



# 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.

### *Postpartum Afterglow*

Developed to help parents better navigate the postpartum period. Expectant couples will learn what to expect in the days and weeks following birth, 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*

This comprehensive newborn care class will give you the knowledge and confidence you need for bringing your baby home. 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, tips for learning and responding to baby's cues, comfort techniques and infant safety.

### *Infant Massage*

Infant massage helps promote your baby's overall health and wellness. Massage also provides a unique opportunity for bonding and communication between you and your baby. In this class, parents will learn gentle massage techniques to promote infant self-regulation and relaxation, enhance circulation and immune function, and improve function of the GI tract. For more information and a complete list of benefits, visit [lovingtouch.com](http://lovingtouch.com). To register, please call 702-233-7907.

**Register Now!**

See other side for additional classes and registration information.

*It is recommended that you register for childbirth classes between 28-36 weeks.*



# Breastfeeding Classes

## *Introduction to Breastfeeding*

Lactation Counselors teach parents about the natural process of breastfeeding. Topics include how to achieve a proper latch and determine if your baby is getting enough milk, plus best practices for increasing milk supply and overcoming common breastfeeding challenges.

## *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 every Thursday from 10-12pm, 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.

# Tours of The Birthplace

## *Tour The Birthplace*

Free tours of The Birthplace at Summerlin Hospital are held twice-weekly. It is recommended that you register early in pregnancy as they fill up quickly. Two adults per registration and no children, please.

**To register, visit: [Eventbrite.com](https://www.eventbrite.com) and search The Birthplace at Summerlin.**

**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.*

**Register now at:**

**[summerlinhospital.com/events-and-programs/birthplace](http://summerlinhospital.com/events-and-programs/birthplace)**

