

Other Offerings

Grandparent Class

Oh baby! How things have changed since our children were born. Come learn the latest information so you can be supportive of the parents and their decisions. *Newborn care is not covered in this class, but it is covered in our Baby Basics Class. Consider taking Baby Basics for newborn care information.*

New Parent Support Group

We are currently offering a group to provide an extra layer of support during the first few months of parenthood. The group is peer-led and facilitated by registered nurses.

Participants can:

- Share challenges, issues and joys in a judgment-free environment
- Meet other parents with similar experiences
- Foster potential relationships that will last beyond this group

Do you have a special situation? Please contact us. We are happy to provide educational support for situations that may not be appropriate in a group setting.

How to Register for Classes and/or Tours:

Call: **1.877.527.3712**

Register online at:
piedmont.org/atlmaternity

See the tour at:
piedmont.org/atlmaternitytour

Contact Us

Classes are offered at various times to fit into your family's busy lifestyle

For more information, please contact our perinatal educator

P: 404.605.2113

E: pahperinataleducation@piedmont.org



Real change lives here

Maternity Services
Piedmont Atlanta Hospital
1968 Peachtree Rd NW
77 Building, 2nd floor
Atlanta, GA 30309

08600-0422

Preparing for *Change*

High quality classes offered by expert instructors to prepare you for childbirth and beyond



Real change lives here

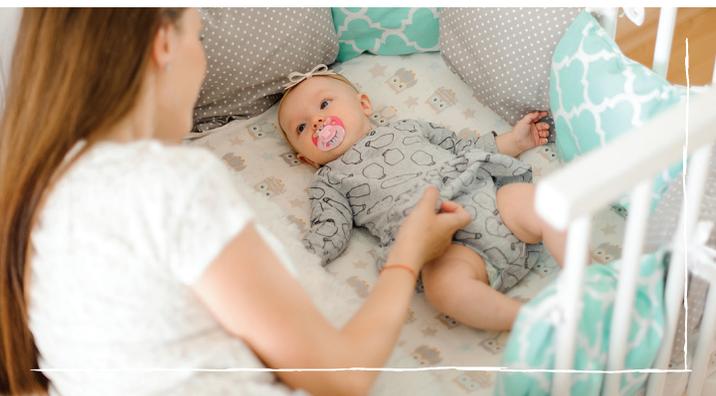
Childbirth Classes

Childbirth Preparation *(in-person only)*

This prenatal class covers preparation for labor and birth, including labor stages and phases; comfort measures and interventions; such as medications, epidurals, induction, and C-section delivery. It also covers postpartum care. This class makes a good combination with the Breastfeeding and/or Baby Basics Class. One support person included in registration.

Childbirth Series All-in-One *(virtual only)*

This prenatal class covers the same topics as the Childbirth Preparation, but adds an overview of breastfeeding and newborn care. It's a convenient choice for busy parents-to-be that wish to have one comprehensive class that covers all of the basics! This class is on two weeknights and lasts 2.5 hours each night. One support person included in registration.



Childbirth Weekend All-In-One *(in-person only)*

This prenatal class covers all topics covered in Childbirth Preparation, but adds an overview of breastfeeding and newborn care. It's a convenient choice for busy parents-to-be that wish to have one comprehensive class that covers all of the basics! This class is on one weekend day and includes a lunch break. One support person included in registration.

- An optional Natural Techniques Add-On class follows this class—register separately



Natural Techniques Add-On *(in-person or virtual)*

This is a 1.5-hour class that includes hands-on practice for those wanting more instruction on non-medical comfort techniques and philosophies in labor. Options include progressive relaxation, guided imagery, labor positions, delivery positions, massage and touch. This class is not intended to fully prepare you for an unmedicated labor, but to introduce you to many techniques to help you discover what works best for you. One support person included in registration.

Childbirth by Cesarean *(virtual only)*

This class is designed for pregnant women who are scheduled for a C-section. Specific procedures and concerns related to scheduled cesarean birth and recovery are addressed. One support person included in registration.

All participants of any childbirth class will receive a complimentary Understanding Birth book or WebApp, which gives access to online material, including videos.

Breastfeeding Class *(in-person or virtual)*

This class covers breastfeeding basics including breastfeeding initiation, common challenges and treatments, breastmilk pumping and storage, and nutrition for breastfeeding moms. Hands-on positioning practice is included in this class. One support person included in registration.

Baby Classes

Baby Basics *(in-person or virtual)*

This class focuses on teaching you how to care for your newborn once you are home from the hospital and in the transitional period between newborn and infant. It will give you tools to not only care for your baby, but enjoy them. The class will discuss feeding, diapering, swaddling techniques, soothing, bathing, safety, the first week, and when to call the doctor. One support person included in registration.

Infant CPR *(in-person only)*

This class focuses on the infant (<1 year of age) portion of the American Heart Association Family and Friends course. It teaches lifesaving skills including infant CPR and infant choking, and is ideal for new or expecting parents, babysitters/nannies and all caretakers of infants in the first year of life. No test or CPR card is given in this course. Each participant must register separately for this class.

Baby Basics + Infant CPR *(in-person only)*

This combination class will have you prepared for your new bundle of joy. It starts with our Baby Basics Class and concludes with our Infant CPR Class. One support person included in registration.

