

PRE-REGISTRATION

Pre-registration is required for all classes by calling (203) 694-8450. Further information on program schedule, including dates and fees, is available by phone or visiting our website at www.midstatemedical.org.



WOMEN'S HEALTH PROGRAMS

In addition to education classes related to the birthing experience, community programs on additional women's health issues are regularly scheduled and may be found in the calendar of events included in our quarterly health magazine, *Focus*, or on our website. These classes include but are not limited to nutrition and weight loss, support groups, and healthy lifestyles.

Women's Health Services & Family Birthing Center

In quarterly patient satisfaction surveys (conducted by an independent, national research company), MidState consistently rates among the top hospitals in Connecticut and the nation. Conveniently located just minutes off Rte. 691 in Meriden, CT, MidState offers free and safe parking, as well as private inpatient rooms. Services include general surgery, emergency medicine, MidState Medical Group Walk-in Center for urgent care needs, and state-of-the-art care in centers dedicated to Cancer Care, Wound and Hyperbaric Care, Family Birthing, Sleep Care, Digestive Health, Pain Management, and Cardiac Care.

For information, call 203 694 8200
or visit www.midstatemedical.org.

To find a physician, call: 1 866 MMC 5678.

Excellence in care. And caring.

 **MidState
Medical Center**

435 Lewis Avenue
Meriden, Connecticut 06451



We deliver.

 **MidState
Medical Center**

WELCOME!

Having a baby is truly a new and exciting experience. We're honored that you've chosen MidState Medical Center to be a part of your special delivery. We think you'll find that our Family Birthing Center offers just the right combination of clinical expertise and personalized care.

Our Family Birthing Center features state-of-the-art technology, specially trained physicians, an experienced obstetrics nursing staff, and neonatal nurse practitioners to provide you with the best medical care close to home.

In fact, labor and delivery at MidState feels like home. Our private rooms offer a convertible sleep chair for rooming in, rocking chairs, and plenty of space for family visiting. To celebrate the occasion, we invite you and your spouse/birthing partner to select from a special gourmet dinner menu during one night of your stay.

We also offer new and expectant moms continuing education about baby. Our weekly email newsletter, "Baby Focus," sends up-to-date information tailored to mom's specific week of pregnancy and lasting through baby's first three years. For additional information, visit www.midstatemedical.org/baby.



SERVICES

All services at the Family Birthing Center provide first class care with the comforts of home. Your maternity experience includes:

- Labor
- Delivery
- Recovery
- Postpartum care
- Newborn Nursery
- Newborn evaluation and testing area
- Operating room for mothers requiring a Cesarean section

CLASSES

We offer a variety of educational classes open to the entire community and designed to inform expectant mothers and their families about labor, birth, and infant parenting. All of our educators are certified instructors.

Childbirth Education Classes

This is a six-week in-depth series designed to give parents an understanding of birth options and coping skills for labor and delivery. Discussion, practice/demonstration of muscle tone, relaxation, breathing techniques, as well as film presentations and a tour of the Family Birthing Center are included. Classes meet once per week.

This program is offered every six weeks on Tuesday or Wednesday evenings at MidState Medical Center.

Cost: \$80

Saturday Childbirth Education Class

For those who cannot attend the six-week series, Family Birthing Center offers a one-day, eight-hour class, held from 8:00 a.m. to 4:30 p.m. It is an abridged version of the six-week series.

Cost: \$80

Childbirth Refresher Class

For those who just need a refresher in child birthing, this one day, two-hour class will meet their needs.

Cost: \$25

Breastfeeding Class

This is a one-time class to help the mom-to-be understand more about the benefits of breastfeeding for herself and her baby, and provides basic instruction in breastfeeding.

Cost: \$10 (free if delivering at MidState)

Breastfeeding Support Group

Join new or experienced mothers and their babies in a relaxed atmosphere to discuss the adjustments and successes of breastfeeding for the 0-6 month age group. Group discussion is open format and facilitated by a Lactation Consultant or Nurse.

Cost: free

Sibling Class

An interactive presentation for children 2 and 1/2 years of age and older. This class includes discussion, videos and exercises on what a new baby looks like, how they act, and what a sibling can do with his new baby brother or sister. This class concludes with a tour of the Family Birthing Center.

Cost: \$15

Infant Massage Class

This special class is designed to help you and your baby grow closer to each other, build muscle tone, coordination and brain function. Massage helps to establish a pattern of relaxation at an early age that your child can follow into adulthood.

Cost: free

