

# WELL

WOMEN'S EDUCATION LIFE LEARNING

*A Mother's Place*



203.688.9355  
[www.ynhh.org/well](http://www.ynhh.org/well)



300 George Street, Room 138  
New Haven, CT 06511



**Dear Parents,**

**Women’s Education Life Learning (WELL)/A Mother’s Place would like to welcome you and your new family to Yale-New Haven Hospital. If you have questions or concerns about childbirth or parenting classes, nursing bras or supplies, you can find answers in this guide. YNHH has been successfully providing the community with childbirth and parenting education since 1949.**

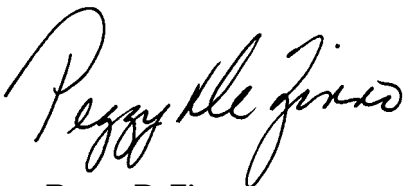
**To meet the growing needs of women and their families, WELL has added “A Mother’s Place,” specifically to provide a one-stop shopping environment for pregnant and nursing mothers. We have designed this guide to offer you a complete course of pregnancy and birth education, fitness and breastfeeding support.**

**WELL/A Mother’s Place is located at 300 George Street in New Haven, room 138, near Yale-New Haven Hospital. For your convenience, we also offer several classes in the greater New Haven area and at the Yale-New Haven Shoreline Medical Center in Guilford. In order to ensure personal attention, class size is limited. We strongly recommend signing up early to allow for alternate class dates.**

**We appreciate the opportunity to provide you with the educational programs and services in this guide. WELL/A Mother’s Place is committed to helping you and your family get off to the best start. Whether you choose a childbirth class or a new breast pump, your experience will be a pleasant one—we guarantee it.**

**We want you to have the best experience possible—should you have a question or concern, feel free to call us and speak to one of our customer care representatives at 203.688.9355.**

**Sincerely,**

A handwritten signature in black ink that reads "Peggy DeZinno". The signature is written in a cursive, flowing style.

**Peggy DeZinno RN, BSN, CCE**

**Coordinator, WELL/A Mother’s Place @ YNHH**

**[www.ynhh.org](http://www.ynhh.org)**

## CLASSES

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### **Dancing Thru Pregnancy®**

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Dancing Thru Pregnancy® (DTP) is an ongoing prenatal health and fitness program specializing in exercises for pregnancy, labor and birth. Dancing Thru Pregnancy® includes centering, relaxation, cardio, strength and education in a supportive environment for pregnant moms. Whether you are a vigorous exerciser or a recreational walker, Dancing Thru Pregnancy® is tailored for you. Guidelines for activities outside of class are customized to your exercise history and lifestyle.

Begin DTP® in early to mid pregnancy. Your certified instructor is a valuable source of support and information on nutrition, relaxation and education. She is trained to help mothers understand and strengthen their changing bodies.

### **Smart Start Seminar**

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Smart Start Seminar is the introduction to your childbirth classes. The class includes discussion of healthy choices for labor, birth and beyond, includes an evaluation of individual diets, essential exercises for labor and birth and information about breastfeeding resources.

### **Five-week Childbirth/One-day Childbirth Preparation**

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The Childbirth classes begin with the Smart Start seminar. You will learn essential exercises, relaxation and breathing techniques, positioning for labor and birth, the role of the support person, discussion of birth options, medication and anesthesia options.

### **Four-week Parenting/ One-day Parenting**

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The Parenting classes cover basic infant care, including feeding, diapering, swaddling and bathing, infant safety, typical newborn appearance and behavior, methods for soothing a fussy baby, and issues related to parental adjustment to life with a baby. The fourth class of the series is the reunion class, which is held once the baby arrives.

### **HypnoBirthing®**

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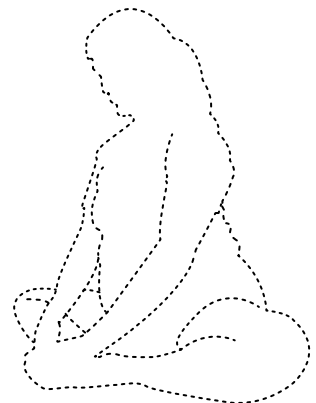
Experience an easier, more comfortable birthing experience in this five-week series. Learn techniques that help you eliminate the fear and tension that cause pain in birthing, including relaxation and self-hypnosis. Replace fear and tension that cause long labor and pain with confidence, calm and comfort.

