Mayo Clinic
Family Birth Center
Services and 2011-2012 Classes
2011-2012 Class Registration Forms on Page 31, 33 and 35.

*Classes fill quickly - early registration is recommended*
Mayo Clinic Family Birth Center
Services and Classes

Our philosophy
Mayo Clinic Family Birth 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
Mayo Clinic Family Birth 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 Family Birth Center brings together the health care expertise of Mayo Clinic, Methodist Hospital, and Mayo Eugenio Litta Children’s Hospital (in Saint Marys Hospital). The Center serves people from the Upper Midwest and complex-needs patients from much greater distances.

Mayo Clinic Family Birth 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 work
- Dietetics
- Diabetic Nurse Educators
Birthing experience options

Mayo Clinic Family Birth 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 neonatal 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 suites** Birthing suites 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. Many of our suites have a deep bathtub for use during labor. 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 with you in your postpartum room as much as you wish.
Imagine a new kind of prenatal appointment.
Two hours 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® — prenatal care in groups.

Benefits of CenteringPregnancy®
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 or Obstetrician for assessment and to hear your baby’s heartbeat in a semi-private setting. CenteringPregnancy® sessions give you 2 hours 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®, 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® 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® call (507) 266-2016 or 284-5135. For more information email CenteringPregnancy@mayo.edu.
Special care needs

Our staff of specialized nurses, neonatal nurse practitioners, 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 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) and Certified Lactation Counselors (CLC) with expertise in breastfeeding education provide instruction and assistance throughout Mayo Clinic. Families may continue to receive breastfeeding support from the Lactation Consultants after returning home from the hospital. Classes and breastfeeding support 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. Consider limiting the number of visitors you have or using a privacy sign to assure that you and your baby have quiet time for skin-to-skin holding and bonding. 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**
507-538-8555

**Mayo Family Clinic Northeast**
507-538-8500

You are welcome to visit The Mayo Clinic Family Birth 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:**
Family Birth Center: 507-266-7531
Eisenberg Desk 3C ObGyn Triage: 507-266-7501
# Table of Contents

What You Need to Know ............................................. 9
Preconception Class ...................................................... 10
Infant Passenger Safety Class ....................................... 11
Prenatal Class ................................................................. 12
Prenatal Class: Comfort Measures Plus NEW ...................... 14
Prenatal Weekend Class ................................................... 15
Magnificent Multiples Class ............................................. 16
Young Mom’s Clinic (YMC) .............................................. 17
Childbirth Review Class ............................................... 18
Cesarean Birth Class ...................................................... 19
Vaginal Birth After Cesarean (VBAC) Class ...................... 20
Breastfeeding Class ......................................................... 21
Breastfeeding: A Choice for the Working Mom NEW ............... 22
Working Moms Breastfeeding Support Network NEW ............. 23
Adoptive Parent Class ..................................................... 24
Sibling Class ............................................................... 25
Grandparenting Class ..................................................... 27
Obstetric Tours ............................................................. 28
Speakers of Other Languages ........................................... 29
Preparing Children to Attend Birth .................................. 29
Registration Form ............................................................ 31
Mayo Clinic Family Birth 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. Personal check or money order is the preferred payment method.

- 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 arranged, when requested, 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: As arranged, 1 – 1.5 hours
Length: 1 – 1.5 hours
Fee: $15.00 per couple
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

2011
Wednesday, September 7, 2011
Tuesday, September 20, 2011
Tuesday, October 4, 2011
Monday, October 24, 2011
Thursday, November 3, 2011
Wednesday, November 9, 2011
Tuesday, November 29, 2011
Tuesday, December 6, 2011
Thursday, December 29, 2011

2012
Tuesday, January 3, 2012
Thursday, January 26, 2012
Thursday, February 9, 2012
Thursday, February 23, 2012
Monday, March 5, 2012
Wednesday, March 28, 2012
Tuesday, April 3, 2012
Thursday, April 26, 2012
Thursday, May 10, 2012
Wednesday, May 23, 2012
Wednesday, June 6, 2012
Tuesday, June 19, 2012
Tuesday, July 10, 2012
Monday, July 23, 2012
Wednesday, August 1, 2012
Wednesday, August 22, 2012
Thursday, September 6, 2012
Tuesday, September 18, 2012
Tuesday, October 2, 2012
Monday, October 29, 2012
Wednesday, November 7, 2012
Tuesday, November 27, 2012
Tuesday, December 4, 2012
Thursday, December 20, 2012

For information on car seat inspections, contact the Mayo Clinic Injury Prevention Program at 507-255-5066
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 Family Birth Center. Register early in your pregnancy for this class. 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

