

Our recommendations

It is recommended that you register for all classes during your first trimester. For the ideal learning experience, we suggest the following schedule:

1st trimester: Great Expectations and Baby Finance

2nd trimester: Breastfeeding Essentials, Baby Basics, Postpartum Adjustments and Multiple Blessings.

3rd trimester: Prenatal Classes, Fast Track, Refresher, Boot Camp for New Dads and Sibling Class.

Class locations

Healthy Living Center
12493 University Ave. • Clive

Mercy Central Campus
East Tower Conference Center
Mercy Women & Infants' Center
1111 6th Ave. • Des Moines

Mercy Medical Center—West Lakes
1601 60th St. • West Des Moines

Mercy North
800 E. 1st St. • Ankeny

Please contact the Mercy Nurse, (515) 2-HEALTH, for information about Infant CPR and First Aid classes.

Register online at www.mercydesmoines.org/mercynurse or call Mercy at (515) 643-MOMS.



2010 Mercy Birthing Class

Schedule



 **Mercy**
MEDICAL CENTER
DES MOINES

A member of Mercy Health Network

1111 6th Avenue • Des Moines, IA 50314-2611

 **Mercy**

Excellence.
Every Day in Every Way.™

Prenatal Class

This comprehensive five-week course helps expectant mothers and their labor partners prepare for birth.

Sundays, 4 to 6 p.m. or 7 to 9 p.m.

Location: Mercy Central Campus, East Tower Conference Center, Level A, rooms 6 & 7

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|-----------------------------|-------------------------------|
| Jan. 3, 10, 17, 24, 31 | Feb. 14, 21, 28, Mar. 7, 14 |
| Apr. 11, 18, 25, May 2, 9 | May 16, 23, June 6, 13, 20 |
| July 11, 18, 25, Aug. 1, 8 | Aug. 22, 29, Sept. 12, 19, 26 |
| Oct. 10, 17, 24, 31, Nov. 7 | Nov. 14, 21, Dec. 5, 12, 19 |

Sundays, 4 to 6 p.m. or 7 to 9 p.m.

Location: Mercy West Lakes Conference Room

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|-----------------------------|-------------------------------|
| Jan. 3, 10, 17, 24, 31 | Feb. 14, 21, 28, Mar. 7, 14 |
| Apr. 11, 18, 25, May 2, 9 | May 16, 23, June 6, 13, 20 |
| July 11, 18, 25, Aug. 1, 8 | Aug. 22, 29, Sept. 12, 19, 26 |
| Oct. 10, 17, 24, 31, Nov. 7 | Nov. 14, 21, Dec. 5, 12, 19 |

Mondays, 7 to 9 p.m.

Location: Mercy Central Campus, East Tower Conference Center, Level A, room 7

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|----------------------------|-------------------------------|
| Jan. 4, 11, 18, 25, Feb. 1 | Feb. 15, 22, March 1, 8, 15 |
| Apr. 12, 19, 26, May 3, 10 | May 17, 24, June 7, 14, 21 |
| July 12, 19, 26, Aug. 2, 9 | Aug. 23, 30, Sept. 13, 20, 27 |
| Oct. 11, 18, 25, Nov. 1, 8 | Nov. 15, 22, Dec. 6, 13, 20 |

Tuesdays, 7 to 9 p.m.

Location: Mercy Central Campus, East Tower Conference Center, Level A, rooms 6 & 7

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|------------------------------|------------------------------|
| Jan. 12, 19, 26, Feb. 2, 9 | Feb. 23, Mar. 2, 9, 16, 23 |
| Apr. 6, 13, 20, 27, May 4 | May 18, 25, June 1, 8, 15 |
| June 29, July 6, 13, 20, 27 | Aug. 10, 17, 24, 31, Sept. 7 |
| Sept. 21, 28, Oct. 5, 12, 19 | Nov. 2, 9, 16, 23, 30 |

Tuesdays, 6:30 to 8:30 p.m.

Location: Clive, Healthy Living Center, conference rooms 4 & 5

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|------------------------------|------------------------------|
| Jan. 12, 19, 26, Feb. 2, 9 | Feb. 23, Mar. 2, 9, 16, 23 |
| Apr. 6, 13, 20, 27, May 4 | May 18, 25, June 1, 8, 15 |
| June 29, July 6, 13, 20, 27 | Aug. 10, 17, 24, 31, Sept. 7 |
| Sept. 21, 28, Oct. 5, 12, 19 | Nov. 2, 9, 16, 23, 30 |

Wednesdays, 7 to 9 p.m.