#### **REMEMBER:**

*Consult with your healthcare provider before starting an exercise program.*

*Have your provider complete a screening form on page 12.*

*Complete an exercise and nutrition form and return them to your instructor.*



# CLASSES

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## **Breastfeeding Couples Class**

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Breastfeeding Couples class is a two-hour class for expectant and new parents. Learn the basics of breastfeeding, including proper latch-on, infant feeding cues, positioning, how to establish a good milk supply and information on renting or purchasing breast pumps and nursing bras.

## **Infant/Child CPR Classes**

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A 3 1/2-hour class to learn the basics of infant/child cardiopulmonary resuscitation. Excellent for grandparents too! Classes are held monthly. We also offer an **infant/child CPR class for professionals** who need certification in infant/child CPR. In addition, we offer an **"Infant-CPR Anytime Kit"** for use at home.

## **Sibling Class**

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Getting your child ready for the role of "Big Brother" or "Big Sister" isn't always easy. This unique class for children of any age includes an introduction to the hospital. Please call two months before your baby's due date to reserve a spot for your child in this popular program.

## **Tour**

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A one-hour guided tour through our maternity unit will help you understand what to expect when the big day arrives. You will have the opportunity to complete your admission paperwork. Please call WELL at 203.688.9355 two months before your baby's due date.

## **Vaginal Birth After Cesarean (VBAC) Seminar**

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Women who desire to have a vaginal birth after cesarean should prepare for a successful labor. In addition to attending the Refresher class (see page 8), this class is offered to discuss the benefits, risks and decision-making around VBAC.

## **Infant Massage Class**

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As a parent, loving relative or caregiver of an infant, you want to see your child flourish. This three-week series teaches the basic massage techniques (workbook and oil included). Touch is as important as food for healthy mental and physical development—a fact clearly supported by both ancient tradition and contemporary research. For fathers, massage offers a special opportunity to develop ease and intimacy with their children.

## **Prepared Cesarean Birth Class**

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Prepared Cesarean Birth Class is designed for parents-to-be who will be having a planned cesarean birth due to medical or health-related conditions. The class covers preparing for your hospital stay, how a cesarean is performed, medications, and what to expect following the surgery. Some information on the newborn is included, but we strongly recommend that parents-to-be also take the Parenting Class and the Breastfeeding Class.

## **AfterDance™ and StrollerDance**

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A special class for mom and baby. It includes cardio, endurance, strength, stretch, relaxation, mothering tips and support from other moms. Work at your own level, making sure that you are carefully getting your body realigned and your muscles strengthened. Often, life-long friendships emerge from this time of exercise and sharing.

### WHAT ARE THE BENEFITS?

- > Positive time with baby
- > Cardiovascular endurance
- > Improve your range of motion
- > Increase your strength
- > Support from other moms

Having your baby in class with you is important to new mothers, and everyone in class understands that sometimes a baby takes precedence. AfterDance is a "baby-friendly" place. We will show you how to carry your baby, incorporate your baby and how to enjoy your baby while you care for yourself. If you want to attend by yourself, that's okay too. We're here to support and cheer for you.

This is an important time for networking, too. As babies grow and want to play with each other, moms often form playgroups. Friendships formed in this time of life are key for both mom and baby—and can often lead to lifelong friendships. Sharing advice, exchanging information and finding out where the good bargains are on baby items are among the benefits of being in a supportive atmosphere.

### **Join our Free eCare Connect e-mail!**

HERE'S HOW OUR NEW WEEKLY E-MAIL WORKS:

- > You sign up by giving us your name, due date and e-mail address.
- > Your privacy is carefully protected and this information is only used for this free service.
- > Messages are tailored to the week of your pregnancy or the age of your child.
- > Unlike any other weekly e-mail, this message, from Yale-New Haven Hospital, is based on the newest evidence-based practices and our years of experience supporting families through pregnancy. We offer patient information, announcements about classes and tours, research briefs, and other resources that make this experience the best.
- > Again, it's free; you can print and save your messages, pass them on to a friend, and you may, of course, opt out at any time. This is just another personalized service to better meet your needs by the hospital you have chosen, Yale-New Haven Hospital. To sign up now, log on to our website at [www.ynhh.org/well](http://www.ynhh.org/well)

