



Good Shepherd Family Education

Our goal at Good Shepherd is to provide family-centered, comprehensive care during one of the most precious events in life.

Educational Offerings

- **Childbirth Preparation** - Focuses on the physical changes related to pregnancy, stages of labor, skills for coping during labor, what to expect during your hospital stay and how to care for yourself and your newborn once you are home. Includes a tour of the Women's & Children's area, guest lecture from a local pediatrician, and child/infant CPR training. *Lactation class is FREE with purchase of Childbirth Preparation class*
- **Lactation** - Did you know that breastfeeding protects your baby against infection, allergies & illness, enhances cognitive & social development, as well as vaccine response? If you are considering the option of breastfeeding your newborn, Lactation Class provides helpful information to assist in your decision. Lactation is taught by International Board Certified Lactation Consultants.
- **Sibling** – Birth of a new baby is an exciting time for the entire family. Sibling Class encourages the involvement of older brothers & sisters ages 3-10 years. Special activities, including a tour of labor & delivery, prepares siblings for welcoming a new baby and tips for parents on reducing sibling rivalry.
- **Safe Sitters** – Babysitting can be a big responsibility. This class is designed for boys & girls ages 12 to 16 years. Participants learn safe and nurturing childcare techniques along with basic First Aid and CPR through the American Heart Association.
- **Baby Sign Language** – Before toddlers learn language skills, communication between parents and children can be frustrating. Baby Sign Language teaches the basic principles of sign language as well as tips and techniques for implementing common signs in daily life. Research reveals that babies who sign have fewer tantrums overall, as well show improved self esteem and higher IQ.
- **Boot Camp for New Dads** – “Rookie” dads learn skills to prepare them for the challenge of parenthood as well as confidence-building techniques. Topics include caring for new moms, importance of teamwork approach, role as a protector, baby care, crying babies, balancing work and fatherhood, and much more! This seminar is for dads only.

To register for classes at Good Shepherd contact the Healthy Hotline at (903) 315-4747

Visit our website! Patients can pre-register online and bypass registration when arriving for delivery. Patients can also sign up for **Great Expectations** online.

Great Expectations is a weekly online newsletter with articles and tips in the areas of infant care, parenting, pregnancy, and child development

www.GoodShepherdHealth.org