Location: Mercy Central Campus, East Tower Conference Center, Level A, rooms 6 & 7

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|------------------------------|-----------------------------|
| Jan. 13, 20, 27, Feb. 3, 10 | Feb. 24, Mar. 3, 10, 17, 24 |
| Apr. 7, 14, 21, 28, May 5 | May 19, 26, June 2, 9, 16 |
| June 30, July 7, 14, 21, 28 | Aug. 11, 18, 25, Sept. 1, 8 |
| Sept. 22, 29, Oct. 6, 15, 20 | Nov. 3, 10, 17, 24, Dec. 1 |

Prenatal Class

Wednesdays, 6:30 to 8:30 p.m.

Location: Clive, Healthy Living Center, conference rooms 4 & 5

▼ Jan. 13, 20, 27, Feb. 3, 10	Feb. 24, Mar. 3, 10, 17, 24
Apr. 7, 14, 21, 28, May 5	May 19, 26, June 2, 9, 16
June 30, July 7, 14, 21, 28	Aug. 11, 18, 25, Sept. 1, 8
Sept. 22, 29, Oct. 6, 15, 20	Nov. 3, 10, 17, 24, Dec. 1

Thursdays, 6:30-8:30 p.m.

Location: Ankeny, Mercy North Conference Room

▼ Jan. 7, 14, 21, 28, Feb. 4	Feb. 18, 25, Mar. 4, 11, 18
Apr. 1, 8, 15, 22, 29	May 13, 20, 27, June 3, 10
June 24, July 1, 8, 15, 22	Aug. 5, 12, 19, 26, Sept. 2
Sept. 16, 23, 30, Oct. 7, 14	Oct. 21, 28, Nov. 4, 11, 18

Fast Track

This single-session class offers childbirth basics and introduction of home practice skills. A tour of the Women & Infants' Center is included. Class fee is \$25.

Saturdays, 9 a.m. to 2:30 p.m.

Location: Mercy Central Campus, East Tower Conference Center, Level A, rooms 6, 7 & 8

▼ Jan 9	Feb. 13	Mar. 13
Apr. 10	May 8	June 12
July 17	Aug. 14	Sept. 18
Oct. 9	Nov. 13	Dec. 11

Baby Finance 101

New parents have increased financial responsibilities in addition to caring for their newborn. Learn the basics of creating financial security for your expanding family. Take care of your financial future by participating in this fun and interactive class.

Tuesdays, 7-8:30 p.m.

Location: Mercy Central Campus, East Tower Conference Center, Level A, room 8

▼ Jan. 12	Apr. 13	July 13
Oct. 12		

Refresher Class

This single-session class helps parents review the basics of childbirth and provides ideas to help the growing family adjust.

Thursdays, 6 to 9 p.m.

Location: Mercy Central Campus, East Tower Conference Center Level A, rooms 6 & 7

▼ Jan. 7
July 15

Mar. 11
Sept. 16

May 6
Nov. 11

Sibling Class

This single-session class helps children ages 3-6 years old prepare for a new baby brother or sister.

Saturdays, 8:30 to 10 a.m. or 10:30 a.m. to noon

Location: Mercy Central Campus, East Tower Conference Center, Level A, rooms 6 & 7

▼ Jan 2
May 1
Sept. 11

Feb. 6
June 5
Oct. 2

Mar. 6
July 10
Nov. 6

Apr. 3
Aug. 7
Dec. 4

Multiple Blessings

This four-session class will address the special needs of multiple-birth families. The specific focus of this class is on prenatal care, labor, delivery, recovery, living with multiples and interacting with other multiple-birth families. A tour of our Maternity Triage & Treatment Unit will be provided.

**Prenatal classes are also recommended for twin pregnancies.*

Tuesdays, 7 to 9 p.m.

Location: Mercy Central Campus, East Tower Conference Center, Level A, rooms 1 & 2

▼ Jan. 5, 12, 19, 26
July 6, 13, 20, 27

April 6, 13, 20, 27
Oct. 5, 12, 19, 26



Postpartum Adjustments

Find out firsthand what adjusting to a new baby in the house is all about. Parents return with their baby to share their recent and ongoing personal experiences. Listen and ask questions to those presently going through the joys and challenges of life with a new baby. A Postnatal Educator will also share the physical, emotional and intellectual changes that occur postpartum, for both mom and dad.