**New:** eCare Connect has expanded to toddlers. Receive our emails through the third year. Sign up now!



The Parent Review

## **\*PACKAGES - FIRST TIME PARENTS**

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*For first-time parents. Try to complete your classes approximately 6 weeks before your due date.*

### SILVER PARENT PACKAGE

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- > *Eight weeks of Dancing Thru Pregnancy® (prenatal fitness)*
- > *Smart Start seminar*
- > *Five-week Childbirth/one-day Childbirth preparation*
- > *Breastfeeding couples class*
- > *Tour of the maternity facilities*

### GOLD PARENT PACKAGE

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- > *Fourteen weeks of Dancing Thru Pregnancy®*
- > *Smart Start seminar*
- > *Five-week Childbirth/one-day Childbirth preparation*
- > *Four-week Parenting/one-day Parenting*
- > *Breastfeeding couples class*
- > *Tour of the maternity facilities*

### PLATINUM PARENT PACKAGE

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- > *Eight weeks of Dancing Thru Pregnancy®*
- > *Smart Start seminar*
- > *Five-week Childbirth/one-day Childbirth preparation*
- > *Four-week Parenting series/one-day Parenting*
- > *Breastfeeding couples class*
- > *Three-week Infant Massage class*
- > *Tour of the maternity facilities*

### SPECIAL PARENT PACKAGE

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- > *Five-week HypnoBirthing®*
- > *Smart Start seminar*
- > *Four-week Parenting/one-day Parenting*
- > *Tour of the maternity facilities*

*\*Gift certificates available*



## **BREASTFEEDING CATALOG**

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Breastfeeding is beneficial for both mother and baby; however, there can be challenges, questions and concerns. Is my baby getting enough to eat? Am I breastfeeding my baby correctly? How often should I breastfeed? Where can I purchase a well-fitting nursing bra? What are my options? When can I return to work? WELL/A Mother's Place is one of the many vital resources available at Yale-New Haven Hospital. We offer a variety of services, not only for the nursing mother, but also for the pregnant and postpartum woman and her family.

### **Services that WELL and A Mother's Place offers**

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Medela® breast pumps are available to rent or purchase. We will gladly deliver your pump during your stay at Yale-New Haven Hospital. Or come and visit us at our location at 300 George Street. For rental and purchase rates, call WELL at (203) 688.9355. Our office is open Monday through Friday, 9 AM until 4 PM, and Saturdays, 8 AM until 12 noon.

We also sell breastfeeding products and accessory kit parts at competitive prices. WELL/A Mother's Place offers a variety of helpful classes including: Breastfeeding couples, Infant/Child CPR, AfterDance® and Infant Massage.

Call us for a personalized bra fitting. We carry a full line of Medela® and BRAVADO!® nursing bras and intimate apparel.

For breastfeeding questions or concerns, call us or visit our website: [www.ynhh.org/well](http://www.ynhh.org/well) and click on "Breastfeeding"

### ACCESSORY KIT PARTS, BREASTMILK, COLLECTION AND STORAGE, BREAST CARE PRODUCTS

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*Battery pak for Pump in Styles*

*International adapters*

*Breastmilk storage and feeding set (BPA-free)*

*Pump in Style replacement kits*

*Cooler elements*

*Hands-free pumping kit*

*Harmony manual breast pump*

*Maya wraps*

*Nipple shields*

*Nipples/Slo-Flow nipples*

*Nursing stools*

*Personal fit breast shields; all sizes*

*Pump&Save breastmilk bags*

*Starter SNS*

*Tender Care lanolin*

*Therashells*

*Tubing with adapter*

*Vehicle lighter adapter*

*Washable bra pads: Medela® and Bravado!®*

*Quick Clean Micro-steam bags*

*Soothies*

***Call us for a complete listing 203.688.9355***

PUMP IN STYLE BREAST PUMPS:

*Personal use electric breast pumps that are portable, autocycling, professional-grade breastpumps*

A SWING PUMP

B PUMP IN STYLE® METRO BAG

*Shoulder-bag style*

C PUMP IN STYLE® ADVANCED

*Stylish shoulder bag with breakthrough Natural Expression™ Pumping*

D PUMP IN STYLE® ADVANCED BACKPACK

*Stylish backpack with breakthrough Natural Expression™ Pumping*



A

SWING PUMP



B

PUMP IN STYLE® METRO BAG



C

PUMP IN STYLE® ADVANCED SHOULDER BAG



D

PUMP IN STYLE® ADVANCED BACKPACK

*Individual breast pump instruction is provided by our knowledgeable staff.*

**Other Classes:**

## **PACKAGES - EXPERIENCED PARENTS**

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If this is your second, third, or beyond baby, the experienced parents packages series includes three options you may select from.