2011-2012 - Monday
September 12, 19, 26, October 3, 10, 17, 2011
October 10, 17, 24, 31, November 7, 14, 2011
December 5, 12, 19, 2011, January 9, 16, 23, 2012
February 20, 27, March 5, 12, 19, 26, 2012
March 19, 26, April 2, 9, 16, 23, 2012
Apr. 16, 23, 30, May 7, 14, 21, 2012
May 7, 14, 21, June 4, 11, 18, 2012
June 4, 11, 18, 25, July 2*, 9, 16*, 2012
July 23, 30, August 6, 13, 20, 27, 2012
October 1, 8, 15, 22, 29, November 5, 2012
November 5, 12, 19, 26, December 3, 10, 2012

*Optional Scheduling Dates

Classes fill quickly – early registration is recommended.
2011-2012 - Tuesday
September 20, 27, October 4, 11, 18, 25, 2011
November 8, 15, 22, 29, December 6, 13, 2011
December 6, 13, 20, 27*, 2011, January 3, 10, 17*, 2012
January 10, 17, 24, 31, February 7, 14, 2012
March 6, 13, 20, 27, April 3, 10, 2012
April 17, 24, May 1, 8, 15, 22, 2012
June 12, 19, 26, July 10, 17, 24, 2012
July 24, 31, August 7, 14, 21, 28, 2012
August 14, 21, 28, September 4, 11, 18, 2012
September 25, October 2, 9, 16, 23, 30, 2012
December 4, 11, 18, 2012, January 8, 15, 22, 2013
*Optional Scheduling Dates

2011-2012 - Wednesday
October 26, November 2, 9, 16, 30, December 7, 2011
November 30, December 7, 14, 21, 28*, 2011, January 4, 11, 18*, 2012
February 15, 22, 29, March 7, 14, 21, 2012
March 14, 21, 28, April 4, 11, 18, 2011
May 23, 30, June 6, 13, 20, 27, 2012
June 13, 20, 27, July 11, 18, 25, 2012
August 15, 22, 29, September 5, 12, 19, 2012
October 24, 31, November 7, 14, 28, December 5, 2012
November 28, December 5, 12, 19, 26*, 2012, January 2, 9, 16*, 2013
*Optional Scheduling Dates

2011-2012 - Thursday
September 22, 29, October 6, 13, 20, 27, 2011
October 6, 13, 20, 27, November 3, 10, 2011
November 3, 10, 17, December 1, 8, 15, 2011
January 5, 12, 19, 26, February 2, 9, 2012
February 16, 23, March 1, 8, 15, 22, 2012
April 5, 12, 19, 26, May 3, 10, 2012
May 24, 31, June 7, 14, 21, 28, 2012
August 16, 23, 30, September 6, 13, 20, 2012
September 20, 27, October 4, 11, 18, 25, 2012
October 4, 11, 18, 25, November 1, 8, 2012
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 Family Birth Center. Try to complete the class about one month before your due date.

Register early in your pregnancy for this class.

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

**MONDAY**
November 14, 21, 28, December 5, 12, 19, 2011
January 23, 30, February 6, 13, 20, 27, 2012
August 6, 13, 20, 27, September 10, 17, 2012

**TUESDAY**
October 18, 25, November 1, 8, 15, 22, 2011
February 21, 28, March 6, 13, 20, 27, 2012
May 1, 8, 15, 22, 29, June 5, 2012
October 16, 23, 30, November 6, 13, 20, 2012

**WEDNESDAY**
September 28, October 5, 12, 19, 26, November 2, 2011
January 4, 11, 18, 25, February 1, 8, 2012
April 11, 18, 25, May 2, 9, 16, 2012
September 26, October 3, 10, 17, 24, 31, 2012

**THURSDAY**
March 15, 22, 29, April 5, 12, 19, 2012
June 7, 14, 21, 28, July 5*, 12, 19*, 2012
July 19, 26, August 2, 9, 16, 23, 2012
November 1, 8, 15, 29, December 6, 13, 2012
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 Family Birth Center.

Register early in your pregnancy for this class.

