

# Women's Health and Maternity Services

## Heritage Valley Sewickley



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**HERITAGE VALLEY**  
HEALTH SYSTEM



# Commonly Asked Questions

**Q: Who do I call to register for prenatal education classes?**

A: Call **412-749-4270** to register for any of the classes. An RN will speak with you.  
You can also e-mail us at [prenatalsvh@hvhs.org](mailto:prenatalsvh@hvhs.org).

**Q: May I come to class if I haven't registered?**

A: We would highly recommend that you register for the class you would like to attend.  
We have limited space in the classrooms that the classes are held.

**Q: Is there a charge for the class?**

A: The Prenatal Class Series, Grandparent, Fatherhood, Tours and Breastfeeding Social Network are free of charge. There is a \$20.00 charge for the Breastfeeding for Moms to be class.

**Q: Should I take the hospital prenatal classes?**

A: The choice is yours. Prenatal classes are recommended! You may wish to discuss this with your doctor or the prenatal class educator. Our classes are very informative - we would like to be an integral part of your exciting experience.

**Q: What types of classes are offered?**

A: Prenatal series, Grandparents, Breastfeeding, Sibling & Adult tour. We also offer Lactation Consultant Services.

**Q: What if the weather is bad?**

A: Do not travel if you feel conditions are unsafe. In the event of a class cancellation, attempts will be made to phone those registered and announcements will be made on KDKA radio. You may also call the Heritage Valley Sewickley switchboard operator at **412-741-6600** to ask whether the class is being held.

**Q: Where do I call to get further information?**

A: You may call **412-749-4270**.

# Sneak Previews...

## Tours for Adults and Children

Tours of the Maternity Unit are available to expectant parents, their close family members or support persons. Tours are adapted to the audience. Questions are welcomed and answered by the RN guide.

**Adults:** The persons attending either the "Prenatal Classes" for expectant parents or the "Discoveries for Grandparents" have the opportunity to tour with those classes. Other tours for groups of adults are offered every eight weeks. The areas toured include: labor and delivery suites, postpartum unit, and newborn nursery. Tours last about an hour. Pre-registration is required. (No children permitted on this tour).

**Siblings:** During a specially designed time, new brothers and sisters to be, who are three years of age or older will be shown where mom and the baby will be after the baby is born. Things they will see and do include:

Seeing a room like the one mom will be staying in

Newborn babies in the nursery

Hear a story about newborns and how big brother/sister can interact with the new baby

Receive a coloring book

Make a souvenir keepsake

The tour lasts 40 minutes and is offered every 6-7 weeks. Parents must accompany their child on the tour. All discussion is given from the child's point of view. Pre-registration is required. Accommodations can be made on an individual basis for younger children.

**Tours fill quickly so please register EARLY!**

Registration: Phone **412-749-4270** or email **prenatalsvh@hvhs.org**.

# Prenatal Class During Middle to Late Pregnancy

**Who:** Expectant parents or the expectant mother and supportive guest of her choice.

**What:** Two Part Series/One Day Prenatal

A two-class series held in the evening for two consecutive weeks or a One Day on a Saturday and includes a tour of the maternity center (Labor and Delivery activity permitting). Series will cover the following topics:

Labor and Delivery — This class is for the expectant mother and her labor-support partner and explores:

- Labor management (coaching support)
- Role of the labor partner
- The birth process
- Vaginal birth, cesarean birth
- Vaginal birth after cesarean (VBAC)
- Anesthesia options

Postpartum and Newborn Care — This class explains the new mother's recovery process after birth and her physical changes and needs after delivery. Discussion will include ways to make getting started as a parent easier and more successful. This class will also provide new parents-to-be with tips and techniques to benefit you and your new baby, including:

- Newborn appearance
- Bathing/diapering/dressing/feeding (breast and bottle)/soothing a fussy infant
- Selecting a pediatrician/routine check-ups/immunizations
- Infant safety and security/proper use of car seat

**When:** Two part series are held three consecutive Wednesday evenings from 7:00 p.m. to 9:30 p.m. or an all day Saturday session from 8:30 a.m. to 3:00 p.m. Both present the same information.

# Breastfeeding For Moms To Be

- Who:** Moms To Be
- When:** This class is offered in January, March, May, July, September and November. Visit [www.heritagevalley.org](http://www.heritagevalley.org) and search for *Events & Classes* to see when the class is scheduled for.
- What:** Expectant mothers will be offered guidelines for a successful breastfeeding experience. Topics will include:
- Advantages of breastfeeding
  - Nutritional Information
  - Body changes that occur during pregnancy and breastfeeding
  - Recognizing if baby is getting enough milk
  - Preventing problems and what to do when problems arise
  - Pumping and storing breast milk
- Where:** Classes are held at Heritage Valley Sewickley on the 4th Floor in Conference Room 1. Directions will be posted in the hospital the day of class.
- Registration:** You will need to register for this FREE class by calling 412-749-4270 or by e-mailing [prenatalsvh@hvhs.org](mailto:prenatalsvh@hvhs.org). Classes may be rescheduled or cancelled if enrollment is low.

# Breastfeeding Support

**Who:** Mothers who plan to breastfeed or pump breastmilk.

**When:** During your pregnancy or while you are breastfeeding or pumping for your baby.

**What:** There are three lactation consultants for Heritage Valley Sewickley. Two of them are International Board Certified Lactation Consultants and the RN's are planning to obtain that certification.

- Edith Davidson RN IBCLC
- Lisa Powner RN IBCLC
- Sandy Nunn RN IBCLC
- Kim Cosentino, RN

A lactation consultant will see you and your baby while you are at the hospital. Mothers and babies may come in to see the lactation consultant by appointment.

