

MOM

The Miracle of Motherhood (MOM) Program

EDUCATIONAL PROGRAMS FOR EXPECTANT MOTHERS



Each year, approximately 700 babies are born at Guadalupe Regional Medical Center (GRMC). Giving birth is one of life's most joyous events, and it is an honor to share this event with you and your family. Obstetricians, Pediatricians, Family Practitioners, Anesthesiologists, specially trained nurses and an extensive support team look forward to being a part of your delivery and providing you and your baby with care that is both sophisticated and compassionate.

Our birthing facilities provide a comfortable atmosphere integrated with advanced medical resources including 7 labor and delivery rooms and two maternity operating suites. Each labor and delivery room is equipped with maternal and fetal monitors used to track both your contractions and your baby's heart rate. Our 12-bed Level I Nursery, equipped with state-of-the-art infant warmers and pulse oximeters to monitor oxygen in the blood, allows for continuous physical evaluation and assessment of newborns. In addition, neonatal monitors track the heart rates of infants needing additional evaluation. Although rare, any babies experiencing unanticipated serious difficulties are immediately transferred by air or ambulance to a hospital that provides neonatal intensive care.

Pre-Delivery MOM Classes

An educated mother is a prepared mother, and pre-delivery education is vital. GRMC offers two classes

for expectant mothers: Prepared Childbirth and Breastfeeding Your Infant. You should plan to take both classes during your last trimester (at 6-7 months). Both classes, taught by a staff nurse, are held in the hospital's classroom and require pre-registration. Once registered, you will receive notification of class times and dates by phone. For further information or questions, call The Birthing Center at 830.401.7530.

Prepared Childbirth

This comprehensive Childbirth class prepares the expectant family for the last stages of pregnancy, labor and delivery. Topics covered include breathing exercises, nutrition, relaxation techniques, birth fitness exercises, signs of labor, self and infant care and a MOM tour.

Breastfeeding Your Infant

Besides providing a uniquely immediate opportunity for mother and child to bond, breastfeeding offers lifelong health benefits for your child, providing the most complete form of nutrition for infants and valuable antibodies to protect against disease and infection. Breastfeeding also offers health benefits for the mother, reducing postpartum recovery time and lowering the risk of breast and ovarian cancers. The breastfeeding class covers the benefits of breastfeeding, correct positioning, comfort measures and the pumping and storage of breast milk.

Guadalupe Regional Medical Center Class Registration

For your safety and the well-being of your baby, GRMC requires your physician's authorization for you to participate in our education classes.

_____ (Mother's Name)

is medically able and recommended to attend:

- Breastfeeding Your Infant - \$0
- Prepared Childbirth - \$20

Physician's Name _____ Office Phone _____

Physician's Signature _____

Name _____ Age _____

Address _____

City _____ Zip code _____ Due Date _____

Home Phone _____ Coach's Name _____

Please mail this form with your class fee as soon as possible to:

Attention: BIRTHING CENTER
Guadalupe Regional Medical Center
1215 East Court St.
Seguin, Texas 78155