### **REFRESHER PACKAGE ONE**

- > *Eight weeks of Dancing Through Pregnancy®*  
(Prenatal Fitness)
- > *Refresher class*
- > *Sibling class*

### **REFRESHER PACKAGE TWO**

- > *Fourteen weeks of Dancing Through Pregnancy®*  
(Prenatal Fitness)
- > *Refresher class*
- > *Sibling class*
- > *VBAC seminar*

### **VBAC PACKAGE (Vaginal Birth After Cesarean)**

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- > *VBAC seminar*
- > *Refresher class*
- > *Sibling class*

### **Refresher Class**

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This 2 1/2-hour class is designed for parents who have previously attended childbirth classes. It covers information about the changes in the course of labor and birth that subsequent parents experience. Relaxation and all breathing techniques through pushing positions and pushing techniques are covered. The class also includes a labor rehearsal, short tour of labor and birth facilities and a discussion about sibling preparation. If you register for the Refresher class, the sibling class is half price. Call at least 2-3 months before your due date.

## **MIDLIFE PROGRAMS**

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### **Hysterectomy Class**

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A one-hour class that covers the step-by-step process of hospitalization. Led by a GYN nurse, this class prepares you for the physical aspects of the surgery. Practical information about your hospital stay, recovery, basic exercises and a tour of the unit will be included. Or, visit us on the Hysterectomy class website at [www.ynhh.org](http://www.ynhh.org). Go to Patient and Visitor Information and then click on Patient Education.

Any questions? Call us at 203.688.7992 or visit us online at [www.ynhh.org](http://www.ynhh.org)

### **Moving Thru Life**

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A fitness program designed specifically for women 40 and over. If you are a grandmother, single woman, or mother who would like to begin an exercise program, this is for you! MTL combines enjoyable and meaningful exercise activities with social support and stress management. The program includes:

- > Warm-up (centering, deep breathing)
- > Aerobics (endurance games and dances)
- > Strength and flexibility exercises
- > Focused relaxation

To participate, you need medical clearance—a note from your primary care provider that states that it is appropriate for you to participate in exercise designed for your age and fitness level.

## **DRIVING AND PARKING DIRECTIONS**

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### **SIBLING CLASS/TOUR AT YALE-NEW HAVEN CHILDREN'S HOSPITAL**

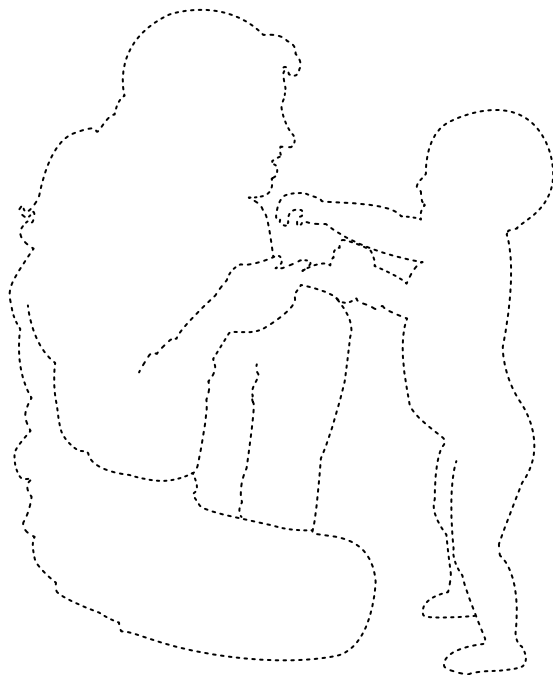
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**From Hartford:** I-91 South to New Haven. Take Exit #1. Take the 3rd exit off this expressway. At the end of the ramp, on the left will be the entrance to the Air Rights Garage. Park on any level. On Level 2, take the skywalk to the main entrance to the hospital. Walk straight through to the Atrium. You will see the water fountain. Look to your far left and find Babar the Elephant (LEGO® statue). He will point you toward the lobby of the Children's Hospital. In the lobby turn to the left into the Pre-admission area. Meet at the fish tank for the Sibling Class and/or Tour.

