

Maternity Services

Online Prepared Childbirth Class

Moore Regional Hospital hosts a Online Prepared Childbirth class from January to November. The class is held on the second Tuesday of the month from 6 p.m. to 8:30 p.m. The goal of the class is to provide specific information about when to come to the hospital, labor and delivery and what to expect following delivery. This consolidated one-day class will not cover infant CPR or car seat safety.

This class is free, but registration is required. Limit is 10 couples per class. Login information will be sent to you one day prior to the class.

To register, visit www.firsthealth.org/specialties/women-childrens-services/maternity-services

Online Breastfeeding Education Class

If you plan to breastfeed your baby, Moore Regional Hospital offers a breastfeeding education class on the third Tuesday of every month from 6 to 8 p.m. 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 free, but registration is required. Limit is 10 couples per class. Login information will be sent to you one day prior to class.

To register, visit www.firsthealth.org/specialties/women-childrens-services/maternity-services

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.

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. Prenatal massage is not offered during the first trimester.

For moms ready to get back in shape and stay healthy, start with the Exercise is Medicine program, and then transition into membership including 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/swims.

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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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155 Memorial Drive • P.O. Box 3000 • Pinehurst, NC 28374

www.firsthealth.org