

# Class Description Summary

## Winter/ Spring / Summer 2009



### Parenting Classes

#### Baby Basics: Care of the Newborn

There is no reason to be overcome when tending to a new baby's needs if you are knowledgeable of what to expect. Baby Basics will prepare you with the confidence and skills necessary to meet the basic needs of that special little someone. This course is great for first time caregivers or anyone who is looking to refresh and update their knowledge base. Topics include: Basic Infant Care, Comforting Techniques, Normal Infant Behaviors and Signs of Illness. Baby Basics is designed to assist families in transitioning from hospital to home.

**Class Fee: \$35.00 / Couples or Individual**

#### Infant and Child CPR & First Aid

CPR & First Aid is vital information for anyone who is involved in the life of an infant or child. Class is lead by a Certified Instructor from the St. Charles County Ambulance District. CPR Certification is also available with some classes. Please be sure to inquire prior to registration.

**Class Fee: Individual / \$35.00**

**Couples / \$60.00**

**Certification: \$50.00 per Person**

#### Infant Massage & Bonding with Baby

Caressing, stroking and holding your baby close promotes comfort, a sense of well-being and security.

##### Benefits of Infant Massage Include:

Promotes bonding and attachment, increases feelings of love and trust, improves relaxation, digestion and circulation, enhances non-verbal communication and understanding, increases confidence in parenting. Infant Massage profoundly affects infant attachment as well as deepening parents' confidence and capacity to respond appropriately to their baby's verbal and non-verbal cues.

**Class Fee: \$35.00 for 4 Weekly One Hour Sessions**

\*Price Includes Materials

#### Caring, Calming, Comforting: Happiest Baby Class

The Happiest Baby Class is dedicated to teaching parents an innovative new approach to quickly calm crying infants, under 4 months of age and help them sleep longer. In addition, the class helps create bonding between parent and infant. This extraordinary class, based on the work of Dr. Harvey Karp, MD, FAAP, has the potential of reducing that demoralizing crying to just minutes a day. The class also places an emphasis on the prevention of Sudden Infant Death Syndrome (SIDS). Parents will also gain the knowledge of: The Missing 4<sup>th</sup> Trimester: as odd as it may sound, many babies cry because in an important way they are born 3 months too soon; The Calming Reflex: the virtual off-switch to crying that all babies are born with; The 5 S's: how to correctly perform the 5 simple steps that trigger the calming reflex.

**Class Fee: \$50.00 (Couples & Infant)**

#### Baby Sign Language

##### Bond with your baby and get a jumpstart on their intellectual development.

Learn how to communicate with your baby before he/she is able to verbally express themselves. When babies are taught sign, they are able to communicate not only their thoughts, but also their needs and desires.

**Class Fee: \$55.00 Sign, Say, & Play Kit \$59**

**Kit includes Backpack, DVD, CD, and Books.**

#### Conscious Fathering

This class is designed to minimize fear while maximizing confidence. New and expecting fathers are given the opportunity to gain hands on experience in feeding, diapering, bathing, soothing and bonding.

**Informal Class Topics Include: Basic Newborn Care, Parental Roles, Spousal Support, Life with a Little One**

**Class Fee: \$25.00**

### Breastfeeding Support

#### Breastfeeding 101: The Basics

Breastfeeding promotes optimal health & a strong bond between mother and baby. Breast milk is the natural method of providing nutrients to your baby, however the art of breastfeeding does not come naturally to everyone. Breastfeeding 101 provides parents with the skills and knowledge to be successful.

Learn the fundamentals of breastfeeding, as well as first hand tips on ways to manage the challenges that you may encounter. Class is lead by and Internationally Board Certified Lactation Consultant or Certified Breastfeeding Counselor.

**Class Fee: \$35.00**

#### Breastfeeding Support Group

Our Breastfeeding Support Group is a great way to meet other moms who share the same principles in providing nutrition for baby. Each meeting includes an informational topic & open discussion on current trends and practices. This is a great opportunity to gain support from our experts, and receive advice from other moms who share in the challenges and triumphs of successful breastfeeding.

**Our support groups meet weekly by open invitation. Partners are welcomed and encouraged.**

**Thursdays 1:00pm – 2:00pm**

#### Private Lactation Consultations

Having the experience and support of a warm and nurturing Breastfeeding Consultant can ease the stressors and anxiety for both Mom and Baby. Our experienced counselors offer professional assistance by improving the comfort of breastfeeding through education, positioning, and latching technique.

Our Lactation Services are lead by an Internationally Board Certified Lactation Consultant who is on staff to assist you with questions, concerns or problems. We offer on-site support in the comfort of our private lactation room, equipped with breastfeeding scale and alternative resources for assistance. In-home consultations are also available by appointment.

