

*Mayo Clinic*  
*Perinatal Center*

**Services and 2009-2010 Classes**





2009-2010 Class Registration Forms on Page 31, 33 and 35.

*Classes fill quickly - early registration is recommended*

# *Mayo Clinic Perinatal Center Services and Classes*

## **Our philosophy**

Mayo Clinic Perinatal Center is dedicated to serving families through excellence in individualized care. We believe the birth of your baby is one of the most important events in your lifetime. As each individual is unique, so is each pregnancy and birthing experience.

## **Expertise and services**

“Perinatal” refers to the period of time around birth. Mayo Clinic Perinatal Center provides family-centered health care to pregnant women and their infants for both normal and high-risk pregnancies and births.

Located in Rochester, Minnesota, the Perinatal Center brings together the health care expertise of Mayo Clinic, Rochester Methodist Hospital, and Mayo Eugenio Litta Children’s Hospital (in Saint Marys Hospital). The Center serves people from the Upper Midwest and special-needs patients from much greater distances.

Mayo Clinic Perinatal Center combines the resources of obstetrics, family medicine, nurse midwifery, maternal-fetal medicine, pediatrics, neonatology, pediatric surgery, and nursing services. Together we can provide the best care for you and your baby before, during and after your childbirth experience.

Our comprehensive perinatal services include:

- Prenatal care
- Education programs
- Labor and delivery
- High-risk prenatal care
- Newborn nurseries
- Intermediate special care nursery (ISCN)
- Neonatal intensive care unit (NICU)
- Pediatrics
- Lactation consulting
- Social services
- Dietetics
- Diabetic Nurse Educators

## Birthing experience options

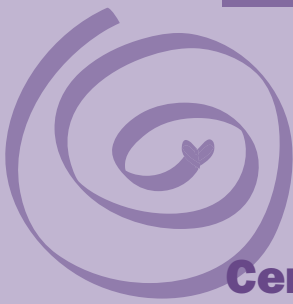
Mayo Clinic Perinatal Center offers a number of options for your baby's birth. Prenatal care is provided at both the Division of Obstetrics through Team Care and Resident Care and the Department of Family Medicine by the physician of your choice. Certified Nurse Midwives in the Division of Obstetrics also provide prenatal care. A neonatologist, pediatrician and pediatric nurse practitioners are available to attend the birth.

Your health care provider will work with you to plan your birthing experience and to provide the best possible care. Because each family is unique, we will individualize your care as much as possible to accommodate your needs and requests. You may want to discuss some of the following options:

**Birthing rooms** Birthing rooms provide a comfortable setting for labor, birth and initial recovery. You are encouraged to bring support persons with you. You may also bring your favorite music, "focal points," and cameras to film portions of your birth, if you desire. Special arrangements may be made for your children to attend the birth (see page 29).

**Delivery rooms** Traditional delivery rooms are used for difficult or high-risk births, as well as multiple or cesarean births.

**Rooming in** You and your family are encouraged to keep your baby in your postpartum room as much as you wish.



## **CenteringPregnancy<sup>®</sup> at Mayo**

### **Imagine a new kind of prenatal appointment.**

90 minutes of time dedicated to your pregnancy and baby's development. An instant support network of women at the same stage of pregnancy as you. All of your appointments scheduled at the beginning of pregnancy. Confidence-building education on caring for yourself and your baby.

Imagine CenteringPregnancy<sup>®</sup> — prenatal care in groups.

### **Benefits of CenteringPregnancy<sup>®</sup>**

**Support network.** 8-12 different women with similar due dates meet throughout their pregnancies. You will receive reassurance and validation that your experience is shared by other women, and that what you're experiencing is normal.

**Extended provider contact.** You'll still have one-on-one time with your Certified Nurse Midwife for assessment and to hear your baby's heartbeat in a semi-private setting. CenteringPregnancy<sup>®</sup> sessions give you 90 minutes of combined private and group time with your provider — time to ask questions, learn about your baby's development and practice self-care skills.

**Scheduling simplified.** With CenteringPregnancy<sup>®</sup>, all of your appointments are scheduled at the beginning of your pregnancy. Sessions will always start and end on time with no waiting. You can plan other activities and coordinate child care knowing your schedule, and you won't have to worry about setting up an appointment each month.

**Knowledge amplified.** In CenteringPregnancy<sup>®</sup> groups, you'll learn how to weigh yourself and take your own blood pressure. Being active in your own care empowers you to make healthy choices for you and your baby.

For more information or to sign up for CenteringPregnancy<sup>®</sup> call (507) 266-2016 or 284-5143. For more information email [CenteringPregnancy@mayo.edu](mailto:CenteringPregnancy@mayo.edu).



## Special care needs

Our staff of specialized nurses, perinatologists (obstetricians trained to help with high-risk pregnancies and deliveries), and neonatologists (pediatricians who specialize in the care of newborns) are prepared to handle any unexpected problems during your pregnancy and after your delivery.

Our special-care nurseries have all the equipment necessary to provide for your baby's unique needs. If your baby remains in a special-care nursery after you are ready to return home, your nurse will discuss available options with you.

Although you may not need the Neonatal Intensive Care Unit (NICU), its presence is reassuring. Should the NICU be required, your baby will be stabilized by the neonatologist and transferred to the NICU at Mayo Eugenio Litta Children's Hospital (in Saint Marys Hospital). In all cases, you will be kept informed and involved in your baby's care. Shuttle service and closed-circuit television connect the two hospitals.

If your baby is born at another hospital and needs medical attention at birth, a specially trained team will transport your infant to Mayo Clinic's NICU via Mayo One helicopter, fixed-wing aircraft or ground ambulance. After transfer, neonatal nurses and respiratory and physical therapists work with the neonatologist to provide your baby with the best care possible.

