Right from the Start

Programs for the growing family

Having a baby is an exciting event for families. As you prepare for a new life in your family, you may have questions and concerns about pregnancy and childbirth. Right From The Start is a series of programs designed to help answer those questions. Whether you are just thinking about having a baby, just found out you’re pregnant, or are expecting the birth of your baby soon, the staff at the Family Birth Center can help you prepare in a special way. We encourage and welcome a support person to attend these programs with you at no extra charge.

The times, days and locations of some of the classes are not listed because they may change from session to session. Call Childbirth Education at (573) 499-6175 to find out when and where classes will be held.

To register for any class, call (573) 499-6175.

To register online, go to muhealth.org and click on Women’s Health. On the following screen, click on Family Birth Center, then Childbirth Education and Infant Care. You can view and register for classes and see dates/times of classes on these pages.

Right From The Start—
Beginning Childbirth

This beginning childbirth program, for first-time mothers, helps prepare you and your support person for childbirth by explaining what to expect physically and emotionally. The classes explore subjects such as labor and delivery, relaxation and breathing techniques, pain relief, Cesarean Birth, and parenting. You will also tour the Labor and Delivery and Postpartum units.

A Beginning Breastfeeding class is offered once per month. If you plan to breastfeed you will want to register for this class.

You can do this when you register for the Beginning Series or any time by calling (573) 499-6175 or registering online.

The beginning childbirth class is 6 weeks long. Plan to begin the class 3 months before your baby is due.

- **Fee:** $55   Right From The Start—Beginning Childbirth
- **Fee:** $10   Beginning Breastfeeding only (included in cost of Beginning Childbirth, Saturday, and Refresher childbirth classes)
- **Offered:** New sessions begin every 6 weeks. Classes are 2 hours long and meet weekly for six weeks

A Saturday to Remember

This is the class for people who cannot fit a 6-week program into their schedules. It covers the essential parts of Right From The Start—Beginning Childbirth all in one Saturday session. Topics covered include what to expect during labor and delivery, Cesarean sections, pain control for labor, controlled breathing and relaxation techniques. We encourage you to attend the Beginning Breastfeeding class at no extra charge. Please register for the breastfeeding class when you sign up for the Saturday class.

- **Fee:** $55
- **Offered:** every month
For Big Kids Only
The birth of a sibling changes a child’s life. This one-night class is devoted to preparing 2–to 10–year–old children for a new brother or sister. Children in the class learn what babies do and take a tour.

- Fee: none
- Offered: once a month, one 60-minute session

OB Tour Night
A tour of the obstetrical (OB) areas is included in the beginning and refresher childbirth classes. For those who aren’t able to attend the tour or who are not enrolling in a childbirth class, tours are available. The group visits Labor and Delivery, Triage, Postpartum and the newborn nursery.

Tours begin in the Triage unit at Women’s and Children’s Hospital and last about 30 minutes. We encourage your support person to take the tour with you.

Infant Safety and CPR
This class focuses on infant safety and how to prepare for emergencies. CPR instructors certified by the American Heart Association will teach infant (under 1 year) CPR. People who should take this class include currently pregnant couples, new parents, grandparents, and child-care providers. People will have the option of learning and practicing child (ages 1 to 8) CPR also.

- Fee: $35 per couple
- Offered: call (573) 499-6175 or view online registration for class times; one 2–hour session

Breastfeeding Class
In “Beginning Breastfeeding” you will learn how to start breastfeeding, how to maintain your milk supply, and how to keep breastfeeding if you return to work or school. If you prefer, you may register for only this class.

- Fee: $10
- Offered: every month on the third Monday of the month