**From New London:** I-95 West to New Haven. Take Exit #47. Take 3rd exit off this expressway, and follow as above.

**From I-84 or Rt. 8:** Follow Rt. 8 South to Derby CT. Take Exit 15 (Rt. 34 · New Haven/Derby). Follow exit bearing right under overpass to the traffic light. Proceed through traffic light across bridge to the next traffic light. At this light, take a right onto Rt. 34 East. Take Rt. 34 East to New Haven (9–10 miles). At the junction of Rt. 10, turn right onto Rt. 10 (Ella Grasso Blvd). Go to the 2nd light and turn left onto Legion Ave. Follow Legion Ave. for 4 lights. After you go through the 4th light, turn left into the Air Rights Garage and proceed as above.

**From New York:** Take I-95 east to New Haven, then Take exit 47. Take 3rd exit off highway and follow as above.



## **DRIVING TO WELL/A MOTHER'S PLACE**

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### **300 George Street New Haven (Room 138)**

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#### **Weekday class parking**

**From Hartford:** I-91 South to New Haven. Take Exit #1 (downtown New Haven). Take Exit #2 (College Street) off the connector and merge into the right lane. At the 2nd traffic light, turn right onto York Street. Go to the next traffic light and turn right onto George Street. Proceed to 300 George Street (on the right). Enter through the front door. Walk past the elevators and through the doorway to the Institute For Excellence (IFE)

**From New London:** I-95 South to New Haven. Take Exit #47. Take Exit #2 (College Street) off the connector and follow directions as above.

**From New York:** I-95 North to New Haven. Take Exit #47 (left-hand exit). Take Exit #2 (College Street) off the connector and follow directions as above.

**From I-84 or RT 8:** Follow Route 8 South to Derby, CT. Take Exit 15 (Rt 34 · New Haven/Derby). Follow exit bearing right under the overpass to the traffic light. Proceed through traffic light across bridge to the next light. At this light, turn right onto Rt. 34 East. Follow Rt. 34 into New Haven (9–10 miles) to the junction of Rt. 10. Turn right onto Rt. 10 (Ella Grasso Blvd). At the 2nd light, turn left onto Legion Ave. Go to the 5th light and turn left onto York St. Go to the second traffic light and turn right onto George Street. Proceed as above.

**From Whalley Ave:** Whalley Ave. toward New Haven to Rt. 10 (Ella T. Grasso Blvd). Go 1 mile and take left onto Legion Ave. Proceed as above.