Time: Friday evening 6:00 to 9:00 p.m./Saturday 9:00 a.m. to 4:00 p.m.
Fee: $50.00

2011–2012 Friday evening 6 – 9 p.m./Saturday 9 a.m. – 4 p.m.
September 9, 10, 2011
September 30, October 1, 2011
November 4, 5, 2011
December 9, 10, 2011
January 13, 14, 2012
February 17, 18, 2012
March 2, 3, 2012
April 20, 21, 2012
May 4, 5, 2012
June 8, 9, 2012
July 13, 14, 2012
August 17, 18, 2012
September 21, 22, 2012
October 26, 27, 2012
November 9, 10, 2012
December 14, 15, 2012
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

2011
- Wednesday, September 28, 2011
- Monday, November 7, 2011

2012
- Wednesday, January 18, 2012
- Thursday, March 1, 2012
- Thursday, May 24, 2012
- Tuesday, July 24, 2012
- Wednesday, September 26, 2012
- Monday, November 12, 2012
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 discomfort 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

2011 WEDNESDAY
September 14, 21, 28, October 5, 12, 2011 (3:30 – 5:30 p.m.)
November 2, 9, 16, 23, 30, 2011 (1:30 – 3:30 p.m.)

2012 WEDNESDAY
January 11, 18, 25, Feb. 1, 8, 2012 (1:30 – 3:30 p.m.)
March 7, 14, 21, 28, April 4, 2012 (3:30 – 5:30 p.m.)
May 2, 9, 16, 23, 30, 2012 (3:30 – 5:30 p.m.)
July 11, 18, 25, August 1, 8, 2012 (1:30 - 3:30 p.m.)
September 12, 19, 26, October 3, 10, 2012 (3:30 – 5:30 p.m.)
November 7, 14, 21, 28, December 5, 2012 (1:30 – 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

2011
Thursday, September 8, 15, 22, 2011
Monday, October 3, 10, 17, 2011
Tuesday, November 8, 15, 22, 2011
Thursday, December 1, 8, 15, 2011

2012
Monday, February 6, 13, 20, 2012
Tuesday, April 10, 17, 24, 2012
Tuesday, June 12, 19, 26, 2012
Tuesday, August 7, 14, 21, 2012
Monday, October 8, 15, 22, 2012
Thursday, December 6, 13, 20, 2012
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

**2011**
Monday, October 24, 2011
Wednesday, December 21, 2011

**2012**
Tuesday, February 28, 2012
Monday, April 23, 2012
Monday, June 11, 2012
Tuesday, August 28, 2012
Monday, October 29, 2012
Thursday, December 27, 2012
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

2011
Tuesday, September 27, 2011
Tuesday, November 29, 2011

2012
Monday, January 23, 2012
Thursday, March 29, 2012
Wednesday, May 23, 2012
Wednesday, July 25, 2012
Tuesday, September 25, 2012
Tuesday, November 27, 2012
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.
Location: Refer to your confirmation letter
Length: One evening
Fee: $15.00

**2011**
- Tuesday, September 6, 2011
- Thursday, September 15, 2011
- Tuesday, September 27, 2011
- Thursday, October 6, 2011
- Wednesday, October 19, 2011
- Monday, November 7, 2011
- Thursday, November 17, 2011
- Tuesday, November 29, 2011
- Monday, December 5, 2011
- Tuesday, December 13, 2011

**2012**
- Tuesday, January 10, 2012
- Monday, January 16, 2012
- Wednesday, January 25, 2012
- Tuesday, February 7, 2012
- Tuesday, February 21, 2012
- Thursday, March 1, 2012
- Tuesday, March 13, 2012
- Monday, March 26, 2012
- Thursday, April 5, 2012
- Tuesday, April 17, 2012
- Monday, April 30, 2012
- Monday, May 7, 2012
- Thursday, May 17, 2012
- Thursday, June 7, 2012
- Monday, June 18, 2012
- Wednesday, July 11, 2012
- Tuesday, July 24, 2012
- Thursday, August 2, 2012
- Wednesday, August 15, 2012
- Monday, August 27, 2012
- Wednesday, September 5, 2012
- Thursday, September 13, 2012
- Tuesday, September 25, 2012
- Thursday, October 4, 2012
- Wednesday, October 17, 2012
- Thursday, November 1, 2012
- Monday, November 12, 2012
- Wednesday, November 14, 2012
- Tuesday, November 27, 2012
- Monday, December 3, 2012
- Tuesday, December 18, 2012
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

2011
Thursday, September 8, 2011
Thursday, October 13, 2011
Thursday, November 10, 2011
Thursday, December 8, 2011

2012
Thursday, January 12, 2012
Thursday, February 9, 2012
Thursday, March 8, 2012
Thursday, April 12, 2012
Thursday, May 10, 2012
Thursday, June 14, 2012
Thursday, July 12, 2012
Thursday, August 9, 2012
Thursday, September 13, 2012
Thursday, October 11, 2012
Thursday, November 8, 2012
Thursday, December 13, 2012
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 Certified Lactation Consultant (IBCLC) may 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.

