

Maternity Services

Breastfeeding Education

If you plan to breastfeed your baby, Moore Regional Hospital offers a breastfeeding education class on the first Thursday of every month from 7 to 9 p.m. and the third Thursday of the month from 6 to 8 p.m. Participation is highly recommended.

Expectant parents will learn the benefits of breastfeeding, positions to use while breastfeeding, feeding patterns, pumping and introduction of bottles. Breast pumps and other equipment that may be helpful to your breastfeeding routine will be shown.

Most insurance companies will cover the charge for the class. **To register, call (910) 715-2778 or (866) 415-2778 toll-free. Call (910) 715-2068 for more information.**

Breastfeeding Resource Center

Certified lactation consultants who can educate and encourage new mothers, answer their questions and help solve breastfeeding difficulties staff the Breastfeeding Resource Center at Moore Regional Hospital. The lactation consultants also are available by appointment to provide breastfeeding information and advice to women before and after giving birth. **Call (910) 715-2068 for more information.**

Childbirth Education at Moore Regional

Moore Regional Hospital hosts a Prepared Childbirth Series from January to November. The five-week course is held in the evening from 7 to 9 p.m. The goal of the series is to provide specific information about the latter stages of pregnancy, labor and delivery, as well as what to expect following delivery. **For registration and course dates, call (910) 715-2275. We recommend that you call to register during your first trimester.**

FirstQuit for Smokers

Babies born to women who smoke are much more likely to have infections and other serious health problems. So are infants and children who breathe second-hand smoke.

If you smoke, the FirstQuit program can help you stop. It is a comprehensive program that uses the latest techniques to assist tobacco users through the process of quitting smoking, chewing and other forms of tobacco use. The program includes:

- Customized quit plan
- Small group and one-to-one health education
- Identification of triggers
- Coping strategies
- Medications (nicotine patches, gum & lozenges)
- Regular support groups

Fee is \$50 and includes program participation for six months. Reduced fees are available for those who qualify. Programs offered in Hoke, Moore, Montgomery and Richmond counties. **For more information, contact the FirstQuit program toll-free at (888) 534-5333.**

Maternal-Fetal Medicine

For patients whose pregnancies are considered high-risk, the FirstHealth UNC Maternal-Fetal Medicine program at Moore Regional Hospital offers obstetrical care for women with pregnancies that are complicated by maternal disease, such as diabetes or hypertension, or any problem with the fetus, such as congenital abnormalities.

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Massage & Fitness for Mom & Baby

FirstHealth Fitness–Pinehurst offers a pregnancy massage for when your body needs extra care and nurturing. A special pillow is used during the massage to accommodate the needs of our moms-to-be. (Prenatal massage is not offered during the first trimester.)

Workshops are also available to teach parents how to massage their infants. Massage is soothing and relaxing for both baby and parent, and it is a good way to promote bonding.

For Moms ready to get back in shape and stay healthy, start with Exercise is Medicine and then transition to small group or personal training. Learn more at www.firsthealth.org/eim or call **(910) 715-1800**.

FirstHealth Fitness-Southern Pines offers swim classes for infants and toddlers (age 6 months to 3 years) and their parents. The classes help children feel comfortable in the water and teach parents how to work with their children in the water. Parents don't have to be members of the center to take part in the massage or swim classes. Call **(910) 692-6129** for more information or visit www.firsthealth.org/fitness.

Nutrition Support

A registered dietitian at FirstHealth Fitness is available for one-on-one consultations for all women who are pregnant, thinking of becoming pregnant, or are in the post-partum period. The dietitian can help with:

- Meeting nutrition needs during pregnancy and/or breastfeeding
- Maintaining a healthy weight range during pregnancy
- Managing side effects such as nausea, heartburn or constipation
- Losing weight after pregnancy
- Other special nutritional needs or concerns

For more information, please call (910) 715-1835.

Postpartum Depression

While the birth of a child is one of life's most joyous events, it is not uncommon for new mothers to experience depression. Postpartum depression can be serious, even debilitating. It can rob a new mother of the ability to enjoy her life and her baby.

FirstHealth Behavioral Health offers counseling and medical care to help women overcome postpartum depression. **For more information, call (910) 715-3370 or toll-free at (866) 804-7870.**

Women and Children's Services Tours

Moore Regional Hospital offers a free tour of the Women and Children's Center. This tour is recommended for parents to be during their second or third trimester. This tour is offered the second Monday of each month at 4 and 6 p.m. For more information or to register, please call (800) 213-3284.



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www.firsthealth.org