

## TO REGISTER FOR A PROGRAM

or to inquire about new program offerings or a specific program schedule, call Women's Resources

**405.742.5738**

Please register early.

Payment for classes can be made at the first class session.

*(Class fee is waived if you have Sooner Care or are an SMC employee.)*

### Our Mission

At Stillwater Medical Center we are committed to accompanying you through a satisfying, compassionate, high quality, family-centered birth. We are dedicated to raising the standard of care and improving overall outcomes, including patient satisfaction, for expectant mothers and their newborns.

*We believe health education will enable you to promote wellness, understand illness and provide you with choices. We have a flexible offering of programs designed to respond to your needs. We revise, update and add to our programs on a regular basis. Our instructors and speakers are healthcare professionals primarily from our community. They have a wealth of knowledge to share.*

**Birth, Baby, and Beyond**  
Stillwater Medical  
P.O. Box 2408  
Stillwater, Oklahoma 74076

# Birth, Baby, and Beyond

JANUARY-DECEMBER 2020

**Stillwater Medical**



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## *Birth, Baby, and Beyond*

Preparing for a newborn is a special time in a family's life – a time filled with joy and high expectations. But it can also be a time of questions and concerns. You want to be able to face the unknown with a sense



of assurance. Stillwater Medical Center believes education is the key to helping families prepare for the birth process and approach parenthood with confidence.

For this reason, we offer programs such as a childbirth preparation class for families expecting their first child, a refresher preparation class for experienced families, and a breastfeeding class for new moms.

Be sure to check out each of these opportunities, and experience the freedom that comes with knowledge.

## **Mother/Baby - Pre-Admission**

If you are delivering your first baby, have never delivered at Stillwater Medical, or it has been an extended amount of time since your last baby then please call Central Scheduling (405) 742-5622 to schedule your Pre-Admission appointment. After your 32nd week of pregnancy Central Scheduling will make an appointment for you to meet the staff in the Maternal Child Health Unit (MCHU) during your 36th or 37th week of pregnancy. During your appointment a MCHU nurse will complete part of your assessment, consents will be signed, and unit policies including infant security will be addressed. You will be provided with information and your questions will be answered regarding labor and delivery, mother/baby care and follow-up care that is available. You will also be given a tour of MCHU. You will need to check in at Registration about 15 minutes before your appointment (please bring your Insurance/Medical cards with you). The pre-admission appointment will take approximately one hour.

**TO SCHEDULE YOUR PRE-ADMISSION APPOINTMENT  
CALL 405-742-5622**

## **Childbirth Preparation, Newborn Care and Breathing & Relaxation**

This is an all-day Saturday class taught by registered nurses for first-birth families or experienced families. You will learn about: the labor and delivery process; various relaxation and breathing techniques; anesthesia choices; cesarean birth and newborn care. The discussions will include baby care basics such as: feeding; diapering; bathing your baby; physical appearance of newborns and practical tips for parents. This program may be attended anytime during pregnancy. Classes are held bi-monthly.

**9:00 am - 4:00 pm; \$30** (1 hour break for lunch)  
(Class fee is waived if you have Sooner Care or are an SMC employee.)

### **SMC Honska Conference Room**

**Saturday:** January 4 or 18; February 1 or 15; March 7 or 21; April 4 or 18; May 2 or 16; June 6 or 20; July 11 or 18; August 1 or 15; September 5 or 19; October 3 or 17; November 7 or 21; December 5 or 19

## **Daddy Basics**

A time where Dads can discover their role during labor and understand the importance in their role as father. A hands on approach to newborn care for the daddy to be! This class is designed for Dad's only.

**6:00-8:00 pm; FREE • SMC Honska Conference Room**  
**Tuesday:** January 7; February 4; March 3; April 7; May 5; June 2; July 7; August 4; September 1; October 6; November 3; December 1

## **Breastfeeding**

An International Board Certified Lactation Consultant or a Certified Breastfeeding Educator will teach you the "hows" and "whys" of breastfeeding. You'll learn about the anatomy and physiology of breastfeeding and how to recognize and prevent potential difficulties. The benefits of breastfeeding for mother and baby will also be discussed along with tips on breast pumps, storage of milk and breastfeeding as a working mom. Also, dads are strongly encouraged to attend. This program is designed to be taken during the last two months of pregnancy. This class is designed for both mother, father (support person) to take together.

**6:00-8:00 pm; \$20 • SMC Honska Conference Room**  
(Class fee is waived if you have Sooner Care or are an SMC employee.)  
**Thursday:** January 2; February 6; March 5; April 2; May 7; June 4; July 2; August 6; September 3; October 1; November 5; December 3

## **Sibling**

This class is recommended for siblings three years old and up. The children will practice holding a life-like doll, watch a video about what to expect with a new baby in the family, and tour the hospital to see where mom and baby will be staying. A parent should be present with the child.

**6:00-7:00 pm; FREE • SMC Honska Conference Room**  
**Wednesday:** January 8; February 5; March 4; April 1; May 6; June 3; July 1; August 5; September 2; October 7; November 4; December 2

The classes below are offered at Total Health. For questions or to register, email Lisa at [llhughes@stillwater-medical.org](mailto:llhughes@stillwater-medical.org) or call Total Health Rehab at 405-624-6592 (Mon – Friday from 7:00am-6:00pm)

## **Pre & Post Natal Wellness Care**

Taught by physical therapists specializing in Women's Health and the lead fitness instructor at Total Health, this class will provide women with the scientific guidelines and research over pre and postnatal care. The class will cover normal body changes that occur in pregnancy; safe exercise during pregnancy and after delivery, role of physical therapy, and Diastasis Recti Screen. Designed to be taken at 24 weeks gestation (6 months). Please call (405) 533-4348 for questions.

**6:30-7:30 pm; FREE • Total Health - 1810 N. Perkins Rd.**  
**Offered once each quarter:**  
January 9; May 7; August 6; December 10

## **Parent and Me**

This interactive and hands-on class will provide parents with education on promoting the motor development of their infants. The class will also address normal milestones for the first year of life, motor delays and red flags for early diagnoses and intervention. Parents may attend the class with their 1-4 month old infants. Please call (405) 624-6592 for questions.

**6:00-7:30 pm; FREE • Total Health - 1810 N. Perkins Rd.**  
**Tuesday (every other month):** January 7; March 3; May 5; July 7; September 1; November 3