2011
Thursday, September 8, 2011
Thursday, October 13, 2011
Thursday, November 10, 2011
Thursday, December 8, 2011

2012
Thursday, January 12, 2012
Thursday, February 9, 2012
Thursday, March 8, 2012
Thursday, April 12, 2012
Thursday, May 10, 2012
Thursday, June 14, 2012
Thursday, July 12, 2012
Thursday, August 9, 2012
Thursday, September 13, 2012
Thursday, October 11, 2012
Thursday, November 8, 2012
Thursday, December 13, 2012
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

2011: 2 year-old – 4:30 p.m. – 5:30 p.m.
Tuesday, October 11, 2011
Tuesday, December 13, 2011

2012: 2 year-old – 4:30 p.m. – 5:30 p.m.
Monday, January 9, 2012
Wednesday, February 15, 2012
Tuesday, March 6, 2012
Monday, April 16, 2012
Monday, June 25, 2012
Tuesday, July 17, 2012
Tuesday, September 11, 2012
Thursday, November 15, 2012

2011: 2 year-old – 6:00 p.m. – 7:00 p.m.
Tuesday, October 11, 2011
Tuesday, December 13, 2011

2012: 2 year-old – 6:00 p.m. – 7:00 p.m.
Tuesday, March 20, 2012
Tuesday, May 8, 2012
Wednesday, June 13, 2012
Monday, August 13, 2012
Tuesday, October 9, 2012
Tuesday, December 11, 2012

Classes fill quickly – early registration is recommended.
3-6 YEAR-OLD SIBLING CLASS

2011: 3-6 year-old – 6:00 p.m. - 7:30 p.m.
Tuesday, September 13, 2011
Monday, September 26, 2011
Tuesday, October 4, 2011
Tuesday, November 1, 2011
Wednesday, November 16, 2011
Monday, November 28, 2011
Monday, December 19, 2011

2012: 3-6 year-old – 6:00 p.m. - 7:30 p.m.
Tuesday, January 3, 2012
Monday, January 9, 2012
Wednesday, January 25, 2012
Tuesday, February 7, 2012
Monday, February 27, 2012
Tuesday, March 6, 2012
Monday, March 12, 2012
Tuesday, March 27, 2012
Monday, April 16, 2012
Wednesday, April 18, 2012
Tuesday, May 1, 2012
Monday, May 21, 2012
Tuesday, June 5, 2012

7-12 YEAR-OLD SIBLING CLASS

2011: 7-12 year-old – 6:00 p.m. - 7:30 p.m.
Tuesday, October 25, 2011
Monday, December 5, 2011

2012: 7-12 year-old – 6:00 p.m. - 7:30 p.m.
Wednesday, February 15, 2012
Monday, April 2, 2012
Thursday, June 21, 2012
Wednesday, August 29, 2012
Tuesday, October 23, 2012
Monday, December 3, 2012
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)

2011
Monday, September 12, 2011
Thursday, November 10, 2011

2012
Tuesday, January 17, 2012
Monday, March 5, 2012
Thursday, May 17, 2012
Monday, July 16, 2012
Monday, September 10, 2012
Thursday, November 8, 2012
Obstetric Tours

Come tour the Mayo Clinic Family Birth Center. 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.