**One Hour Consultation: On-Site: \$75.00 / In-Home \$90.00**

### Childbirth Classes

### Holistic Childbirth Education

A holistic approach to preparing for childbirth and the postpartum period. Classes involve hands-on activities, interactive learning modules, videos, and lecture to increase understanding of the birthing process from pregnancy to postpartum. The holistic focus includes the cultural, emotional, social, spiritual, and physical aspects of childbirth. Our mission is to help each participant develop an understanding of the wholeness of the birth process and to make decisions that will work best for their unique needs. Among the birthing styles reviewed will be Lamaze, Bradley Method, and Hypnobirthing. We will discuss the many options available to laboring couples and provide benefits and risks of these options. During the final class session, participants will have a chance to complete a simulated labor to help master the comfort techniques and tools learned in class. A manual is included for future reference and information.

**Class Fee \$150.00 per couple**

### Advanced Comfort Techniques for Childbirth

This class can be a refresher or an extension of a childbirth education class. Activities and presentation focuses on comfort techniques and communication skills within the couple and with medical professionals. Time will be provided at the end of class for those who have specific questions or want to review their birth plan. This class does not replace childbirth education as it will not provide information on stages of labor or information on medical procedures. Please bring two pillows and dress for comfort and flexibility.

**Class Fee: \$60.00 per couple**

### YOGA

#### Yoga for Pregnancy and Beyond

Yoga provides the opportunity for women to deepen their connection with their bodies. Whether you are expecting, recently delivered, or just looking for a place where you can take time to care for your personal physical, and emotional health care needs, this class welcomes everyone who is interested in the mind-body connection.

**liability form must be obtained prior to attending your first class session.**

**If you are pregnant or prior to 8 weeks postpartum, a release of Class Fee: \$75.00 for 6 Week Session**

#### Parent / Baby Yoga

This class allows you to tend to your baby's needs while you connect with your body, mind and spirit by combining stretching and movement with breathing. Part of this class incorporates special time between parent and baby through interactive pose. Finally, restorative poses will allow you to soothe your emotional state through relaxation, promoting inner peace and enhancing your overall sense of well-being.

**This class is designed for infants who are not yet mobile. Newborn up to pre-crawlers welcome!**

**Class**

**Fee: \$75.00 for 6 Week Session**

### CLASSES FOR INFANTS AND TODDLERS

#### Babymoon Makes Music

Our classes are designed to enhance each child's individual skill set by focusing on tasks that foster emotional, intellectual and motor skill development. Children are encouraged to practice social skills that promote shared thought process, cooperation, and active listening. Music classes begin at 3 months of age, and are hosted in 6 week series. Parents are encouraged to actively participate in their child's learning process.



Class Categories: Babies, Toddlers, Kids and Families

**Class Fee: \$75.00 for 6 weeks series or \$14.00 for Single Session**

#### Art Class: Pint-Sized Picassos

Children need a variety of experience to assist them in exploring their environment. Through Art, they will learn to value their own uniqueness and to appreciate the individuality of others. Art is a way for children to have creative expression, self discovery, self esteem and self concept. Social skills are enhanced as children learn to cooperate during group projects. \*Materials Included.

**Class Fee: \$30.00 for 6**

**Week Series**

#### Toddler Yoga

Plan a weekly date just for the two of you! Come experience an exciting and invigorating workout for you and your toddler. Yoga is an active class that teaches your toddler the principals of yoga and allows them to connect with their own unique qualities through movement and exploration. Toddlers learn the importance of concentration, following direction, and personal discipline, as well as relaxation techniques through focus and breath. The class brings child and parent together and promotes a sense of self.

**Parents must be present during**

**class sessions. Class Fee: \$75.00 / 6 Week Series**

### Storytime and Drop in Play Date...Every Friday!

#### FREE Storytime Fun Every Friday at 10:30am!

Our Storytime Fun is FREE for all ages & is lead by our Babymoon narrator. Activities include interactive books, puppets, and felt boards. Infants and Tots from 6 months to 5 years of age enjoy stories of all varieties.

#### DROP IN PLAY DATE!

Our Kids' Classroom hosts an organized playgroup for kids 12 months and up. We extend an open invitation for families to visit and network with other families in the area. Activities include music, art and interactive free play. \*Parents must be present during play date.

**FRIDAYS: 11:00 –**

**11:45am**

**\$5.00 Session Fee**

### Babymoon Boutique

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[www.babymoonboutique.com](http://www.babymoonboutique.com)