



WSNM Education Classes

Congratulations on your pregnancy! Thank you for choosing Women's Specialists of New Mexico. Our goal is to provide the highest quality healthcare and education during and after your pregnancy by offering a variety of programs and services. All classes are held in our Downtown Office at 1001 Coal Ave. SE.

Prepared Childbirth Classes: These classes cover the process of labor, vaginal and cesarean delivery, comfort and breathing techniques, medical interventions, pain medication options, the special role of your support person/team, and postpartum information about mom, baby and family. It is best to complete this class at least 6 weeks before your due date. The class includes a tour of Presbyterian Hospital's Family Birthing Center (triage and birthing room) and the Postpartum floor. Cost: \$80 per couple.

You can choose from the following classes:

- 5 week classes offered one evening a week- Monday or Wednesdays from 7-9pm
- 1 all day class offered on a Saturday from 9am-4:30pm
- If you are unable to attend either of these two options, call to see if there are any private sessions available.

Childbirth Refresher Class: Expecting again? Come to this class to get "refreshed" on the birth process. Offered Quarterly on a Saturday from 1-3pm. No hospital tour. Cost: \$40 per couple. 2019 dates: March 16, June 15, September 21 or November 16

Breastfeeding Class: This class teaches you the breastfeeding basics. You will learn the nutritional, physical and emotional benefits to mom, baby and family. The class also covers how to return to work while continuing to breastfeed successfully. Support people are welcome to attend. This 3 hour class is held on the 4th Saturday of the month from noon-3pm or on a Wednesday evening from 6-9pm. Cost: \$25 per couple.

Prenatal Yoga: Thursday evenings from 6:30-7:45pm. Cost: \$10 per class.

Dogs & Storks: In this two hour class learn how to prepare your dog for life with a baby in the house. Offered quarterly. Taught by Colleen Perry. Cost: \$25 per couple. 2019 dates: January 22, April 20, July 20 or October 19.

Dogs & Toddlers: Learn strategies to help now that your baby is on the move. Taught by Colleen Perry. Cost: \$25 per couple. 2019 dates: February 16 or November 16.

Infant Massage Class with Rebecca Leeman: This hands on class teaches you how to help your baby relax, improves bonding and communication, and promotes feelings of competence and confidence in caring for your baby. Baby should be over 2 weeks old and younger than 6 months old. Offered one Saturday a month from 9:30-11am. 5 families maximum. Cost: \$30 per family.

Mommy Monday Group: Starting on January 7th, 2019. Every Monday morning from 10-noon. Come get support and encouragement. WSNM's Certified Lactation Consultant Gretchen will be running the group. Bring your baby! Cost: Free.

Hospital Tours:

Presbyterian Hospital: Take a tour of the Family Birthing Center and the Postpartum Floor. Presbyterian offers tours on the first and third Saturday of the month at 10am and at noon. Meet at the information desk in the main lobby of the hospital. Cost: free.

Lovelace Women's Hospital: Tour Labor and Delivery, the Family Birthing Center, and Postpartum. Tours through WSNM are on the 4th Saturday of the month from 9-10am. Meet in the main lobby near the gift shop. Please call 843-6168 ext. 3024 to reserve a space, tour size is limited. Cost: free.

Tours of Women's Hospital are also offered through the Labor of Love Program. For times and availability call (505)727-7677.

Meet the Midwives: Held quarterly at Lovelace Women's Hospital in Auditorium A & B. 6-7:30pm. Cost: free. 2019 dates: January 9, April 23, July 23 and October 22. No sign up needed.

Registration

Class size is limited. We encourage you to register 12 to 14 weeks before your due date. Class schedule information can be requested from any of our Patient Service Representatives and can also be found on our website, www.wsnm.org (under Wellness and Education, Childbirth Classes). You can sign up on line or to register for a class or seek additional information please call Kathleen Briley, our Childbirth Education Coordinator: (505) 843-6168 ext. 3024. You can also e-mail your requests or questions to: kbriley@wsnm.org

