

# UPMC Bedford Memorial

## OBSTETRICAL FAMILY SUPPORT CLASSES

At UPMC Bedford Memorial, we care for the needs of you and your baby. Through our prenatal and childbirth education classes, we strive to provide you with the best possible support during your pregnancy to help guide you and your family through this beautiful moment in your lives. For more information, or dates of upcoming classes, please call 814-623-3516.



### Childbirth Class

All classes take place in the cafeteria.  
Bring your support person.

#### Class 1 – Labor and Delivery

Instructor: Brenda Anderson, RN, LCCE  
6:30 to 8:30 p.m.

Learn about the following:

- Stages of labor
- True vs. false labor and how to tell the difference

#### Class 2 – Comfort Techniques and Pushing Phase

Instructor: Brenda Anderson, RN, LCCE  
6:30 to 8:30 p.m.

Learn about the following:

- Relaxation techniques during labor
- Practice positions during labor
- Medications used in labor
- Pushing phase and practicing positions for pushing

#### Class 3 – Assisted Deliveries and Postpartum

Instructor: Brenda Anderson, RN, LCCE  
6:30 to 8:30 p.m.

Learn about the following:

- Assisted deliveries (episiotomy, C-section, forceps, vacuum extraction)
- Tour of the OB/GYN department and postpartum area

#### Class 4 – Newborn Care

Instructors: Melissa Pentrack, RN and Michelle Spade, RN  
6:30 to 9 p.m.

Learn about:

- Car seat safety
- Car seat installation
- Pediatricians

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### Breastfeeding Class

Instructor: Carissa Restly, RN, CBC  
7 to 8 p.m.  
Blackburn Conference Room  
Bring your support person.

Learn about the following:

- Discuss the advantages and disadvantages of breastfeeding
- Discuss the changes your breasts will go through in pregnancy and when lactating
- Getting ready to breastfeed:
  - > Setting up a breast feeding station
  - > Hand positions for breastfeeding
  - > Positions for breastfeeding
  - > How to know if baby is getting enough milk
  - > Mother's diet and food intake
  - > Breast milk collection and storage.
  - > How support person can help with breastfeeding



### Sibling Class

Instructor: Brenda Anderson, RN, LCCE  
6:30 to 8 p.m.  
Blackburn Conference Room  
Ages 2 through 6

Fun activities for children:

- Listen to stories about babies and what big brother or sister can do to help
- Practice how to hold and diaper your baby
- Watch a video about what it is like having a new baby in the home
- Design a t-shirt for your new baby

Children will also take a tour of the OB department and see where mommy and baby will stay and receive a big brother or big sister sticker.

For class schedule, call **814-623-3561** for dates.

### Car Seat Clinic

By appointment

Call **814-623-3516** for more information or to schedule an appointment with a certified car seat technician.

Parking is available in the outpatient parking lot.

To register for classes or to obtain more information, please call **814-623-3516**.

**UPMC Bedford Memorial**  
10455 Lincoln Highway  
Everett, PA 15537