

# Prepared Childbirth, Breastfeeding and Gestational Diabetes Classes at GRMC

After speaking with your physician about signing up, contact GRMC's Birthing Center at 830.401.7530.

## Breastfeeding Class

A great way to learn and prepare to breastfeed your newborn. Breastfeeding classes give new or pregnant moms an opportunity to ask questions and voice concerns regarding breastfeeding. Expectant mothers, new mommies and any other members of the support team are encouraged to attend since support is important with breastfeeding success.

- Breastfeeding basics: benefits, making breast milk (transitions, production cycle, etc), and special situations
- Latching on/positioning (what effective and ineffective latch looks like and feeding in the first weeks)
- Feedings: when, hunger signs, feeding guidelines, tummy size, and feeding a sleepy baby
- How much is enough, satiety signs, and when to call your doctor
- Breast care (engorgement, nipple care, etc)
- Breastfeeding lifestyle: taking care of yourself, proper time to introduce bottles and pacifiers if applicable, returning to work, expressing milk, milk storage guidelines, and where to find support.

## Gestational Diabetes Class

GRMC's Nutritional Services Department hosts a new "Managing Gestational Diabetes" education course. This FREE monthly education class is open to the public and structured to help expectant mothers handle gestational diabetes. The one-hour class, taught by a registered dietitian, will help moms-to-be:

- Manage gestational diabetes through good nutrition
- Learn appropriate meal planning and structure
- Glucose self-monitoring

It's important to understand the effects gestational diabetes can have on mom and baby to ensure a healthy pregnancy. To register for a class or if you have any questions, please call Nutritional Services at 830.401.7538.

## Prepared Childbirth Class

A great way to prepare for labor and birth, this class provides you with a forum to ask questions and learn about key issues surrounding your baby's birth. Information you will learn from our birthing class includes:

- Healthy pregnancy developments
- Making pregnancy, labor, and delivery more comfortable
- Breathing and relaxation techniques
- Signs you are in labor
- Pain coping techniques
- Expectations for labor and delivery
- The labor partner/coaching role



THE  
BIRTHING  
CENTER

AT GRMC