

Adult tours for parents/grandparents

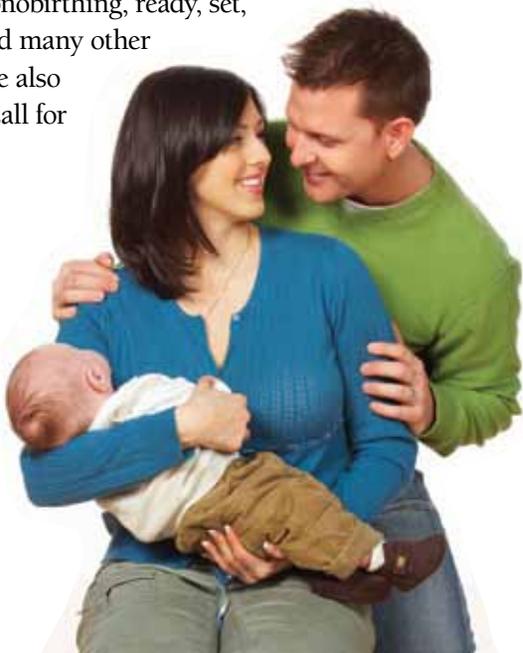
We encourage you to visit our labor and delivery wings, nurseries and postpartum rooms (as available). You will receive an update on the latest trends in maternity and infant care during your tour.

About classes and tours

New class sessions begin regularly with various day, evening and weekend options available for your convenience. Advance registration is necessary.

Tours are free, but advance registration is necessary. Please schedule your classes and tours well in advance of your due date, and have your health insurance card (identification number, etc.) available when you call.

Yoga, hypnobirthing, ready, set, parent and many other classes are also offered. Call for details.



Contact information

For more information or specific class schedules contact:

Women & Children's Hospital of Buffalo
219 Bryant Street
Buffalo, NY 14222
(716) 878-7342



Find out why more babies
born in WNY are
buffalo babies
www.BuffaloBaby.org

Language assistance services are available free of charge for anyone who has a need for an interpreter.

Tenemos servicios de ayuda en Español, para cualquiera que necesita un intérprete.

 Kaleida Health
www.kaleidahealth.org/childbirth

WCHOB-194 Rev. 2/12

Childbirth

C L A S S E S

 Women & Children's Hospital of Buffalo
A Kaleida Health Facility



Welcome

Kaleida Health understands the birth of your baby is one of the most exciting and joyful times in your life. Our Childbirth Classes at Women & Children's Hospital of Buffalo (WCHOB) and Destination Maternity are designed with you and your family in mind. We work to ensure the safest and most satisfying birth experience for everyone involved.

Our classes teach you the facts and available options of maternity care. Experts with years of experience answer your questions about labor and delivery, breathing techniques, exercises, Cesarean births, recovery and infant feeding/care.

Sibling classes, infant safety and CPR, and infant development/stimulation are also offered.

For you and your partner

Prepared Childbirth Class

A three-week series covering the basic anatomy and physiology of pregnancy, comfort measures to take during pregnancy, labor and delivery, postpartum care, Cesarean delivery and a review of breathing and relaxation techniques.

Birthing Basics For Busy Parents

Held various Saturdays at WCHOB

A shortened, one-day version of our three-week prepared Childbirth Class for the convenience of particularly busy parents.

Prepared Childbirth For Teenage Parents

A three-week series focusing on the special needs of teenage parents as they prepare for the birth of their baby. Included in the course are labor and delivery, Cesarean delivery, postpartum and newborn care, and a review of breathing techniques.

Breastfeeding Class

Parents learn about feeding patterns, proper positioning techniques, tips on working and breastfeeding, pumping and storage of breast milk and more.

Baby Basics and Beyond

The latest issues in infant care and development pertinent to your baby's age will be reviewed.

Mommy & Me Class

Bringing home a baby for the first time can be an exciting, confusing and sometimes frightening time. This class is designed for new parents to gain a better understanding about caring for the postpartum mother and baby. Come alone or bring the baby with you!

Car Seat Safety Check

Ensure that your child's car seat is properly installed by an authorized professional.

Child CPR

Provides the opportunity for participants to review pediatric health and injury prevention, as well as CPR and foreign body airway obstruction skills for the infant and children ages 1-10. Call: (716) 887-4861.

For your older children

Sibling Class

Children between the ages of 2-8 are introduced to the hospital setting and their exciting new role as brother or sister in a classroom setting.

Sibling at Birth Class

A class designed to prepare older siblings who plan to attend the birth of their new brother or sister.

For grandparents

Grandparents Class

Helps to update grandparents on current childbirth practices as well as focusing on "today's baby" care and current changes in order to update them on changes in child care. Interactive class where the focus lies on the importance of grandparents.

