

Maternity Services

Prepared Childbirth Series

Moore Regional Hospital hosts a Prepared Childbirth Series from January to November. The six-week course is held in the evening from 7 to 9:15 p.m. The goal of the series is to provide specific information about the latter stages of pregnancy, labor and delivery, a tour of the Women and Children's center, Infant CPR and Choking, car seat safety, as well as what to expect following delivery.

This class is \$80 per couple. For registration and course dates, call **(910) 715-2275**. We recommend that you call to register during your first trimester.

One-Day Prepared Childbirth Class

Moore Regional Hospital hosts a Prepared Childbirth one-day class from January to November. The class is held on Saturdays from 10 a.m. to 5 p.m. The goal of the class is to provide specific information about the latter stages of pregnancy, labor and delivery, a tour of the Women and Children's center, as well as what to expect following delivery. This consolidated one-day class will not cover infant CPR or car seat safety.

This class is \$60 per couple. For registration and course dates, call **(910) 715-2275**. We recommend that you call to register during your first trimester.

Women and Children's Center Tour

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 free and offered the second Monday and third Saturday of each month. Registration is required. Call **(800) 213-3284**.

Siblings Class

Becoming a sibling for the first time is a special moment, and we have a class designed just for the big brother or big sister in your family. This class teaches children ages 3 to 8 years what it's like to have a new baby in the home, what babies eat, how they communicate and much more. A brief tour is included. Each child will receive an award certificate.

This class is \$5 per sibling and is offered the third Saturday every other month. For registration and class dates, call **(800) 213-3284**.

Infant Care Class

This in-depth, interactive class teaches best practices for baby care and safety. A registered nurse will demonstrate basic infant care techniques including diapering, swaddling, bathing, nail care and feeding. We will also discuss typical newborn behaviors, such as crying, sleeping and feeding patterns.

This class is \$25 per couple and is offered the third Saturday every other month. For registration and class dates, call **(800) 213-3284**.

Breastfeeding Education Class

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.

This class is \$55. Most insurance companies will cover the charge for the class. To register, call **(910) 715-2778** or toll-free **(866) 415-2778**. 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.

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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.

Massage & Fitness for Mom & Baby

FirstHealth Fitness in 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. Massages are soothing and relaxing for both the 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 the Exercise is Medicine program, and then transition to small group or personal training. Learn more at www.firsthealth.org/eim or call **(910) 715-1800**.

FirstHealth Fitness in 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. For more information, call **(910) 715-1841** or visit www.firsthealth.org/fitness or www.firsthealth.org/swim.

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) 715-2674**.

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, and even debilitating, and it can rob a new mother of the ability to enjoy both 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**.



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www.firsthealth.org