*If a baby is in the special care nursery or is transferred to the NICU, the baby's mother can watch the baby via the "Caring Connection," a live, closed-circuit television system in her room at Rochester Methodist Hospital.*

## Perinatal Education Program

Pregnancy is a time when you may have many questions and concerns. To supplement ongoing communication with your health care provider, Perinatal Education offers a wide selection of classes that will help your family plan and prepare for childbirth and the care of your baby. All classes are taught by registered nurses who specialize in maternal/infant care.

### Perinatal Education Classes:

Preconception

Infant Passenger Safety

Prenatal

Prenatal: Comfort Measures Plus 

Weekend Prenatal

Magnificent Multiples


Young Mom's Clinic (YMC)


Childbirth Review

Cesarean Birth

Vaginal Birth After Cesarean (VBAC)

Breastfeeding

Breastfeeding: A Choice for the Working Mom 

Working Moms Breastfeeding Support Network 

Adoptive Parent

Sibling

Grandparenting

Obstetric Tours

Speakers of Other Languages

Preparing Children to Attend Birth

*If you would like more information about these educational classes, see index on page 8.*

*To register for classes, see page 31, 33, and 35.*

## During Your Hospital Stay

### **Education**

During the hospital stay after the birth of your baby, our staff continues to answer any questions you might have. We are committed to helping you increase your enjoyment and confidence as a new parent. Our staff continues to offer individualized education in infant care, feeding and behavior; car seat safety; maternal care; nutrition, and family adjustments.

### **Lactation consultation/breastfeeding support**

Registered Nurses educated in breastfeeding are available to provide information and assistance to help you and your newborn during your hospital stay. In addition, International Board Certified Lactation Consultants (IBCLC) with expertise in breastfeeding education provide instruction and assistance throughout Mayo Clinic. The Lactation Consultants offer a postpartum breastfeeding class each weekday. On weekends and holidays, classes are arranged with Breastfeeding Resource Nurses. Families may continue to receive breastfeeding support from the Lactation Consultants after returning home from the hospital. Classes and a breastfeeding support group are also provided for families with newborns who have been hospitalized in the NICU or Intermediate Special Care nurseries. For more information you may call 507-266-8863.

### **Family time**

Your nurse will assist you in designing your hospital time to provide a balance of rest, time with your baby and family, and time for education. Cots are available for private room use. You may use the family lounge/children's play area for your family's needs when they come to spend time with you and your new baby.

## **Making an appointment**

If you are beginning to plan a family, schedule a visit with your health care provider before becoming pregnant. A medical checkup is important. You may have health problems you are concerned about, or you may wish to find out if you have a condition that could affect a healthy pregnancy. A preconception class is offered four times a year (see page 10).

To make an appointment if you are pregnant or planning to get pregnant call:

### **Obstetrics/Physicians and Midwives**

Charlton Building: 507-284-5135

### **Family Medicine**

Baldwin Building: 507-284-5300

### **Kasson Mayo Family Practice Clinic**

507-634-4744

### **Mayo Family Clinic Northwest**

507-281-8104

### **Mayo Family Clinic Northeast**

507-538-8500

You are welcome to visit Mayo Clinic Perinatal Center at any time before or during your pregnancy to see our facilities and to talk with one of our nurses about your questions or wishes (see Obstetric Tours, page 28).

### **Other important numbers:**




Labor & Delivery: 507-266-7531

Postpartum: 507-266-7542

# Mayo Clinic Perinatal Center

## 2009-20010 Class Offerings

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Mayo Clinic Perinatal Center supports the philosophy of family-centered care, offering classes for the entire family – from siblings to grandparents. You are encouraged to bring your spouse or your support partner to the classes. Families planning to birth at Rochester Methodist Hospital and elsewhere are welcome to participate. Please let us know if any accommodations are required (i.e. wheelchair, recliner, interpreter, etc.).

## What You Need to Know:

- REGISTER EARLY – as soon as possible in your pregnancy. **Class size is limited and classes fill quickly.**
- **Payment is required with your registration**, except for members of medical assistance, Minnesota U-Care or those needing a scholarship. Contact the Perinatal Education Office at 507-266-7473 if you have payment concerns or for payment options.
- All registered participants will receive a confirmation letter.
- To be eligible for a refund, please notify the perinatal education program (266-7473) at least three (3) business days prior to the beginning of your class. This will allow others on a waiting list the opportunity to attend. No refunds will be given after class begins.
- You will be notified if the class that you have selected is full or has been cancelled. Other options will be offered to you at that time. Class cancellations due to severe weather are announced on our telephone message center (507-266-7473) and on Rochester radio stations KWEB and KROC.

## Preconception Class

This class is for couples considering pregnancy. Topics include nutrition, exercise, alcohol/drug use, miscarriage, infertility, stress and a variety of pre-existing medical conditions that can affect pregnancy.

Time: 7:00 to 8:30 p.m.

Length: One evening

Fee: \$5.00 per couple

### **2009**

**Thursday, October 22, 2009**

### **2010**

**Thursday, February 11, 2010**

**Thursday, April 15, 2010**

**Thursday, July 29, 2010**

**Thursday, October 28, 2010**

**Classes fill quickly –  
early registration is recommended.**

## Infant Passenger Safety Class

Did you know that four out of five car seats are installed incorrectly? This class focuses on car seat safety for infants through the first year of life. Join our certified educator and learn how to select a car seat, and how to secure the seat and your child in your car. The course utilizes lecture, video, written materials, sample seat belt systems and car seat demonstrations, including a hands-on small group activity. Anyone who transports infants is encouraged to attend. Car seat purchase is recommended after class attendance.

