

CLASSES AND SUPPORT FOR CHILDBIRTH, BREASTFEEDING AND LACTATION

BELLEVUE
WOMAN'S
CENTER
ELLIS MEDICINE

Classes are open to ALL moms and families in the region. All health and wellness classes have virtual and in-person options to help you access the learning style that works best for you and your family. For more information about classes, please call **518-313-3307** or visit bellevuedelivers.com/classes-and-support.

All About Infants: Developing confidence as a new parent is an important first step for you, your family, and your infant. Prepare to care for your new baby in this 2 hour program. Discussion include selecting your baby's doctor, feeding options, the developing newborn milestones, bathing your baby, car-seat safety, and signs of illness. This class is suggested to take within your last trimester.

Breastfeeding Preparation Class: When it comes to learning how to breastfeed, working with an International Board Certified Lactation Consultant (IBCLC) is the gold standard. These healthcare professionals know everything there is to know about breast milk, breast/chestfeeding, pumping, etc. In our 2-3 hour class, learn about the benefits of breastfeeding, how to latch your baby, milk supply, pumping, maternal diet, breastfeeding support, and how Bellevue's Lactation Department can continue to support you through your entire Breastfeeding Journey!

Infant Safety & CPR: Feel safe and secure when handling an emergency. This program is taught by a Certified American Heart Association instructor and will address: accident prevention, CPR: first aid, breathing, and cardiac emergencies involving children and babies. When you sign up for this course, your registration fee goes to our educator and facility. In order to get your Infant CPR Card from the American Heart Association, PLEASE bring \$23 cash per person registered to the class to get your card and official certification.

CLASSES & SUPPORT CONT.

Prepared Childbirth: The Prepared Childbirth class focuses on labor, birth and the early postpartum stage. Topics include: physical and emotional changes; the labor process; viewing a childbirth video; relaxation and breathing techniques; pain relief in childbirth; and the postpartum period. This class is taught by either a Lamaze OR Childbirth International Certified Childbirth Educator. The expert physicians and compassionate nurses will provide you and your baby with the highest quality of care in the most comfortable and supportive of settings. It is recommended that this class is taken in your third trimester.

Returning to Work While Breastfeeding: In America, the lack of familial leave, breastfeeding support at work, understanding the law, and continued access to care postpartum decreases breastfeeding duration. Come learn about your rights, support systems, scheduling milk expression at work, and breast pumps. This class is taught by our lactation consultants.

EVIDENCE BASED *Birth*[®]

Evidence that Empowers!

Get Empowered With a Childbirth Class You Will Love! We are now offering many options and specialities for this amazing childbirth class! Options include totally virtual, hybrid, accelerated, family specific, location specific, first time parents, and more! Visit www.evidencebasedbirth.com/childbirth-class.



The Parent Class introduces parents to the basic techniques for comfort in pregnancy and ease in birth. This three-hour class adds confidence and skills for the birth partner and reassurance for the birthing person. Visit www.spinningbabies.com.

BREASTFEEDING AND BIRTHING INFORMATION

****CALL AND ASK YOUR INSURANCE COMPANY ABOUT COMPREHENSIVE BREASTFEEDING COVERAGE****

They may cover fully or a portion of these classes either by participating with the consultants OR by reimbursing through an itemized bill.

**Breastfeeding
Savvy Consultants
Jenelle Nemeth**

Website: www.breastfeedingsavvy.com
Call/Text: 518-344-6377
Social Media: [Facebook.com/breastfeedingsavvy.co](https://www.facebook.com/breastfeedingsavvy.co)
Email: breastfeedingsavvy@aol.com



Website: www.milkmattersny.com
Schedule Online
NYC * Hudson Valley * Capital Region



Website: www.themilkmentor.com
Call: 315-224-4049
Social Media: [Facebook.com/themilkmentor](https://www.facebook.com/themilkmentor)
Email: becky@themilkmentor.com

ORDERING YOUR BREAST PUMP THROUGH INSURANCE:

Ordering online:

- Visit www.edgepark.com OR www.aeroflowbreastpumps.com OR www.yummymummystore.com
 - Input your information AND your insurance information
 - The website will give you options based off your insurance and the cost associated
 - Complete the order
 - The office will receive a prescription for the pump automatically. It will be signed and faxed back.
 - Please note: Fidelis requires you to wait until AFTER you deliver to request your breast pump

Ordering through your insurance company:

- Contact your insurance company and ASK, “How do I order a breast pump?”
- They will give you instructions/websites, etc.
- IF you need a paper script - ask your provider at your next OB visit



INTERESTED IN BREASTFEEDING?

Let's Chat

Support your baby's developing immune system, oral development and a micro-biome

BREASTFEEDING DECREASES YOUR BABY'S RISK OF:

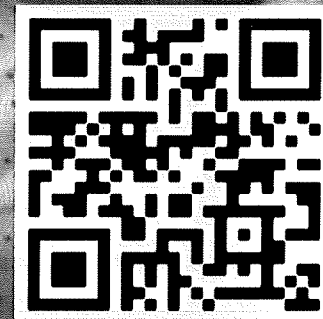
- Allergies
- Ear infections
- SIDS
- Respiratory Infection
- Diabetes
- Obesity

BREASTFEEDING CAN IMPROVE YOUR HEALTH TOO

REDUCE THE RISKS OF:

- Post partum hemorrhage
- Post partum depression
- Breast, ovarian, uterine cancer
- Type 2 diabetes
- Arthritis
- Cardiovascular disease

SCAN ME



Join one of our breastfeeding classes at Bellevue Woman's Center!