



Parent

Education Program



The Mother's Connection

Mothers and their new babies, from birth through the crawling stage, are invited to join this popular class. Mothers share their joys, frustrations, questions and concerns as they make new friendships and receive positive support for their role as a mother. The nursery is available for a small fee for other children.

Tuesdays* 11:30 am - 1:30 pm

**Class dates exclude holidays*

This facility and its affiliates comply with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-828-456-7311.

注意:如果您使用繁體中文, 您可以免費獲得語言援助服務
請致電 1-828-456-7311。

THE
WOMEN'S CARE CENTER
at HAYWOOD REGIONAL

Preparation for Childbirth

Having a baby is an exciting event. Preparation for childbirth helps you to be fully involved in the birth of your baby. Taught by certified childbirth educators, this class will prepare you, the expectant mother and your loved ones with the facts about labor and delivery including both information and techniques to handle the labor process. This series should be started by the 7th month of pregnancy.

Preparation for Childbirth is a four-week series, held on Thursdays from 7:00- 9:00 pm on the following dates:

January 9 - 30, 2020 March 5 - 26, 2020
June 4 - 25, 2020 August 6 -27, 2020
October 15 - November 5, 2020

Your Amazing Newborn

Newborn babies have remarkable abilities. This class focuses on the physical appearance, behaviors, and reflexes of your new baby. Daily care techniques will be demonstrated. Developmental stages of young babies will be discussed, including your important role as baby's first teacher.

Your Amazing Newborn is a one-time class offered on Thursdays from 7 - 9 pm on the following dates:

February 6, 2020
April 2, 2020
July 2, 2020
September 3, 2020
November 12, 2020



Breastfeeding A-Z

Taught by our Board Certified Lactation Consultants, this class provides information about the importance of breastfeeding to babies and their families. Techniques for latch-on and positioning are demonstrated to help you get started. Combining breastfeeding with pumping and returning to work or school is also introduced. Expectant mothers should attend this class one to three months before their due date with fathers, grandparents, and other support people.

Breastfeeding A-Z is a one-time class offered on Thursdays from 7 - 9 pm on the following dates:

February 13, 2020 September 10, 2020
April 9, 2020 November 19, 2020
July 9, 2020



Registration Information:

When you call, we will collect contact information from you. Pre-Registration for each class is necessary, simply by making a phone call to the number listed below or by signing up online. There are no charges associated with these classes.

To register for a class or for more information

828.452.8440

MyHaywoodRegional.com/Parent-Ed-Signup