Topics include:

- Installation basics
- Car seat selection
- Avoiding common mistakes
- Additional resources

Time: 7:00 to 9:00 p.m.

Length: One evening

Fee: Free, please register to attend, class size is limited

### 2009

Thursday, September 3, 2009  
Wednesday, September 30, 2009  
Tuesday, October 13, 2009  
Tuesday, October 27, 2009  
Monday, November 16, 2009

Monday, November 30, 2009  
Thursday, December 17, 2009

### 2010

Thursday, January 7, 2010  
Wednesday, January 27, 2010  
Monday, February 1, 2010  
Monday, February 15, 2010  
Thursday, March 4, 2010  
Wednesday, March 24, 2010  
Monday, April 5, 2010  
Tuesday, April 20, 2010  
Thursday, May 13, 2010  
Monday, May 24, 2010  
Wednesday, June 9, 2010  
Tuesday, June 22, 2010

Thursday, July 8, 2010  
Monday, July 26, 2010  
Wednesday, August 11, 2010  
Tuesday, August 24, 2010  
Wednesday, September 1, 2010  
Tuesday, September 14, 2010  
Wednesday, October 20, 2010  
Wednesday, November 3, 2010  
Monday, November 15, 2010  
Wednesday, December 8, 2010

## Prenatal Class

Come and prepare for the birth of your baby! This class helps families prepare for labor, birth and early parenting. You will receive a tour of the birthing area and obstetric unit and enjoy a class reunion celebration after everyone has had their babies. Try to complete the class about one month before your due date.

Topics include:

- The process of labor and birth
- Comfort measures (including relaxation and breathing techniques)
- Birth options, medication and anesthesia
- Newborn characteristics and care
- Postpartum care and family adjustment

Time: 7:00 to 9:00 p.m.

Length: Six weeks; one class per week

Fee: \$40.00

**Register early to secure the dates you prefer.**

## Prenatal Class

### 2009-2010 - Monday

September 14, 21, 28, October 5, 12, 19, 2009

October 5, 12, 19, 26, November 2, 9, 2009

November 9, 16, 23, 30, December 7, 14, 2009

December 7, 14, 21, 2009, January 4, 11, 18, 2010

January 11, 18, 25, February 1, 8, 15, 2010

February 22, March 1, 8, 15, 22, 29, 2010

March 15, 22, 29, April 5, 12, 19, 2010

April 12, 19, 26, May 3, 10, 17, 2010

May 3, 10, 17, 24, June 7, 14, 2010

July 12, 19, 26, August 2, 9, 16, 2010

August 9, 16, 23, 30, September 13, 20, 2010

September 13, 20, 27, October 4, 11, 18, 2010

November 8, 15, 22, 29, December 6, 13, 2010

December 6, 13, 20, \*27, 2010, January 3, 10, 17\*, 2011

\* Optional Scheduling Dates

**Classes fill quickly –  
early registration is recommended.**

### **2009-2010 - Tuesday**

September 1, 8, 15, 22, 29, October 6, 2009  
September 22, 29, October 6, 13, 20, 27, 2009  
October 13, 20, 27, November 3, 10, 17, 2009  
November 3, 10, 17, 24, December 1, 8, 2009  
December 1, 8, 15, 22, 2009, January 5, 12, 2010  
February 16, 23, March 2, 9, 16, 23, 2010  
March 2, 9, 16, 23, 30, April 6, 2010  
April 20, 27, May 4, 11, 18, 25, 2010  
May 4, 11, 18, 25, June 1, 8, 2010  
June 15, 22, 29, July 6, 13, 20, 2010  
July 27, August 3, 10, 17, 24, 31, 2010  
August 17, 24, 31, September 7, 14, 21, 2010  
September 21, 28, October 5, 12, 19, 26, 2010  
October 12, 19, 26, November 2, 9, 16, 2010  
December 7, 14, 21, 28\*, 2010, January 4, 11, 18\*, 2011  
\* Optional Scheduling Dates

### **2009-2010 - Wednesday**

September 23, 30, October 7, 14, 21, 28, 2009  
October 14, 21, 28, November 4, 11, 18, 2009  
November 4, 11, 18, December 2, 9, 16, 2009  
January 6, 13, 20, 27, February 3, 10, 2010  
February 3, 10, 17, 24, March 3, 10, 2010  
March 24, 31, April 7, 14, 21, 28, 2010  
May 12, 19, 26, June 2, 9, 16, 2010  
June 23, 30, July 7, 14, 21, 28, 2010  
July 14, 21, 28, August 4, 11, 18, 2010  
August 4, 11, 18, 25, September 1, 8, 2010  
September 1, 8, 15, 22, 29, October 6, 2010  
October 13, 20, 27, November 3, 10, 17, 2010  
November 3, 10, 17, December 1, 8, 15, 2010

### **2009-2010 - Thursday**

September 17, 24, October 1, 8, 15, 22, 2009  
October 8, 15, 22, 29, November 5, 12, 2009  
January 21, 28, February 4, 11, 18, 25, 2010  
February 18, 25, March 4, 11, 18, 25, 2010  
April 8, 15, 22, 29, May 6, 13, 2010  
May 27, June 3, 10, 17, 24, July 1, 2010  
June 17, 24, July 1, 8, 15, 22, 2010  
July 15, 22, 29, August 5, 12, 19, 2010  
August 5, 12, 19, 26, September 2, 9, 2010  
September 23, 30, October 7, 14, 21, 28, 2010  
October 7, 14, 21, 28, November 4, 11, 2010  
November 4, 11, 18, December 2, 9, 16, 2010

NEW

## Prenatal Class: Comfort Measures Plus

This class is designed for families who would like to focus more on natural (non-pharmacological) methods for comfort during their labor and birth. Topics covered are identical to those covered in the *Prenatal Class*, although more classroom time will be spent focusing on and practicing relaxation and comfort measures for labor.