<table>
<thead>
<tr>
<th>2011 daytime tour: 12:00-1 p.m.</th>
<th>2011 daytime tour: 2-3 p.m.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday, November 2, 2011</td>
<td>Wednesday, September 21, 2011</td>
</tr>
<tr>
<td>Wednesday, November 30, 2011</td>
<td>Wednesday, October 5, 2011</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>2011 evening tour: 7:45-8:45 p.m.</th>
<th>2011 daytime tour: 2-3 p.m.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday, September 13, 2011</td>
<td>Tuesday, November 1, 2011</td>
</tr>
<tr>
<td>Monday, September 26, 2011</td>
<td>Monday, November 28, 2011</td>
</tr>
<tr>
<td>Tuesday, October 4, 2011</td>
<td>Monday, December 5, 2011</td>
</tr>
<tr>
<td>Tuesday, October 25, 2011</td>
<td>Monday, December 19, 2011</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>2012 daytime tour: 12:00-1 p.m.</th>
<th>2012 daytime tour: 2-3 p.m.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday, January 18, 2012</td>
<td>Wednesday, September 19, 2012</td>
</tr>
<tr>
<td>Wednesday, February 1, 2012</td>
<td>Wednesday, October 3, 2012</td>
</tr>
<tr>
<td>Wednesday, February 8, 2012</td>
<td></td>
</tr>
<tr>
<td>Wednesday, March 14, 2010</td>
<td></td>
</tr>
<tr>
<td>Wednesday, April 11, 2012</td>
<td></td>
</tr>
<tr>
<td>Wednesday, May 9, 2012</td>
<td></td>
</tr>
<tr>
<td>Wednesday, June 13, 2012</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>2012 daytime tour: 2-3 p.m.</th>
<th>2012 evening tour: 7:45-8:45 p.m.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday, March 7, 2012</td>
<td>Monday, July 9, 2012</td>
</tr>
<tr>
<td>Wednesday, April 4, 2012</td>
<td>Tuesday, July 31, 2012</td>
</tr>
<tr>
<td>Wednesday, May 2, 2012</td>
<td>Monday, August 6, 2012</td>
</tr>
<tr>
<td></td>
<td>Thursday, August 23, 2012</td>
</tr>
<tr>
<td></td>
<td>Tuesday, September 11, 2012</td>
</tr>
<tr>
<td></td>
<td>Monday, September 24, 2012</td>
</tr>
<tr>
<td></td>
<td>Tuesday, October 2, 2012</td>
</tr>
<tr>
<td>Wednesday, April 18, 2012</td>
<td>Tuesday, October 23, 2012</td>
</tr>
<tr>
<td>Wednesday, May 1, 2012</td>
<td>Monday, November 5, 2012</td>
</tr>
<tr>
<td>Monday, May 21, 2012</td>
<td>Thursday, November 29, 2012</td>
</tr>
<tr>
<td>Tuesday, June 5, 2012</td>
<td>Monday, December 3, 2012</td>
</tr>
<tr>
<td>Thursday, June 21, 2012</td>
<td>Wednesday, December 19, 2012</td>
</tr>
</tbody>
</table>
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.
Somali CARES Program for Pregnancy

Imagine a culturally specific prenatal care program designed for Somali women providing:

- A support network of Somali pregnant women at the same stage of pregnancy as you
- 2-hour group appointments dedicated to your pregnancy and baby’s development
- All of your appointments scheduled at the beginning of your pregnancy
- Education on caring for yourself and your baby throughout pregnancy

Imagine a culturally sensitive prenatal program that incorporates story-telling dramas, nutritious snacks and sharing of cultural norms with your pregnancy health care providers.

Imagine receiving prenatal care and learning how to keep you and your baby healthy in a fun and relaxing setting!

Benefits of Somali CARES Program

Support network
You will join a small group of Somali women who are also pregnant for monthly prenatal visits after an initial examination with a doctor or midwife. These visits provide a chance to listen to each other’s stories and learn from other Somali women’s experiences. You are welcome to bring a family member or friend too.

Extended provider contact
You will have one-on-one time with a Certified Nurse Midwife to listen to your baby’s heartbeat and measure your belly. You will learn about good nutrition, exercise, warning signs, labor and birth, and other topics of interest.

Scheduling
All of your Somali CARES appointments will be scheduled ahead of time. You will have a few additional appointments closer to the time of giving birth.

No waiting in the waiting room for your appointment before Somali CARES.

For more information or to sign up, please call (507) 284-5135 and ask for Rebecca.
2011-2012 Perinatal Education Class Registration Form

Complete this registration form and enclose registration fee (check or money order preferred).

Mayo Clinic: 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
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 Address

Phone Numbers
Home Work
Cell

Mayo Clinic Registration Number
Mayo Clinic#

Physician/Nurse Midwife Name

Continued on next page
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: ________________________________

1st Choice Date(s): ____________________________ Fee $ ________

2nd Choice Date(s): ____________________________

1st Choice Date(s): ____________________________ Fee $ ________

2nd Choice Date(s): ____________________________

1st Choice Date(s): ____________________________ Fee $ ________

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.

________________________________________________

________________________________________________
Complete this registration form and enclose registration fee (check or money order preferred).

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

First          Last

Street Address

City            State    ZIP Code

E-mail Address

Home            Work

Cell

Mayo Clinic #

Physician/Nurse Midwife

Continued on next page
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.

________________________

________________________

________________________
2011-2012 Grandparent Class
Registration Form
Please refer to page 27 for dates

Complete this registration form and enclose registration fee.

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

Name(s)

Address
Street Address
City State ZIP Code

E-mail Address

Phone Numbers
Home Work Cell

Grandchild due date

First choice date

Second choice date

Accomodations needed?

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