



# Summerlin Hospital Childbirth Classes

## *and Breastfeeding Support*

### Childbirth Classes

#### *Childbirth Basics Series*

This childbirth class is our most comprehensive childbirth education course. During the four-part series, expectant parents will learn about the stages of labor, the role of the support person, positions & techniques to increase comfort, common hospital procedures and strategies to decrease the need for cesarean birth. Class includes a tour of the Summerlin Birthplace.

#### *Childbirth Workshop*

This class features the same childbirth education curriculum that is presented in the Childbirth Basics Series class, but is presented on one Saturday each month, from 9a-4p. Class includes a tour of the Summerlin Birthplace.

#### *Empowered Birth Workshop*

Preparation is paramount if you are considering natural childbirth. This interactive class helps expectant mommas explore natural birthing methods that encourage the body's innate coping responses.

#### *Twins or More!*

Are you expecting twins, triplets, or more? This class is designed to teach expectant parents about what to expect during pregnancy and birth, and provides healthy tips for transitioning home with your babies.

#### *Postpartum Afterglow*

Developed to help moms navigate the postpartum period. Mommas will learn what to expect in the days and weeks following delivery, plus tips for transitioning well into parenthood. It is recommended that this class be taken prior to delivery and partners are encouraged to attend.

### Baby-Focused Classes

#### *Baby Care Boot Camp*

NEW!! This comprehensive newborn care class will give you the knowledge and confidence you need for bringing your baby home. During this two-part series class, expectant parents will learn about a range of topics including, what to expect from their newborn in the first few hours and days of life, transitioning home, tips for learning and responding to baby's cues, comfort techniques, infant safety, and key milestones throughout the first year. *Class two coming in March 2023.*

**Register Now!**

See other side for additional classes and registration information.

# Breastfeeding Classes

## *Introduction to Breastfeeding*

Internationally Board Certified Lactation Counselors teach parents about the natural process of breastfeeding. Topics include how to achieve a proper latch, determine if your baby is getting enough milk, best practices for increasing milk supply, and how to overcome common breastfeeding challenges. *\*Take any childbirth class and receive Introduction to Breastfeeding for FREE.*

## *Breastfeeding Support Group*

Need more support with breastfeeding after you are discharged home? Come join with other mommas as we take questions and offer educational support with basic non-emergent breastfeeding questions. *This group is lead by IBCLCs/CLCs and is complimentary for moms and babies.*

# Fitness Classes

## *Fit4Mom*

Exercise is a main ingredient to well-being during pregnancy, as well as strength as a new mom. Fit4Baby is designed to help you strengthen your body for the changes you will experience during pregnancy. Visit [LasVegasFit4mom.com](http://LasVegasFit4mom.com) for class listing and registration.

**All classes are held in the Family Place Classroom at Summerlin Hospital Medical Office Building 1, ground level, located at 653 N. Town Center Dr.**

*Enter off Town Center Dr., south of Banbury Cross Dr.*

**FOR ADDITIONAL INFORMATION OR TO REGISTER,  
PLEASE EMAIL:  
[TAMARA.MCCANN@UHSINC.COM](mailto:TAMARA.MCCANN@UHSINC.COM)**

