

Online Resource

Check out this online resource complete with full-color photos and graphics, printer friendly downloads, as well as links to additional resources for expectant parents.

www.magazine.lamaze.org

- Building Confidence Week by Week free forty week Lamaze e-mail for expectant parents
- Video clips show tried-and-true ways to make birth as safe and healthy as possible
- “Ask Henci” our ask-an-expert discussion forum for moms-to-be
- Parent tip sheets on topics like newborn care, breastfeeding, healthy pregnancy and avoiding induction
- Real Women Giving Birth with Confidence Blog

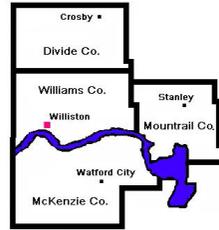
Text4Baby

There’s a new FREE service to help you out! Text4baby provides totally free text messages 3 times a week with information to help you through your pregnancy and baby’s first year.

Text **BABY** to 511411 to sign up or visit text4baby.org

Brought to you by

Building Healthy Families Committee, Upper Missouri District Health Unit and CHI St. Alexius Health - Williston Medical Center



Upper Missouri District Health Unit
110 W. Broadway, Suite 101
701-774-6400

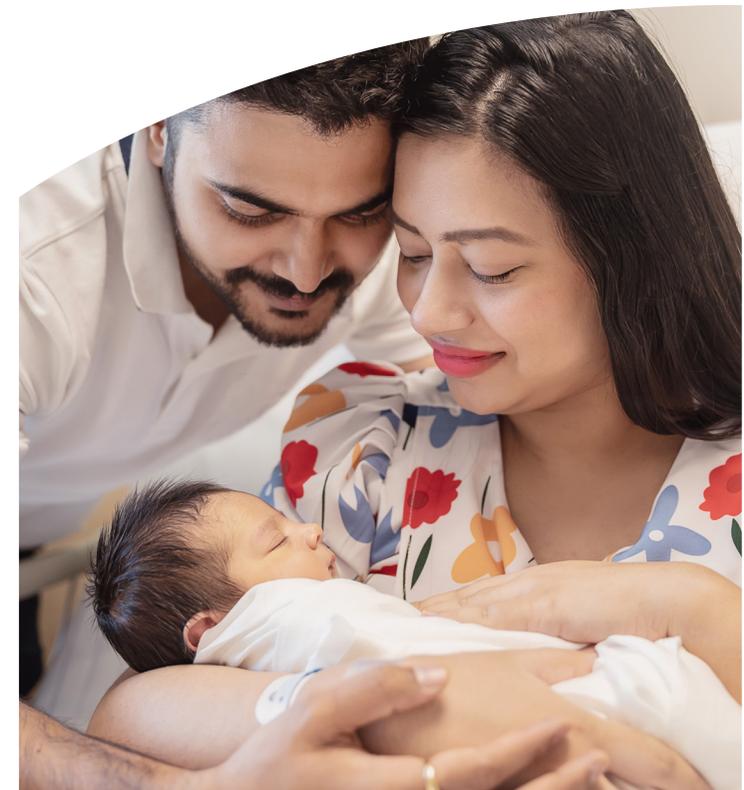
Williston Medical Center

1301 15th Avenue West
Williston, ND 58801
701.774.7009
CHISTAlexiusHealth.org



Building Healthy Families

Parent Education Classes



Parent Education Classes

First Trimester

(up to 12 weeks)

Begin Prenatal Care

- Eat a variety of nutritious foods; your unborn baby's growth depends on what mom eats
- Stop smoking
- Stop drinking alcohol
- Call your physician for your first prenatal visit

Second Trimester

Register for and attend the following education classes.

- Breastfeeding Class
- Childbirth 101
- Newborn Baby Basics Class
- Car Seat Safety

Classes held at McAuley Education Center

(door #52 CHI St. Alexius Williston Medical Center)

1. Breastfeeding Class
2. Childbirth 101
3. Newborn Baby Basics
4. Car Seat Safety

To register, log on to CHlstalexiushealth.org and click on the events tab to view the list of classes. Click on the individual class to register.

\$20 per class, payable at the door, cash/check
All handouts and books are included in the cost of registration.

For more information or questions, please call 701-774-7009.

Breastfeeding Class

This class will help parents make an informed decision about breastfeeding through information and support, to create a successful breastfeeding experience. Topics include physical and emotional preparation, getting started with breastfeeding, common questions and solutions, family adjustments, nutrition, and continuing to breastfeed while working. Dad/support person encouraged to attend. Classes are instructed by Board Certified lactation Consultants.

Childbirth 101

Whether you're a new mom or an experienced mom it is important to have the confidence you need to prepare both physically and emotionally for baby, birth and post partum. When attending a child birth class you'll be able to connect with other parents-to-be. You have the opportunity to have a registered nurse answer your questions and provide current, researched, evidence based information regarding:

- Changes that occur during late pregnancy and the stages of labor.
- The important role that pain plays during labor and a variety of both non-medical and medical strategies for managing it.
- How your partner can be an important source of support through your labor and birth.

Classes are instructed by a Registered Nurse and are overseen by a Lamaze Certified Child Birth Educator (LCCE).

Newborn Baby Basics Class

Newborn Baby Basics will answer questions and ease concerns about caring for a newborn. Topics include feeding, bathing, umbilical cord care, sleeping habits, and the parent's changing world. Classes are instructed by a Registered Nurse.

Car Seat Safety

This class is designed to help parents/caregivers keep their "Precious Cargo" safe by understanding the importance of proper car seat use. It is instructed by a Child passenger safety technician. Please use this opportunity to ensure you have your car seat ready to go before you need it. Bring your car seat to class.

Safe Seat Programs

The Upper Missouri District Health Unit Safe Seats program offers low income parents the opportunity to purchase a car seat for a donation of \$30. Car seats are available to fit children from infancy through 100 pounds. Regardless of income, a car seat technician is available to teach parents and caregivers to correctly install their car seat, this service is free of charge. Contact: Upper Missouri District Health Unit at 701-774-6400.

Bringing Baby Home (DOOR #1)

A baby follow-up program is available for newborns and infants up to 4 months of age. Your baby will be weighed and measured and a nurse will be available to answer any questions you have regarding your infant. A Board Certified Lactation Consultant will also be available to assist moms with any breastfeeding questions or concerns. No appointment is necessary, just walk in. The program is held 2nd and 4th Wednesday of each month at no charge. *Please check website for specific directions.*

Hello humankindness®