Come and prepare for the birth of your baby! This class helps families prepare for labor, birth and early parenting. You will receive a tour of the birthing area and obstetric unit and enjoy a class reunion celebration after everyone has had their babies. Try to complete the class about one month before your due date.

Topics include:

- The process of labor and birth
- Comfort measures (including relaxation and breathing techniques)
- Birth options, medication and anesthesia
- Newborn characteristics and care
- Postpartum care and family adjustment

Time: 7:00 to 9:00 p.m.

Length: Six weeks; one class per week

Fee: \$40.00

### **2010 - MONDAY**

June 7, 14, 21, 28, July 12, 19, 2010

October 4, 11, 18, 25, November 1, 8, 2010

### **2010 - TUESDAY**

Tuesday, January 5, 12, 19, 26, February 2, 9, 2010

July 6, 13, 20, 27, August 3, 10, 2010

November 2, 9, 16, 23, 30, December 7, 2010

### **2010 - WEDNESDAY**

April 21, 28, May 5, 12, 19, 26, 2010

### **2009-2010 - THURSDAY**

October 29, November 5, 12, 19, December 3, 10, 2009

March 25, April 1, 8, 15, 22, 29, 2010

August 26, September 2, 9, 16, 23, 30, 2010

## Prenatal Weekend Class

This two-session condensed version of the prenatal class is designed for parents who are expecting their first child, but whose schedules won't accommodate a six-week series. (The six-week prenatal series is highly recommended.) Presentations, discussions, and print and video materials will help you understand the many aspects of preparing for your baby – from labor, to birth, to early parenting. There will also be a tour of the birthing area and obstetric unit.

Time: Friday evening 6:00 to 9:00 p.m./Saturday 9:00 a.m. to 4:00 p.m.

Fee: \$50.00

### **2009 - Friday evening 6 - 9 p.m./Saturday 9 a.m. - 4 p.m.**

**September 11, 12, 2009**

**October 9, 10, 2009**

**November 13, 14, 2009**

**December 4, 5, 2009**

### **2010 - Friday evening 6 - 9 p.m./Saturday 9 a.m. - 4 p.m.**

**January 8, 9, 2010**

**February 19, 20, 2010**

**March 5, 6, 2010**

**April 16, 17, 2010**

**May 7, 8, 2010**

**June 11, 12, 2010**

**July 16, 17, 2010**

**August 6, 7, 2010**

**September 10, 11, 2010**

**October 15, 16, 2010**

**November 12, 13, 2010**

**December 3, 4, 2010**

## Magnificent Multiples Class

If you are expecting multiples, this class is for you and your support person(s).

Topics include:

- Special needs of a multiple pregnancy
- Planning for your birth experience
- Breastfeeding multiples
- Adjusting to life at home

Meeting and sharing with other families who are also expecting multiples will be a highlight of this one evening session. We recommend taking this class after 20 weeks of pregnancy. A regular prenatal class series is also recommended to prepare for your birth experience.

Time: 7:00 to 9:00 p.m.

Length: One evening

Fee: \$10.00

### **2009**

**Tuesday, September 29, 2009**

**Monday, November 16, 2009**

### **2010**

**Tuesday, January 19, 2010**

**Thursday, March 4, 2010**

**Thursday, May 27, 2010**

**Tuesday, July 27, 2010**

**Tuesday, September 28, 2010**

**Monday, November 1, 2010**

## Private Prenatal Education Sessions

This alternative allows women confined to bed rest at home and families unable to travel long distances to get prenatal education. Educational sessions may be coordinated with your regular obstetric appointments. Please contact the Perinatal Education office at 507-266-7473 for further questions or to arrange for an educational session.

Time: As arranged

Length: As arranged

Fee: \$40.00

## Young Mom's Clinic (YMC)

This clinic is designed for young, pregnant women, age 23 or younger, and their support person(s). Participants learn about labor and ways to handle the pain associated with it. They will also learn about infants and their care. Guest speakers (social worker, pediatrician and obstetricians) provide topic information.

Time: 1:30 to 3:30 p.m. or 3:30-5:30 p.m.

Length: Six weeks; one class per week

Fee: Free, please register

### **2009 - WEDNESDAY**

**September 9, 16, 23, 30, October 7, 2009 (3:30 p.m.–5:30 p.m.)**

**November 4, 11, 18, 25, December 2, 2009 (1:30 p.m.–3:30 p.m.)**

### **2010 - WEDNESDAY**

**January 13, 20, 27, February 3, 10, 2010 (1:30 p.m. – 3:30 p.m.)**

**March 3, 10, 17, 24, 31, 2010 (3:30 p.m. – 5:30 p.m.)**

**May 5, 12, 19, 26, June 2, 2010 (3:30 p.m. – 5:30 p.m.)**

**July 7, 14, 21, 28, August 4, 2010 (1:30 p.m. - 3:30 p.m.)**

**September 15, 22, 29, October 6, 13, 2010 (3:30 p.m. – 5:30 p.m.)**

**November 3, 10, 17, 24, December 1, 2010 (1:30 p.m. – 3:30 p.m.)**

## Childbirth Review Class

This course best meets the needs of parents who have experienced childbirth and wish to have a review of labor, birth and pain management options. Ideas for helping parents and siblings adjust to a new baby and a tour of the obstetric area are included.