Thursdays, 7 to 9 p.m.

Location: Mercy Central Campus, East Tower Conference Center Auditorium, Level A • Dates marked with an * will be held in East Tower Conference Center rooms 6-7

▼ Feb. 25 Apr. 29* June 24 Aug. 26
Oct. 28* Dec. 23

Boot Camp for New Dads

This is a class in which "veterans" (new fathers and their new babies) orient "rookies" (fathers-to-be) on the realities of fatherhood. "Rookies" will be invited back as "veterans" after the birth of their baby.

Wednesdays, 7 to 9 p.m.

Location: Mercy Central Campus, East Tower Conference Center, Level A, room 8

▼ Jan 6 Feb. 3 Mar. 3
Apr. 7 May 5 June 2
July 7 Aug. 4 Sept. 1
Oct. 6 Nov. 3 Dec. 1

Baby Basics

Learn how to hold, burp, diaper, swaddle and bathe your baby, as well as identify illness and choose your baby's doctor. You will have an opportunity for hands-on practice during this single-session class.

Tuesdays, 7 to 9 p.m.

Location: Mercy Central Campus, East Tower Conference Center Auditorium, Level A

▼ Jan. 12, 26 Feb. 9, 23 Mar. 9, 23
Apr. 13, 27 May 11, 25 June 8, 22
July 13, 27 Aug. 10, 24 Sept. 14, 28
Oct. 12, 26 Nov. 9, 23 Dec. 14, 21

Preparing for your bundle of joy

Mercy is committed to education. When anticipating a new experience, confidence comes from knowing what to expect. All classes are personalized, interactive and taught by certified childbirth educators. Our comprehensive curriculum is designed so that you can participate in an array of classes free of charge, from the moment you realize you are pregnant through your last trimester and beyond.

▼ For more information about classes or to register, please visit www.mercydesmoines.org or call (515) 643-MOMS.

Great Expectations

This class is intended for first time parents in their first trimester and those thinking about starting a family. A fitness instructor, dietitian, childbirth educator, nurse and a physician will be available to address your questions and concerns. Tours of the Women & Infants' Center are available before and after the event. Please enroll for a tour time when signing up for this event.

Thursdays, 6:30 to 8:30 p.m.

Location: Mercy Central Campus, East Tower Conference Center Auditorium, Level A

▼ Jan. 28 Apr. 29 July 29 Oct. 28

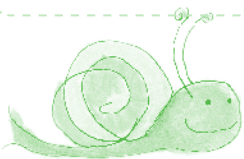
Breastfeeding Essentials

There are many benefits to breastfeeding, which involve the entire family. Both mom and dad will learn the art of providing the best nutrition for baby. Spend two hours learning the most up-to-date information needed for successful breastfeeding.

Tuesdays, 7 to 9 p.m.

Location: Mercy Central Campus, East Tower Conference Center Auditorium, Level A

▼ Jan 5, 19 Feb. 2, 16 Mar. 2, 16
Apr. 6, 20 May 4, 18 June 1, 15
July 6, 20 Aug. 3, 17 Sept. 7, 21
Oct. 5, 19 Nov. 2, 16 Dec. 7, 21



Breastfeeding: Mommy & Me

Join this informal gathering of moms and their breastfeeding babies. Breastfeeding experts are present to weigh your baby and address any questions or concerns while providing further assistance.

2nd and 4th Tuesdays, 11 a.m.

Location: Mercy Central Campus, East Tower Conference Center, Level A, rooms 6&7

▼ Jan. 12, 26 Feb. 9, 23 Mar. 9, 23
Apr. 13, 27 May 11, 25 June 8, 22
July 13, 27 Aug. 10, 24 Sept. 14, 28
Oct. 12, 26 Nov. 9, 23 Dec. 14

Please call Lactation Services for more information, (515) 358-3198.

The Stork Affair at Mercy

Fall 2010

The Stork Affair at Mercy is especially for expectant parents and those who are thinking about starting a family. It's an event full of ideas, educational information and prizes! Highlights include an educational expo, open house in the Women & Infants' Center, car seat check and an exhibitor hall. Registration is not required for this free event.

