

Congratulations as you begin your journey to parenthood.

WellStar offers a variety of classes to help you along the way.

Birthing Centers / Hospital Tours. Come see where you'll experience one of the best days of your life. Tours at Cobb Hospital and Kennestone Hospital are held on weeknights and weekends. Tours at Douglas Hospital are by appointment only. Virtual Tours at www.wellstar.org.

The Gift of Motherhood ~Your Personal Journey through Prepared Childbirth. Bring your partner along on this five-week adventure or weekend journey through childbirth including labor and delivery, breathing and relaxation, hospital procedures and Cesarean birth. Childbirth classes for teen moms also are available.

The Joy of Parenthood ~Your Personal Journey through Newborn Care. Join other expectant parents for a discussion about newborn care and behaviors. Using lifelike dolls practice holding, diapering, dressing and bathing along with other hands on activities to get you and your baby off to a great start.

Breastfeeding Basics. Taught by certified lactation consultants, this introductory class helps you make an informed decision about breastfeeding. It covers the breastfeeding skills and techniques to ensure a successful breastfeeding experience for mother and baby.

Baby Brain Power. Learn about the marvelous instrument called the brain and the role parenting plays in the critical first years of its life. The class teaches fun and practical ways you can help build and boost your baby's brain development.

Boot Camp for New Dads. This nationally recognized program for men only prepares fathers-to-be (Rookies), for the exciting, yet sometimes challenging job of being a dad. Moderated by an experienced dad (Coach), the program brings together rookie dads, new dads (Veterans) and their babies to share questions and experiences in a non-threatening environment.

"Everything You Always Wanted to Know About Epidurals but Were Afraid to Ask" If you're curious about the use of medications to relieve the pain of labor, this two-hour class emphasizes the use of epidural anesthesia so this class won't put you completely to sleep.

Birth via Cesarean...Everything You Need to Know Before the Birth Day! Designed for those couples who are anticipating having their child by Cesarean section, this class will cover pre-operative and pre-admission preparation, surgery, anesthesia and pain relief, recovery and postpartum. A birthing center tour is included.

Big Sister/Big Brother (Sibling and Family Adjustment). Pre-school (3-5 years) and Elementary (6-10 years) : This two-hour class uses life-like newborn dolls and a kid-friendly video to help explain the birth and appearance of the new baby. A special feature of the class is a "parents only" discussion about sibling adjustment while the children enjoy a supervised art project to welcome the new baby.

Toddler: This one-hour class is designed for children under 3 years of age and their parents. The class offers discussion about ways parents can help the young child prepare emotionally for the new baby and also includes a book that can be used for continuing the discussion at home. Life-like newborn dolls are used during the class to help children prepare for the new baby.

A birthing center tour is included in both classes.

Generation to Generation....Grandparenting in the 21st Century. Congratulations! Your baby's having a baby! Enter grandparenthood with confidence with this preparation class covering generational differences for parenting, common family adjustments and the latest American Academy of Pediatrics recommendations for newborn care and safety. A birthing center tour is included.

Another Time Around: An Update and Review of Prepared Childbirth for Expectant Parents. Is the birth of your new baby's sibling a faint memory? It's OK to admit you need to refresh your memory as well as your partner's in this refresher course on hospital procedures, breathing/relaxation techniques and labor and delivery.

Childbirth 101 for Teen Mothers. Designed especially for moms ages 20 and younger, this childbirth preparation and education class provides a warm and supportive environment to learn baby basics including labor and birth, breastfeeding and newborn care. Family and other support people are invited to attend.

Mom's Connection Newborn. Designed to provide support for new moms, this ten-week class encourages and enlightens new moms as they deal with issues related to parenting newborns. Babies are welcome!

Mom's Connection II (For moms of 6-12 month olds). Designed to continue the support and rapport moms experience in the Mom's Connection: Newborn class, Mom's Connection II addresses emerging issues for moms of 6 to 12-month-old babies. From post-partum and marital "heart checks" to your baby's sleep, safety and nutrition, this nine-session mom's group offers encouragement and practical advice in a fun and non-judgmental setting. Babies welcome! Participation in the first Mom's Connection group is not a requirement for Mom's Connection II.