We recommend taking this class before taking the Vaginal Birth After Cesarean (VBAC) class.

Time: 7:00 to 9:00 p.m.

Length: Three weeks; one class per week

Fee: \$30.00

### 2009

**Wednesday, September 2, 9, 16, 2009**

**Monday, October 5, 12, 19, 2009**

**Tuesday, November 3, 10, 17, 2009**

**Thursday, December 3, 10, 17, 2009**

### 2010

**Thursday, January 7, 14, 21, 2010**

**Monday, February 1, 8, 15, 2010**

**Thursday, March 11, 18, 25, 2010**

**Tuesday, April 13, 20, 27, 2010**

**Wednesday, May 5, 12, 19, 2010**

**Thursday, June 10, 17, 24, 2010**

**Thursday, July 15, 22, 29, 2010**

**Thursday, August 12, 19, 26, 2010**

**Wednesday, September 15, 22, 29, 2010**

**Monday, October 4, 11, 18, 2010**

**Tuesday, November 9, 16, 23, 2010**

**Thursday, December 2, 9, 16, 2010**

## Cesarean Birth Class

If you are anticipating a cesarean birth or just wish to be better prepared in case a cesarean birth is necessary, this class is for you.

Topics include:

- Indications for a cesarean birth
- Medical procedures
- Birth options
- Your partner's role
- Your recovery
- Caring for your baby after a cesarean birth
- A tour of obstetric facilities

Time: 7:00 to 9:30 p.m.

Length: One evening

Fee: \$15.00

### **2009**

**Monday, October 26, 2009**

**Tuesday, December 15, 2009**

### **2010**

**Monday, February 22, 2010**

**Thursday, April 29, 2010**

**Monday, June 14, 2010**

**Monday, August 23, 2010**

**Monday, October 25, 2010**

**Wednesday, December 15, 2010**

## **Vaginal Birth After Cesarean (VBAC) Class**

This class is for parents who would like more information about having a vaginal birth after a previous cesarean birth.

Topics include:

- Identifying your needs in preparing for VBAC
- Benefits and risks
- Medical care

We recommend this class be taken after attending our childbirth review class (see page 18).

Time: 7:00 to 9:30 p.m.

Length: One evening

Fee: \$15.00

### **2009**

**Wednesday, September 23, 2009**

**Tuesday, November 24, 2009**

### **2010**

**Thursday, January 28, 2010**

**Tuesday, March 16, 2010**

**Wednesday, May 26, 2010**

**Wednesday, July 28, 2010**

**Monday, September 27, 2010**

**Tuesday, November 30, 2010**

## Breastfeeding Class

This class will help you and your partner understand the breastfeeding process and increase your confidence in breastfeeding. *We strongly encourage you to bring your spouse, your birthing partner, your mother or other supportive friend.* This class offers more detailed information about breastfeeding than our childbirth classes.

Topics include:

- Benefits of nursing for you and for baby
- Separating facts from myth
- Getting started
- Managing difficulties
- Supporting the breastfeeding woman
- Introduction to returning to work
- Resources at Mayo Clinic and in your community

Time: 6:30 to 8:30 p.m.

Length: One evening

Fee: \$15.00

### 2009

Thursday, September 10, 2009

Tuesday, September 15, 2009

Monday, September 21, 2009

Thursday, October 1, 2009

Wednesday, October 21, 2009

Tuesday, November 3, 2009

Monday, November 23, 2009

Tuesday, December 8, 2009

Thursday, December 17, 2009

### 2010

Monday, January 11, 2010

Thursday, January 21, 2010

Wednesday, January 27, 2010

Tuesday, February 2, 2010

Thursday, February 18, 2010

Tuesday, February 23, 2010

Monday, March 8, 2010

Wednesday, March 17, 2010

Tuesday, April 6, 2010

Monday, April 26, 2010

Monday, May 10, 2010

Thursday, May 20, 2010

Tuesday, June 1, 2010

Wednesday, June 16, 2010

Monday, June 21, 2010

Tuesday, July 13, 2010

Thursday, July 22, 2010

Monday, August 2, 2010

Wednesday, August 18, 2010

Monday, August 30, 2010

Thursday, September 16, 2010

Tuesday, September 28, 2010

Thursday, October 7, 2010

Wednesday, October 20, 2010

Monday, November 1, 2010

Tuesday, November 30, 2010

Thursday, December 2, 2010

Monday, December 13, 2010

## **Breastfeeding: A Choice for the Working Mom**

This new class, offered monthly, focuses on the mother returning to work and continuing to breastfeed. Choices available for feeding a new baby when the mother returns to work will be explored. Parents will learn strategies to successfully continue to breastfeed and/or provide breastmilk for their baby. Breastfeeding babies, family members, and child care providers are welcome. Moms should attend after their baby's birth.

Time: 10:30 a.m. to 12:00 p.m.

Length: One class

Fee: Free, please register at (507) 266-7473

### **2009**

**Thursday, September 10, 2009**

**Thursday, October 8, 2009**

**Thursday, November 12, 2009**

**Thursday, December 10, 2009**

### **2010**

**Thursday, January 14, 2010**

**Thursday, February 11, 2010**

**Thursday, March 11, 2010**

**Thursday, April 8, 2010**

**Thursday, May 13, 2010**

**Thursday, June 10, 2010**

**Thursday, July 8, 2010**

**Thursday, August 12, 2010**

**Thursday, September 9, 2010**

**Thursday, October 14, 2010**

**Thursday, November 11, 2010**

**Thursday, December 9, 2010**

## Working Moms Breastfeeding Support Network

The Mayo Clinic Perinatal Education Program is offering an opportunity for employed breastfeeding mothers to meet monthly in a supportive environment for the purpose of networking with each other and sharing ideas. There will be a short educational topic on breastfeeding offered during this time. An International Board Lactation Consultant (IBCLC) will be available as a resource. Breastfeeding babies are welcome. A privacy screen and one classic breast pump will be available for pumping. No cost to attend. Feel free to bring your lunch and stay as long as your schedule permits.

