

# *embrace*

your pregnancy & parenting roles

**Classes Instructors Include:**

Stanly County Health Department (Nurses, Nutritionist, Social Workers, Child Care Health Consultants and Health Educator), Stanly Regional Medical Center (Women's Center Nurses), For Women's Health, Stanly County Partnership for Children, Pregnancy Resource Center, The Butterfly House, Stanly County Family YMCA, Albemarle Chiropractor Center, the City of Albemarle Fire Department, Safe Kids and Stanly County Sheriff's Office/Dept.

**Sponsors Include:**

Partners in Health, Infant Mortality Reduction Team, Albemarle Rotary, West Stanly Rotary, Stanly Regional Medical Center and Stanly County Health Department.

To register for the next Embrace educational series, call the Stanly County Health Department at (704) 986-3018.



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Although your delivery may seem a long way off, these months will go by faster than you think. Taking care of you and your baby is very important during this time. We realize the importance of educating parents-to-be about pregnancy, delivery and positive parenting skills. This series of eight classes is designed to ensure families embrace these skills and feel confident in their new role as parents.

Classes are held on Tuesdays at Stanly Regional Medical Center's Family & Education Center. Attendees should enter the building from Level 2 of the medical center's parking deck. Classes are held from 6 p.m. until 8 p.m. and offered to Stanly County residents or women delivering at Stanly Regional Medical Center. Refreshments will be provided at each session. Spanish classes are available and translators will be on hand. Classes are free to expectant mothers.

### Class Schedule

The Embrace educational series of classes is available according to the following annual schedule:

#### English

March - April

July - August

October - November

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#### **Week 1**

Explanation of Program & Incentives, Healthy Pregnancy, Nutrition & Exercise, Yoga

#### **Week 2**

What to Expect During Pregnancy, Normal Discomforts, Risks of Substance Abuse, Pre-Term Labor

#### **Week 3**

Childbirth Classes, Labor & Delivery, Stages of Labor, Pain Management

#### **Week 4**

Newborn Care, Immunizations, Circumcision, Bathing, Umbilical Care, Growth & Development, Postpartum Issues

#### **Week 5**

Breastfeeding vs. Formula, Co-Sleeping Issues, Department of Social Services, Resources

#### **Week 6**

SIDS, Shaken Baby Syndrome, Stanly County Partnership Resources

#### **Week 7**

Mother & Infant Safety, Safety Seats & Correct Installation, Safety in the Home

#### **Week 8**

Family & Friends CPR & First Aid

