

## Stork's Nest

Offered by the the Zeta Phi Beta Sorority and the March of Dimes, this **FREE** incentive program encourages women to receive appropriate prenatal care and childbirth education. Here's how it works: When you get care and education, you earn points to spend like cash on items such as diapers, baby clothes and breastfeeding supplies at "nests" throughout the Lowcountry on specified dates. Pick up a Stork's Nest registration card at your doctor's office. **For more information please call 843-522-5570.**

## Car Seat Installation

Ensure your child's car seat is properly installed so you can get your "special delivery" home safe and sound. Thanks to the two partners below, you can have a certified child passenger safety technician assist you with car seat installation.

**Beaufort County EMS – Call EMS at 843-255-5368 for a free appointment.** Appointments are offered the first Friday of each month.

**The City of Beaufort/Town of Port Royal Fire Department** – The Fire Department will have a certified car seat technician at our monthly Birthing Center tour. You can also have your seat checked at any City of Beaufort/Town of Port Royal fire stations. **Call 843-525-7055 for a free appointment.**

## www.Text4baby.org

**Are you expecting?** Get **FREE** health and safety tips on your phone. Text the word **BABY** (or **BEBE** for Spanish) to 511411 to receive free text messages each week. The messages are coordinated with your due date or your baby's birth date and continue through pregnancy and up until the baby's first birthday. Text **STOP** to discontinue messages or **HELP** for help.

## Infant CPR

The American Heart Association's Infant CPR Anytime® personal learning program offers instruction in relieving a choking infant and performing infant CPR to anyone who does not need a course completion card.

**Call 800-233-1230 or visit [www.cpranytime.org](http://www.cpranytime.org) to order a kit.**

## Hospital Discharge

When you and your baby are ready for the trip home, BMH staff will escort you to your car. Be sure to have your new car seat installed so you can get your "special delivery" home safe and sound.

## Insurance

Don't forget to notify your insurance company of your upcoming birth as soon as possible to comply with any precertification requirements. Then contact it again within two days of delivery to add your child to your insurance plan.

## LifeFit Prenatal Membership

**990 Ribaut Road, Beaufort**

Combat excessive weight gain and support a healthy pregnancy with exercise.

**LifeFit Prenatal Wellness Bundle: \$50 Includes:**

- One month membership to LifeFit Wellness Center
- Dietary Consultation with Registered Dietitian
- Fitness consultation with a wellness coach
- Exercise Prescription for prenatal exercises

# Baby University



## Infant and birth education

Welcoming generations of Beaufort families



**We know you want to be good parents, and we are here to help!**



**Beaufort Memorial**  
**HOSPITAL**  
Collins Birthing Center

## Baby Basics Class

Becoming a parent is a major life changing event. It can be wonderful but also stressful. Let us help you learn the basics with our baby basics class. This class will help ease your transition from hospital to home as a new family. Topics will include how to bond with your baby, infant cues and typical newborn behavior, feeding, diapering, bathing and skincare tips, circumcision information, sleep and car seat safety, and much more! **It is recommended that you take this class during the seventh month of your pregnancy.** It will be interactive and fun, with time for any questions you might have.

**WHEN:** 1st Wednesday of each month, 6 – 8 p.m.

**WHERE:** Beaufort Memorial Medical and Administrative Center  
4th Floor, Classroom 426  
990 Ribaut Road, Beaufort

**COST:** Free  
**Preregistration is required.**  
**CALL:** Call 843-522-5570.  
**ONLINE:** [www.bmhsc.org/events](http://www.bmhsc.org/events)



## Prepared Childbirth

As a soon-to-be parent, you want to do everything you can to ease the labor process and make informed decisions. This class will cover childbirth methods, stages of labor and what to expect in the hospital labor room. You will also learn about pain management techniques and how your birth partner can help support you in labor.

**WHEN:** 2nd Wednesday of each month, 6 – 8 p.m.

**WHERE:** Beaufort Memorial Medical and Administrative Center  
4th Floor, Classroom 426  
990 Ribaut Road, Beaufort

**COST:** Free  
**Preregistration is required.**  
**CALL:** Call 843-522-5570.  
**ONLINE:** [www.bmhsc.org/events](http://www.bmhsc.org/events)

## Breastfeeding Class

### How will you feed your baby?

Producing breastmilk is natural, but the skill of latching the baby onto the breast is learned. We want to take the guess-work and anxiety out of this important choice. In this class, you will learn how your body works with your growing baby and what to expect in the first weeks and months after giving birth.

**WHEN:** 3rd Wednesday of each month, 6 – 8 p.m.

**WHERE:** Beaufort Memorial Medical and Administrative Center  
4th Floor, Classroom 426  
990 Ribaut Road, Beaufort

**COST:** Free  
**Preregistration is required.**  
**CALL:** Call 843-522-5570.  
**ONLINE:** [www.bmhsc.org/events](http://www.bmhsc.org/events)

## Connect With Your Baby

### What is your newborn trying to tell you?

The first days and nights with a baby can be surprising and overwhelming. This class presents proven advice from the program HUG Your Baby (Help, Understanding, Guidance for young families). Learn how to use your baby's body language to:

- Prevent and solve problems around a baby's crying
- Establish effective sleep patterns
- Promote breastfeeding duration
- Build your confidence as a parent

## Breastfeeding Support Group

Our breastfeeding support group provides encouragement and an opportunity to learn from the successes and challenges of other mothers. Led by registered nurse and board-certified lactation consultant, Geneva Baxley, you'll learn strategies for breastfeeding success while balancing all of the demands of motherhood.

**WHEN:** 2nd and 4th Wednesday of each month, 10 a.m. – 12 p.m.

**WHERE:** Beaufort Memorial Collins Birthing Center  
955 Ribaut Road, Beaufort

**COST:** Free  
**Preregistration is required.**  
**ONLINE:** [www.bmhsc.org/events](http://www.bmhsc.org/events)

**WHEN:** 4th Wednesday of every other month, 6 – 7 p.m.

**WHERE:** Beaufort Memorial Medical and Administrative Center  
4th Floor, Classroom 426  
990 Ribaut Road, Beaufort

**COST:** Free  
**Preregistration is required.**  
**CALL:** Call 843-522-5570.  
**ONLINE:** [www.bmhsc.org/events](http://www.bmhsc.org/events)