Time: 12:00 p.m. to 1:00 p.m.

Date: Second Thursday of each month

Location: Will vary each month. Please call 266-7473 for location or further information.

### 2009

Thursday, September 10, 2009

Thursday, October 8, 2009

Thursday, November 12, 2009

Thursday, December 10, 2009

### 2010

Thursday, January 14, 2010

Thursday, February 11, 2010

Thursday, March 11, 2010

Thursday, April 8, 2010

Thursday, May 13, 2010

Thursday, June 10, 2010

Thursday, July 8, 2010

Thursday, August 12, 2010

Thursday, September 9, 2010

Thursday, October 14, 2010

Thursday, November 11, 2010

Thursday, December 9, 2010

## Adoptive Parent Class

Parents adopting a child may request an educational session.

Sample topics include the following:

- Getting ready for a baby
- Understanding newborn abilities
- Learning practical aspects of everyday baby care, including safety tips
- Recognizing signs of illness
- Planning your baby's health care
- Parenting adjustments
- Exploring resources at Mayo Clinic and within the community

For more information or to schedule a session, contact the Perinatal Education Supervisor at 507-266-1732.

Time: As arranged

Length: As arranged

Fee: \$15.00

## Sibling Class

These classes are offered during the last six to eight weeks of your pregnancy for siblings between the ages of two and twelve years (see age divisions below). The educator presents an age-appropriate description of pregnancy, explores feelings about becoming a big brother or sister and conducts a tour of the mother/baby unit. Children will also see a newborn baby in the nursery. Teaching techniques include discussion, demonstration, role-playing, and video. Parents attend this class with their children. Suggestions and resources for answering questions about new babies and tips for managing sibling rivalry will be offered.

Time: Varies, see schedule below

Length: One class

Fee: \$5.00 per family

### 2 YEAR-OLD SIBLING CLASS

**2009: 2 year-old – 4:30 p.m. - 5:30 p.m.**

**Thursday, November 19, 2009**

**2010: 2 year-old – 4:30 p.m. - 5:30 p.m.**

**Tuesday, January 12, 2010**

**Tuesday, February 9, 2010**

**Monday, March 1, 2010**

**Wednesday, April 7, 2010**

**Monday, July 12, 2010**

**Thursday, November 18, 2010**

**2009: 2 year-old – 6:00 p.m. - 7:00 p.m.**

**Monday, September 14, 2009**

**Thursday, October 15, 2009**

**Thursday, December 11, 2009**

**2010: 2 year-old – 6:00 p.m. - 7:00 p.m.**

**Monday, January 25, 2010**

**Tuesday, March 23, 2010**

**Tuesday, May 11, 2010**

**Wednesday, June 16, 2010**

**Tuesday, July 6, 2010**

**Monday, August 9, 2010**

**Monday, September 13, 2010**

**Thursday, October 14, 2010**

**Tuesday, December 7, 2010**

**Classes fill quickly –  
early registration is recommended.**

### **3-6 YEAR-OLD SIBLING CLASS**

#### **2009: 3-6 year-old – 6:00 p.m. - 7:30 p.m.**

Tuesday, September 1, 2009  
Thursday, September 24, 2009  
Wednesday, October 7, 2009  
Thursday, November 5, 2009

Thursday, November 19, 2009  
Monday, November 30, 2009  
Monday, December 14, 2009

#### **2010: 3-6 year-old – 6:00 p.m. - 7:30 p.m.**

Monday, January 4, 2010  
Tuesday, January 12, 2010  
Wednesday, January 20, 2010  
Thursday, February 4, 2010  
Wednesday, February 24, 2010  
Monday, March 1, 2010  
Tuesday, March 9, 2010  
Thursday, March 18, 2010  
Wednesday, April 7, 2010  
Thursday, April 22, 2010  
Thursday, May 6, 2010  
Monday, May 17, 2010  
Tuesday, June 8, 2010

Thursday, July 1, 2010  
Monday, July 12, 2010  
Wednesday, July 21, 2010  
Tuesday, August 3, 2010  
Monday, August 16, 2010  
Thursday, September 2, 2010  
Monday, September 20, 2010  
Wednesday, October 6, 2010  
Thursday, November 4, 2010  
Thursday, November 18, 2010  
Monday, November 29, 2010  
Tuesday, December 14, 2010

### **7-12 YEAR-OLD SIBLING CLASS**

#### **2009: 7-12 year-old – 6:00 p.m. - 7:30 p.m.**

Tuesday, October 20, 2009  
Tuesday, December 1, 2009

#### **2010: 7-12 year-old – 6:00 p.m. - 7:30 p.m.**

Tuesday, February 9, 2010  
Monday, April 12, 2010  
Wednesday, June 23, 2010  
Thursday, August 26, 2010

Tuesday, October 19, 2010  
Wednesday, December 1, 2010

## Grandparenting Class

A relaxed, fun and informative session for expectant or new grandparents. Even if your grandchild will be born elsewhere, you are welcome to attend.

Topics include:

- Childbirth and parenting today
- Grandparenting/memory making
- Encouragement versus advice
- Safety reminders
- Long-distance grandparenting
- Tour of obstetric facilities

Time: 6:30 to 9:00 p.m.

