



# Birth, Baby Care and Beyond

Childbirth & Early Parenting  
Education & Resources



Wellstar offers a wide variety of childbirth and early parenting classes and resources to help you on your journey through parenthood.

If you're becoming a parent for the first time, our comprehensive pregnancy and postpartum education not only boosts your knowledge, but also your confidence. From newborn care to breastfeeding basics, and everything in between, your learning opportunities are as well thought out as your baby's name.

If you're becoming a parent again, our resources help cheer you on as you grow your family and coach you through the growing pains.

## **Classes are offered at the following locations:**

### **Wellstar Hospitals:**

- Atlanta Medical Center
- Cobb Hospital
- Douglas Hospital
- North Fulton Hospital
- Kennestone Hospital
- Spalding Regional Hospital
- West Georgia Medical Center

### **Wellstar Health Parks:**

- Acworth Health Park
- Vinings Health Park

## **Financial Assistance:**

Financial Assistance and scholarships may be available, please call (470) 956-STAR (7827) for more information.

# Recommended Basic Classes for All New Expectant Parents

## Birthing Center/Hospital Tours

Registration for in-person tours is required. To register, call (470) 956-STAR (7827). Virtual hospital tours of the Labor and Delivery and Mother/Baby Units are available at [wellstar.org](http://wellstar.org).

## Understanding Birth

Bring your partner along for a weeknight or weekend journey through childbirth, including labor and delivery, breathing and relaxation, hospital procedures and cesarean birth. It is recommended to start this class around your 30th week of pregnancy. Total class time is nine hours. A virtual class option is also available.

## Understanding Birth for Teens

This unique class is designed with a young mother in mind, to guide her through pregnancy and prepare her for childbirth. Total class times is six hours.

## Next Time Around

This refresher class is designed to give participants updated information on labor/delivery and to build on their previous childbirth experience. Total class time is six hours.

## Private Childbirth Class

Comprehensive one-on-one class that prepares expectant parents for childbirth, newborn care, and breastfeeding. Class times may vary.

## Water Labor

Water labor classes are available in person at Wellstar North Fulton and online at Wellstar Atlanta Medical Center. These are the only two Wellstar hospitals that offer water labor options.

## Breastfeeding Basics

Taught by a certified lactation consultant, this introductory class helps you understand the basics of breastfeeding. The course covers positioning and latch, how to tell if your baby is getting enough milk, and techniques that are necessary for a successful breastfeeding experience for both mother and baby. Total class time is three hours. A virtual class option is also available.

## Understanding Your Newborn

Before you hold your new baby, get hands-on experience using newborn-like dolls. During this class, you'll practice holding, diapering, dressing, bathing and other activities to help get you and your baby off to a great start. This course will provide you with the information you need about newborn traits and behaviors, how to comfort and feed your baby, and a review of health and safety tips. Total class time is three hours. A virtual class option is also available.

## Support Groups

*For more information on these support groups including dates, times, locations and links to join, visit [wellstar.org/community/support-groups](https://www.wellstar.org/community/support-groups)*

## Virtual Breastfeeding Q&A

Whether you are a new mother with breastfeeding questions or are looking to make connections and share experiences, join us for our weekly breastfeeding Q&A sessions.

## Virtual Mother's Support Circle

We invite new mothers to join a facilitated Virtual Postpartum group to openly discuss the joys, challenges and transition to motherhood.

## In-person Breastfeeding

Whether you are a new mother with breastfeeding questions or are looking to make connections and share experiences, join us for our weekly in-person breastfeeding support group.



## Additional Classes for Family

### Understanding Grandparenting

Enter grandparenthood with confidence. This preparatory class covers generational differences for parenting, common family adjustment issues and the latest American Academy of Pediatrics recommendations for newborn care and safety. Total class time is three hours. A virtual class option is also available.

### Big Brother/Big Sister

A new baby is an adjustment for the whole family. This two-hour class for children ages 3–9 is designed to make the transition easier on your child and smoother for you. Life-like newborn dolls and a kid-friendly video help explain the birth and appearance of the new baby.

### Wellstar also offers online e-classes.

These online class options can be done on your schedule from the comfort of home. Take the classes with your partner, print pages and resources, watch videos and explore the resource kits filled with partner tips, quizzes for extra practice and parenting tool kits.

For more information or to register for classes, please call **470-956-STAR (7827)**.

# Other Services Offered

## Lactation Consultations

Wellstar offers inpatient and outpatient lactation consultations from international board-certified lactation consultants in various settings: Classes, support groups and individual assistance in the neonatal intensive care unit (NICU) and mother/baby rooms.

Phone support and outpatient appointments are also available at the following Wellstar locations:

- Acworth Health Park\*: (470) 956-0055
- Atlanta Medical Center: (404) 865-3641
- Cobb Hospital\*: (770) 732-5247
- Douglas Hospital\*: (470) 644 1652
- North Fulton Hospital: (770) 751-2686
- Kennestone Hospital\*: (770) 793-8087
- Spalding Regional Hospital: (770) 228-2721 ext. 5276
- West Georgia Medical Center\*: (706) 880-7416

*\*Outpatient lactation consultation appointments available.*

## Child Safety Seat Inspection Station

Four out of five car seats are used incorrectly. Is yours one of them? You can make an appointment with a trained technician to have your child safety seat inspected. To schedule your appointment, visit [safekidsgeorgia.org](http://safekidsgeorgia.org) or call (404) 785-7436.

Call (470) 956-STAR (7827) or visit [wellstar.org](http://wellstar.org) for information about other Wellstar pregnancy health and early parenting classes, as well as a full range of education and wellness classes, screenings and events.