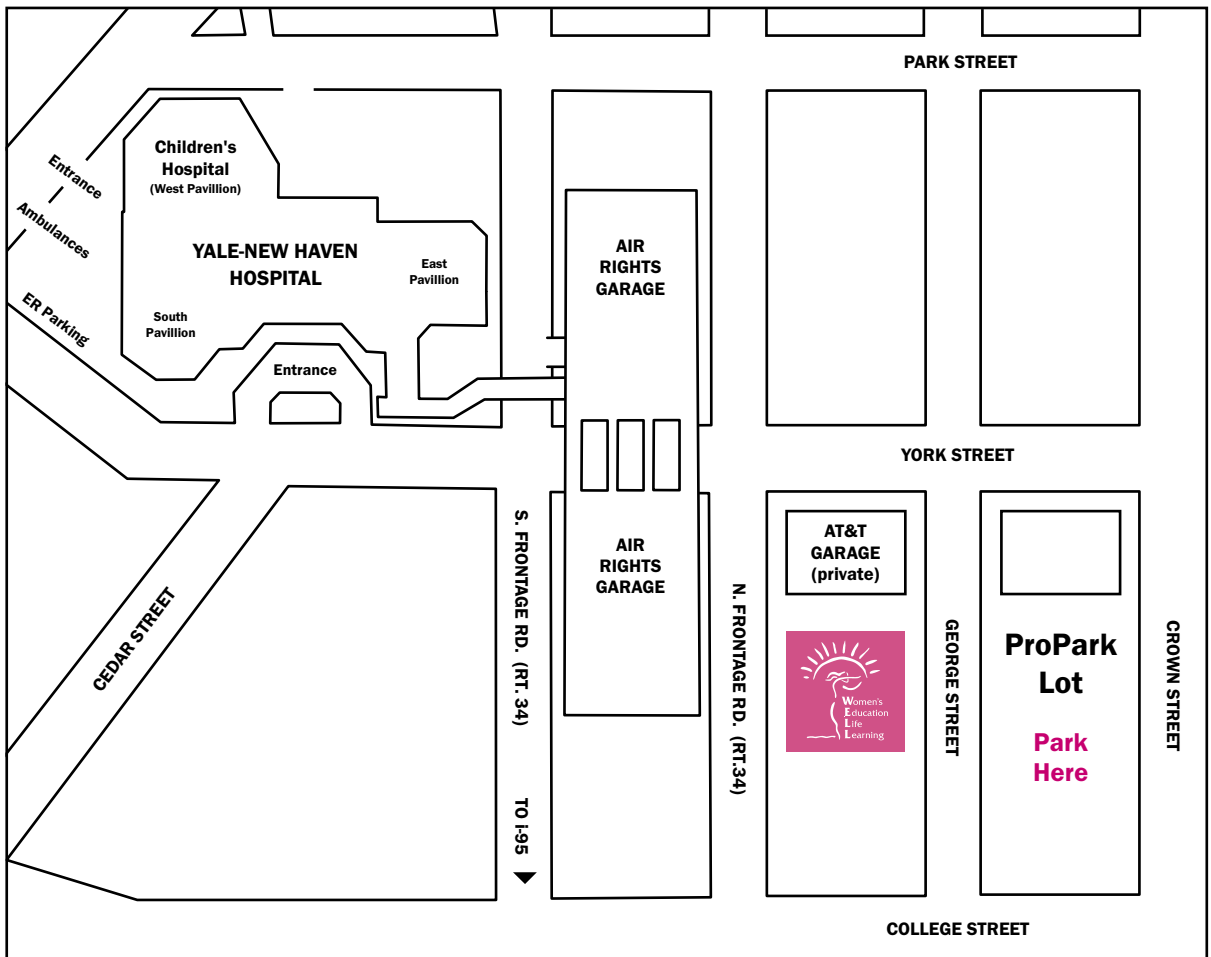
**Any Questions? Call us at 688-WELL (688-9355)**

# DIRECTIONS

Yale-New Haven Hospital

Yale-New Haven Children's Hospital

WELL/A Mother's Place



# SCREENING FORM FOR DTP/AD CLIENTS

PLEASE FILL OUT FOR FITNESS INSTRUCTOR IF ENROLLING IN AN EXERCISE PROGRAM

**Name:** .....

**Class Date:** .....

**Location:** .....

## MEDICAL SCREENING FORM FOR EXERCISE CLIENTS

### *Contraindications for Exercise*

- Placenta Previa
- PROM
- Incompetent Cervix
- Chronic Heart Disease
- Abruptio
- Fever
- Acute or Chronic Life Threatening Condition
- Preterm Labor
- Toxemia

- Severe Headaches
- Hypertension
- Dizziness/Disorientation
- Palpitations/Chest Pain
- Difficulty Walking
- Nausea
- Bleeding or Fluid Discharge
- Cramps
- Fever
- Regular Strong Contractions

### *Conditions That May Benefit From Exercise*

- Diabetes
- Gestational Diabetes
- Hyperinsulinemia
- Lack of Stamina
- Weakness
- Depression
- Discomforts
- Overweight
- Hypertension

### *Conditions for Assessment*

- Marginal/Low Lying Placenta
- Extremely Sedentary Lifestyle
- Thyroid Disease
- Mitral Valve Prolapse/Irregular Heart beat
- Asthma
- Three or More Spont. Abortions
- Excessive Over or Underweight
- Anemia
- Diabetes
- Multiple Gestation
- History of IUGR
- History of UTI's

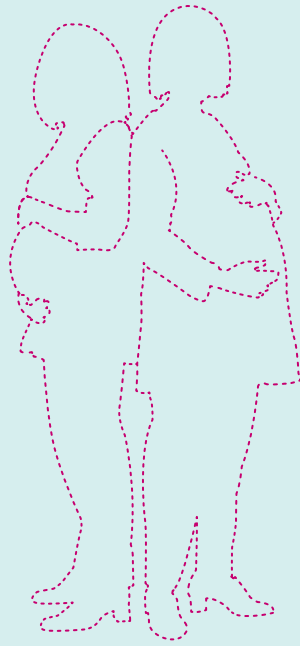
### *Warning Signs or Symptoms*

- Edema of Face or Hands

**Comments** .....

**MD or CNM Signature** .....





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