Length: One class

Fee: \$5.00 per couple

See registration sheet (page 35)

### **2009**

**Thursday, September 17, 2009**

**Thursday, November 12, 2009**

### **2010**

**Thursday, January 14, 2010**

**Tuesday, March 2, 2010**

**Thursday, May 20, 2010**

**Tuesday, July 20, 2010**

**Thursday, September 16, 2010**

**Thursday, November 11, 2010**

## Obstetric Tours

Come and see our facilities. You also will be able to ask questions of the educator providing your tour. *Note: Tours are included in our prenatal, YMC, and review classes.*

Time: Daytime and evening

Length: One session, 1 hour

Fee: Free, please register

To register for these tours, please follow instructions on page 31. Please see next page for information on tours for speakers of other languages.

<p><b>2009 daytime tour: 12:00-1 p.m.</b>  <b>Wednesday, November 4, 2009</b>  <b>Wednesday, December 2, 2009</b></p>	<p><b>2009 daytime tour: 2:00-3:00 p.m.</b>  <b>Wednesday, September 16, 2009</b>  <b>Wednesday, October 7, 2009</b></p>
<p><b>2009 evening tour: 7:45-8:45 p.m.</b></p>	
<p><b>Tuesday, September 1, 2009</b>  <b>Thursday, September 24, 2009</b>  <b>Wednesday, October 7, 2009</b>  <b>Tuesday, October 20, 2009</b></p>	<p><b>Thursday, November 5, 2009</b>  <b>Monday, November 30, 2009</b>  <b>Tuesday, December 1, 2009</b>  <b>Monday, December 14, 2009</b></p>
<p><b>2010 daytime tour: 12:00-1 p.m.</b>  <b>Wednesday, January 20, 2010</b>  <b>Wednesday, February 3, 2010</b>  <b>Wednesday, July 7, 2010</b>  <b>Wednesday, August 4, 2010</b>  <b>Wednesday, November 3, 2010</b>  <b>Wednesday, December 1, 2010</b></p>	<p><b>2010 daytime tour: 2:00-3:00 p.m.</b>  <b>Wednesday, March 3, 2010</b>  <b>Wednesday, March 31, 2010</b>  <b>Wednesday, May 5, 2010</b>  <b>Wednesday, June 2, 2010</b>  <b>Wednesday, September 15, 2010</b>  <b>Wednesday, October 6, 2010</b></p>
<p><b>2010 evening tour: 7:45-8:45 p.m.</b></p>	
<p><b>Monday, January 4, 2010</b>  <b>Wednesday, January 20, 2010</b>  <b>Thursday, February 4, 2010</b>  <b>Wednesday, February 24, 2010</b>  <b>Tuesday, March 9, 2010</b>  <b>Thursday, March 18, 2010</b>  <b>Monday, April 12, 2010</b>  <b>Thursday, April 22, 2010</b>  <b>Thursday, May 6, 2010</b>  <b>Monday, May 17, 2010</b>  <b>Tuesday, June 8, 2010</b>  <b>Wednesday, June 23, 2010</b></p>	<p><b>Thursday, July 1, 2010</b>  <b>Wednesday, July 21, 2010</b>  <b>Tuesday, August 3, 2010</b>  <b>Monday, August 16, 2010</b>  <b>Thursday, September 2, 2010</b>  <b>Monday, September 20, 2010</b>  <b>Wednesday, October 6, 2010</b>  <b>Tuesday, October 19, 2010</b>  <b>Thursday, November 4, 2010</b>  <b>Monday, November 29, 2010</b>  <b>Wednesday, December 1, 2010</b>  <b>Tuesday, December 14, 2010</b></p>

## Speakers of Other Languages

Obstetric tours and educational sessions for speakers of other languages can be arranged. Interpreters will be provided free of charge. Please call the Perinatal Education Program at 266-1732 or Mayo Language Department at 284-2741 to schedule these sessions.

## Preparing Children to Attend a Birth

This private session is available to families who plan to have their child or children present at the birth of a new sibling. Care provider approval must first be obtained. Children are helped to understand the following:

- The labor process
- The wonder of birth and a newborn baby
- Their role as an older brother or sister

For more information or to schedule a session, contact the Perinatal Education Supervisor at 507-266-1732.

Time: as arranged

Fee: \$15.00

**Classes fill quickly –  
early registration is recommended.**

## Notes

# 2009-2010 Registration Form

## Ways to Register



### Mail to

### Complete this registration form and enclose registration fee.

Mayo Clinic: Rochester Methodist Hospital  
Perinatal Education Program  
Eisenberg SL 41  
200 First Street SW  
Rochester, MN 55905

### Drop off

Charlton 3B Obstetrics reception desk. Place completed form and payment in the drop box.

### Fax

507-255-8873 – 24 hours a day, seven days a week.

Note: “Attention - Perinatal Education,” with your completed copy of the registration form below. Mail payment to complete your registration.

### Phone

Telephone message center: 507-266-7473

Include all information requested on registration form below. Mail payment to complete your registration.

### E-mail

Send e-mail to: [PerinatalEducation@mayo.edu](mailto:PerinatalEducation@mayo.edu)

Include all information requested on registration form below. Mail payment to complete your registration.

