

# destination maternity™

**"Everything a pregnant woman could ever want or need,  
featuring a huge selection of Maternity Fashion"**

## Schedule of Events

### December 2009

Registration is available at Destination Maternity by using the Parent Education Phone at the Juice Bar or call the Parent Education department at 1-516-663-2858

**Pre-Registration is required for all classes**

### SEE OTHER SIDE FOR CLASS DESCRIPTIONS & FEES

<u>YOGA</u>		<u>Me &amp; You Music</u>
<b>Every Monday</b> (8 week series)		<b>Every Thursday</b> (10 week series)
10:00 AM	Pre-natal Yoga	10:00 AM
11:30 AM	Mommy and Me Yoga	
<b>Every Tuesday</b> (8 week series)		<b>Every Saturday</b> (10 week series)
7:00 PM	Pre-natal Yoga	10:00 AM

### Pediatric Lectures

**"Bringing Home Baby: Guide to the First Month"** presented by Dr. Joseph R. Accetta, Jr.  
Thursday, December 2, 2009 at 7:00 PM. (Pre-registration required).

**"Immunization: Everything You Need to Know A to Z"** presented by Village Pediatrics  
Monday, December 14 & 21, 2009 at 6:00 PM. (Pre-registration required).

### Destination Maternity Educational Class Offerings

A-Z of Festive Holiday Poisons	Fridays, Dec. 4 & 11	10:00 AM
Breastfeeding	Thursday, Dec 10	7:00 PM
Breastfeeding	Saturday, Dec. 12	2:00 PM
Child Birth Prep (2 week series)	Monday, Nov. 30 & Dec. 7	6:00 PM
Child Birth Prep (1 day session)	Sunday, Dec. 6, 13 or 20	11:00 AM
<b>Grandparents Day</b>	Saturday, Dec. 5	11:00 AM-3:00 PM
Infant CPR	Wednesday, Dec. 2	6:00 PM
Infant CPR	Wednesday, Dec. 9	10:00 AM
Infant CPR	Thursday, Dec. 17	6:00 PM
Infant Care Class	Wednesday, Dec. 9	7:00 PM
Infant Care Class	Monday, Dec. 14	7:00 PM
Infant Massage (4 week series)	Wednesdays, Dec. 2, 9, 16, 23 & 30	1:00 PM
Scrapbooking – New Family	Friday, Dec. 18	2:00 PM
Seasonal Stories	Friday, Dec. 18	11:00 AM

### Other course locations: Winthrop University Hospital, Mineola & Winthrop Wellness Pavilion, Garden City

- Preparing for Childbirth (Saturday classes, week nights – 3 session series)
- Complementary "Welcome to Winthrop" Orientation Program
- New Life Center Tour (hospital tour)
- Breast Feeding Class
- Infant Care Class
- Sibling Class – New Baby Day Camp - "Big Brother & Big Sister"

**Pre-Registration is required for all classes**



**259 First Street, Mineola, NY 11501  
1300 Franklin Ave, ML5, Garden City, NY 11530  
1-866-WINTHROP**

120 Glen Cove Rd., Carle Place, NY 11514  
516-739-0709

**Winthrop University Hospital  
& Destination Maternity**

**ONGOING CLASS DESCRIPTIONS**

**Breastfeeding Class:** This two-hour class which is lead by a Certified Lactation Consultant discusses the advantages of breast milk, and provides participants with practical information and strategies for successful breastfeeding. Positioning, latch-on, pumping, how to tell if the infant received enough to eat and maternal nutrition are discussed, \$20 per person.

**Infant Care Class:** This two-hour class provides instruction and discussion on infant bathing, dressing, feeding, and safety. Attending this class before delivery eases the transition into parenthood by making new parents feel more confident with their newborns. Grandparents are invited to attend, \$20 per person.

**Infant CPR Anytime Program:** A one-hour class, learn infant CPR and Choking relief using your own personal American Heart Association CPR learning kit during and instructor lead class. The kit includes a personal, inflatable MiniBaby™ CPR learning manikin, CPR Skills Practice DVD, fold-out Quick Reference Skills Reminders, Sanitizing wipes, Mini baby spare lung and a practice phone, can be taken home to share with family and friends, \$55 per person, \$70 per couple (one kit).

**Infant Massage:** This is a four-week series - you learn a simple massage to enhance your baby's physical and emotional development. Infant massage has been shown to improve digestion, relieve colic, promote good sleeping habits, and much more, \$150 per adult w/child.

**Mommy & Me Yoga:** A certified instructor leads this class for new moms and their infants up to 8 months of age. All levels of students will find this postnatal class beneficial. Postnatal yoga moves the body with flowing postures that are challenging, grounding, uplifting and strength building all at the same time, while bonding with your bundle of joy. This is an eight-week class, \$120. (Please bring personal yoga mat).

**Music – Mommy and Baby:** Keri Worth, Music Together trained, singer and song writer. Your little musician will come alive with song and dance. Different genre of music will be introduced – from rock to classical...Mom and baby will learn to play instruments, dance and song-write together. This is a 10 week series for moms and ages 0-3 years, \$200.

**Pre-natal Yoga:** An eight-week series teaching relaxing exercise in gentle yoga postures will increase flexibility, strength, circulation, balance and the mind-body-spirit connection. Certified yoga instructors will guide mom in a safe and supportive manner through movements and techniques to support their pregnancy. Class is recommended for 2<sup>nd</sup> and 3<sup>rd</sup> trimester, \$120. (Please bring personal yoga mat).

**Preparing for Childbirth:** This program, with its focus on natural childbirth; gives the mother-to-be and her coach the opportunity to learn about the birthing experience. Included are discussions on pain options and Caesarian sections. The program is offered in 2 three-hour evening classes or a single Sunday seven-hour class, \$175 per couple. (Please bring 2 bed pillows).

**Sibling Class: Given at Winthrop University Hospital – New Baby Day Camp - “Big Brother & Big Sister Day Camp.”** This one hour class is taught by a Child Life Specialist and is appropriate for children ages 3-7 years. The Class facilitates positive self-esteem and gives the children practical ways to help out at home with the new baby. Accompanied by one parent or caregiver, a favorite doll or stuffed animal, the children are given a brief tour of the maternity unit and see the nursery. A snack is provided, as is a certificate that designates the child as a future “Big Brother” or “Big Sister.” Sibling class is offered twice monthly, \$15 per child.

**FREE Newborn Class:** Learn what every expectant parent needs to know by fact-time with an actual Pediatrician! “Bringing Home Baby: Guide to the First Month” is moderated by creator and local expert, Dr. Joseph R. Acetta, Jr. This under two-hour class provides basic infant education with popular topics ranging from feedings to vaccines, followed by an informal Q & A session.

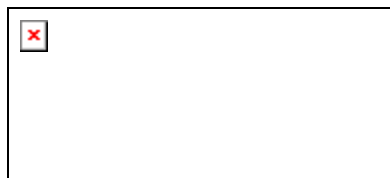
**Free Immunization Class:** Immunizations Updates: Everything you need to know A to Z, presented by Village Pediatrics. Lecture followed by Q & A session.

**Scrapbooking:** A one-hour class, learn basic scrapbooking skills. (Please bring your favorite photo).

**Storytime:** Seasonal stories read aloud for you, your infant/toddler. (Children are to be accompanied by an adult).



With a new baby arriving there are tons of things that will need to be done. Don't let yourself forget about college savings. The Futuretrust program can help turn your everyday spending into college savings. Learn how to save for your child's future when you buy gas, groceries, clothes and more. (information available in the store)



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