn parenting classes, excluding "Boot Camp for New Dads" and "Grandparenting 101 and CPR" classes. VCU and VCU Health employees receive an additional 50% discount. Scholarships are available after financial screening.

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 "Boot Camp for New Dads" and "Grandparenting 101 and CPR" classes.

Cancellation

All times and dates are subject to change due to registration and availability. **Please check this schedule on vcumom.com periodically to confirm class dates, times and locations.** Space is limited for all classes. 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. Failure to cancel within a timely manner may result in a cancellation fee.

Directions

Visit vcuhealth.org/locations for directions to all of our locations.

Inclement Weather

In the event of inclement weather, please call **(804) 828-9000** to confirm whether or not your class will be held.

For More Information

Contact Valerie Coleman at (804) 828-4634 or valerie.coleman@vcuhealth.org, or go to the parenting classes section on vcumom.com

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