### Your Name

\_\_\_\_\_  
First

\_\_\_\_\_  
Last

### Address

\_\_\_\_\_  
Street Address

\_\_\_\_\_  
City

\_\_\_\_\_  
State

\_\_\_\_\_  
ZIP Code

### E-mail

\_\_\_\_\_  
E-mail Address

### Phone Numbers

\_\_\_\_\_  
Home

\_\_\_\_\_  
Work

\_\_\_\_\_  
Cell

### Mayo Clinic Registration Number

### Physician/Nurse Midwife Name



## Personal Information



### Class Requesting

### Class Requesting

### Class Requesting

Name of person attending class with you:  
(see space below for sibling(s) name(s) and age(s))

\_\_\_\_\_

First

Last

Which pregnancy is this for you? \_\_\_\_\_

Number of children: \_\_\_\_\_

Due date range: \_\_\_\_\_

\_\_\_\_\_ Fee \$ \_\_\_\_\_

1st Choice Date(s): \_\_\_\_\_

2nd Choice Date(s): \_\_\_\_\_

\_\_\_\_\_ Fee \$ \_\_\_\_\_

1st Choice Date(s): \_\_\_\_\_

2nd Choice Date(s): \_\_\_\_\_

\_\_\_\_\_ Fee \$ \_\_\_\_\_

1st Choice Date(s): \_\_\_\_\_

2nd Choice Date(s): \_\_\_\_\_

*Your registration will be completed when payment or  
exceptions are received (see page 9)*

**Make check payable to: Perinatal Education Program**

**Total Enclosed \$** \_\_\_\_\_

Check No. \_\_\_\_\_

**Sibling classes**, please list children's names (include last names if they are different from your own), sex and ages below:

\_\_\_\_\_  
\_\_\_\_\_

**Grandparent classes**, see separate grandparents class registration form page 35.

**Special accommodations**, let us know if you require a wheelchair, recliner, interpreter or other accommodations.

\_\_\_\_\_  
\_\_\_\_\_

# 2009-2010 Registration Form

## Ways to Register



### Mail to

**Complete this registration form and enclose registration fee.**

Mayo Clinic: Rochester Methodist Hospital  
Perinatal Education Program  
Eisenberg SL 41  
200 First Street SW  
Rochester, MN 55905

### Drop off

Charlton 3B Obstetrics reception desk. Place completed form and payment in the drop box.

### Fax

507-255-8873 – 24 hours a day, seven days a week.  
Note: “Attention - Perinatal Education,” with your completed copy of the registration form below. Mail payment to complete your registration.

### Phone

Telephone message center: 507-266-7473  
Include all information requested on registration form below. Mail payment to complete your registration.

### E-mail

Send e-mail to: [PerinatalEducation@mayo.edu](mailto:PerinatalEducation@mayo.edu)  
Include all information requested on registration form below. Mail payment to complete your registration.

### Your Name

\_\_\_\_\_  
First Last

### Address

\_\_\_\_\_  
Street Address

\_\_\_\_\_  
City State ZIP Code

### E-mail

\_\_\_\_\_  
E-mail Address

### Phone Numbers

\_\_\_\_\_  
Home Work

\_\_\_\_\_  
Cell

### Mayo Clinic Registration Number

\_\_\_\_\_

### Physician/Nurse Midwife Name

\_\_\_\_\_



**Personal Information**



Name of person attending class with you:  
(see space below for sibling(s) name(s) and age(s))

\_\_\_\_\_

First

Last

Which pregnancy is this for you? \_\_\_\_\_

Number of children: \_\_\_\_\_

Due date range: \_\_\_\_\_

**Class Requesting**

\_\_\_\_\_ Fee \$ \_\_\_\_\_

1st Choice Date(s): \_\_\_\_\_

2nd Choice Date(s): \_\_\_\_\_

**Class Requesting**

\_\_\_\_\_ Fee \$ \_\_\_\_\_

1st Choice Date(s): \_\_\_\_\_

2nd Choice Date(s): \_\_\_\_\_

**Class Requesting**

\_\_\_\_\_ Fee \$ \_\_\_\_\_

1st Choice Date(s): \_\_\_\_\_

2nd Choice Date(s): \_\_\_\_\_

*Your registration will be completed when payment or exceptions are received (see page 9)*

**Make check payable to: Perinatal Education Program**

**Total Enclosed \$** \_\_\_\_\_

Check No. \_\_\_\_\_

**Sibling classes,** please list children's names (include last names if they are different from your own), sex and ages below:

\_\_\_\_\_  
\_\_\_\_\_

**Grandparent classes,** see separate grandparents class registration form page 35.

**Special accommodations,** let us know if you require a wheelchair, recliner, interpreter or other accommodations.

\_\_\_\_\_  
\_\_\_\_\_

## 2009-2010 Grandparent Class

### Registration Form

Please refer to page 27 for dates

#### Complete this registration form and enclose registration fee.

Mayo Clinic: Rochester Methodist Hospital  
Perinatal Education Program  
Eisenberg SL 41  
200 First Street SW  
Rochester, MN 55905

Charlton 3B Obstetrics reception desk. Place completed form and payment in the drop box.

507-255-8873 – 24 hours a day, seven days a week.

Note: "Attention - Perinatal Education," with your completed copy of the registration form below. Mail payment to complete your registration.

Telephone message center: 507-266-7473

Include all information requested on registration form below. Mail payment to complete your registration.

Send e-mail to: [PerinatalEducation@mayo.edu](mailto:PerinatalEducation@mayo.edu)

Include all information requested on registration form below. Mail payment to complete your registration.

#### Ways to Register



##### Mail to

##### Drop off

##### Fax

##### Phone

##### E-mail

##### Name(s)

##### Address

##### E-mail

##### Phone Numbers

##### Grandchild due date

##### First choice date

##### Second choice date

##### Wheelchair needed?

---

---

Street Address

---

City State ZIP Code

---

E-mail Address

---

Home Work

---

Cell

---

---

---

Yes  No



## Notes





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200 First Street SW  
Rochester, Minnesota 55905  
[www.mayoclinic.org](http://www.mayoclinic.org)

MC1051-01rev0809

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