

About the VRMC Maternal Child Health Department

The Maternal Child Health department at VRMC provides women and children with a combination of a warm, caring setting, advanced technology and highly-trained, experienced doctors and nurses who attend to the special needs of their patients.

The Birthing Center

Mother and family have special needs as they welcome a baby into their lives. The birthing center at VRMC provides the finest in personal, professional care in a comfortable setting. Physicians and nursing staff work with families to identify and meet their individual needs.

Private and comfortable birthing rooms which usually allows mothers to stay in the same room before, during and after delivery. Sleeper couches are provided in each room should a family member choose to stay overnight. Specially-equipped birthing beds offer various options for labor and delivery. Jacuzzi showers offer a wonderful sense of comfort and relaxation during and after labor. Portable/waterproof fetal monitors allow laboring women the freedom to walk in the halls or to relax in the showers even if continuous monitoring is necessary. Trained obstetric nurses provide close bedside monitoring of mother and baby during labor.

In the event of complication, emergency facilities and equipment are located just steps away on the unit.

Nursery

Parents are encouraged to spend as much time as possible getting acquainted with their new babies while at VRMC, and mothers may keep babies with them as much as desired. Between rounds of holds, hugging and feeding, babies and their parents spend part of their first few days learning how to properly care for themselves and each other. VRMC's nursery is equipped with state-of-the-art fetal and infant monitors and an intensive care warming unit. All nursing staff are trained in neonatal emergency life support.

C-Section Suite

VRMC provides a unique, positive cesarean experience for mothers and their families. For the convenience of our patients, admission, surgery and recovery are all provided on the obstetrical unit. New mothers may see their newborns and families immediately after surgery if desired. Private rooms are provided for all patients.

VRMC Prenatal Classes



2009 Schedule



901 North 9th Street
Virginia, Minnesota 55792
(218) 741-3340 • www.vrmc.org

2009 Prenatal Classes

(For women in their last trimester of pregnancy)

Prenatal classes at VRMC cover topics such as what to expect, labor and delivery, c-sections, post-partum care, baby care, breast-feeding, car seat safety and more.

Prenatal classes are held from 5:00 p.m. to 7:00 p.m. once a week for four consecutive weeks. Participants usually select a session to attend during their last trimester (last three months). The first evening class of each session covers pre-registration, pregnancy, and postpartum fitness, a tour of the Maternal Child Health department and child passenger safety information. Evening two covers labor/delivery; evening three covers c-sections, recognition of parentage & evening four is breastfeeding and baby care.

Session 1

January 7, 14, 21, 28 (Wednesdays)

Session 2

March 5, 12, 19, 26 (Thursdays)

Session 3

May 6, 13, 20, 27 (Wednesdays)

Session 4

June 2, 9, 16, 23 (Tuesdays)

Session 5

August 5, 12, 19, 26 (Wednesdays)

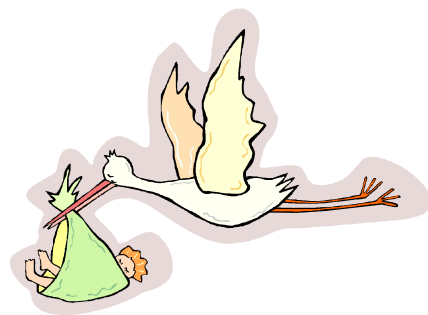
Session 6

October 1, 8, 15, 22 (Thursdays)

Refresher Classes

Refresher classes are for parents who have gone through labor/delivery but want a review and updated information. The class is a one-night review on caring for your growing family including how to pre-register, pregnancy and post-partum fitness, a tour of the Maternal Child Health department, and a review of child passenger safety information which is always changing—you should update with each child you have. Classes are held from 5:00 p.m. to 7:00 p.m. Please call in advance to register. Parents may also attend specific sessions of the prenatal classes.

- January 7
- March 5
- May 6
- June 2
- August 5
- October 1



Infant/Child CPR

This class provides families with the basic skills needed for emergency care of infants and children. Please call to schedule a class with an instructor.

Sibling Classes

These classes are for siblings of any age to help them transition into becoming a big brother or sister. There will be stories and snacks for the children. Information on encouraging sibling involvement in infant care, and what to expect in the first few weeks after birth will be provided to the parents. The children (and parents) will be taken on a tour of the Maternal Child Health department. Please call to schedule a special visit for your child or children.



About Our Classes

The classes are free of charge. If you have any questions or to register, contact Sue Brinkman, VRMC Nursing Office at (218) 749-9424.

All classes will be held in the VRMC McMillan Auditorium unless announced otherwise. Class dates are subject to change.