The **Breastfeeding Moms Network** meets twice a month. It is a support group for breastfeeding or pumping mothers. Healthy moms and babies as well as expectant mothers are welcome to attend meetings. The group is led by an IBCLC, International Board Certified Lactation Consultant, from Heritage Valley Sewickley. There will be one morning meeting and one evening meeting per month. The first Wednesday meeting will be from 10-12 and the 3rd Wednesday meeting will be from 6-8. The meeting will usually be held in the Board Room on the lower level next to Childwatch at the Sewickley YMCA across from Heritage Valley Sewickley. When held at the YMCA you may park in the Y parking lot. Meeting times and location will be available both at the hospital website, and at the website for the YMCA. There is no charge to attend this group.

Breastfeeding help is available by phone at the Heritage Valley lactation office at **412-749-7494**. Calls are usually returned the same day or the next day when you leave a message by 9 am.

Another resource is the Allegheny County Breastfeeding Helpline, **412-247-1000**. Leave a message between 8 am and 8 pm, and an IBCLC will return your call.

**Where:** If you come in for a lactation consultation, the lactation consultant will meet with you and your baby on the 6th floor Maternity unit, in a private room. The location of support group meetings will be available on the hospital website.

**Registration:** You do need to register for the Lactation Consultant to meet with you and your baby. You do not need to register to come to the Breastfeeding Moms Network group.

# Discoveries For Grandparents

**Who:** Grandparents.

**When:** One session offered every three months.

**What:** This combination tour of the Maternity Unit and discussion is offered free of charge. In an informal atmosphere, we share information on:

The current trends in birthing

Baby care and feeding

Home safety

Car safety

Tips on supportive interactions with the new parents and grandchildren

This class is just for grandparents - no expectant participants please.

**Where:** At Heritage Valley Sewickley in the MCH classroom on the sixth floor. Directions will be posted in the hospital the day of class.

**Registration:** Please phone **412-749-4270** or email **prenatalsvh@hvhs.org**.

# Fatherhood Classes

- Who:** Expectant fathers.
- When:** This class is offered once every 3 months.
- What:** The class will enhance a father's parenting skills in caring for the health and safety of his infant or toddler. Upon completion of instruction, each father will gain:
- The ability to respond to the immediate needs of his child
  - The ability to quickly and confidently respond to a medical emergency
  - The ability to know when to seek professional medical assistance for his child
  - The knowledge that he can have a positive impact on the daily life of his child
  - An appreciation of the father-child bond
  - Enhanced parenting skill
- Where:** Dr. Dad classes are held at Heritage Valley Sewickley in the fourth floor conference area. Directions will be posted in the hospital the day of class.
- Registration:** Please phone **412-749-4270** or email **[prenatalsvh@hvhs.org](mailto:prenatalsvh@hvhs.org)**.



# Lamaze Classes

- Who:** Expectant parents or the expectant mother and supportive guest of her choice.
- When:** Schedule a class to attend around the 30th week of your pregnancy. Visit [www.lamaze.org](http://www.lamaze.org) to find a Lamaze class near you.
- What:** A certified Lamaze instructor will help prepare mothers and their coaches who wish to actively participate in pregnancy and delivery.
- Where:** Not currently offered at Heritage Valley Sewickley.

# Prenatal Class Schedule

- **All Day Prenatal Class**  
4th Floor Conference Room  
Saturday, 8:30am – 3:30pm  
February 8, 2020  
April 18, 2020  
June 20, 2020  
July 25, 2020  
October 10, 2020  
December 5, 2020
- **2-Part Prenatal Class**  
4th Floor Conference Room  
Thursday, 7:00pm – 9:30pm  
January 9 & 16, 2020  
March 12 & 19, 2020  
September 3 & 10, 2020  
Tuesday 7:00-9:30pm  
May 12 & 19, 2020  
November 10, 2020  
Monday 7:00-9:30pm  
November 16, 2020
- **Grandparents Class**  
6th Floor MCH Classroom  
Thursday, 7:00pm – 9:00pm  
February 6, 2020  
May 7, 2020  
August 6, 2020  
Tuesday, 7:00pm – 9:00pm  
November 3, 2020
- **Dr. Dad Class**  
4th Floor Conference Room  
Saturday, 9:00am – 1:00pm  
February 1, 2020  
May 2, 2020  
August 1, 2020  
November 7, 2020
- **Breastfeeding For Moms To Be**  
4th Floor Conference Room  
Sunday 3:00pm - 5:30pm  
January 5, 2020  
March 8, 2020  
May 3, 2020  
July 5, 2020  
September 6, 2020  
November 1, 2020
- **Sibling & Adult Tours of the Maternity Unit**  
Sibling 6:00pm, Adult 7:00pm  
January 15, 2020  
February 26, 2020  
April 8, 2020  
May 20, 2020  
July 8, 2020  
August 19, 2020  
September 30, 2020  
November 4, 2020  
December 9, 2020
- **Breastfeeding Moms Network**  
Sewickley YMCA  
First Wednesday of the month,  
10:00am - 12:00pm & Third Wednesday  
of the month, 6:00pm - 8:00pm  
February 5 & 19, 2020  
March 4 & 18, 2020  
April 1 & 15, 2020  
May 6 & 20, 2020  
June 10 & 24, 2020  
July 1 & 15, 2020  
August 5 & 19, 2020  
September 2 & 16, 2020  
October 7 & 21, 2020  
November 4 & 18, 2020  
December 2 & 16, 2020  
Second Wednesday of the month,  
10:00am - 12:00pm & Fourth Wednesday  
of the month, 6:00pm - 8:00pm  
January 8 & 22, 2020



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