

# Family Life Center for Maternity



## Family Life Center for Maternity

The Family Life Center for Maternity, located on the Mercy Medical Center campus, is designed for the comfort and convenience of expectant mothers and their families. Our experienced health care professionals provide high-quality care in a beautiful, home-like environment.

*For more information about the Family Life Center for Maternity programs and services, or to arrange a tour, call 413-748-7295.*


*Preregistration is required for all classes.  
All programs are open to the community.*

**Mercy**  
MEDICAL CENTER

**Family Life Center for Maternity**  
271 Carew Street, Springfield, MA 01104

**413-748-7200**

**[mercycares.com](http://mercycares.com)**

 A member of the Sisters of Providence Health System and  
Catholic Health East, sponsored by the Sisters of Providence.

*Programs and Services for  
Expectant and New Parents*

**Mercy**  
MEDICAL CENTER

# Programs and Services for Expectant and New Parents

## Parenting Education

### Childbirth Education Program

This weekly class helps prepare expectant parents for the birth of their child by providing information on all the basics of labor and delivery and baby care. Classes Spanish are available upon request.

### Childbirth Education “Express” Programs

Several weekend “express programs” are available. The two-day class covers the same information as the Childbirth Education Program but with less time for practice and review. The one-day class is designed for teaching all the “basics” of labor and delivery.

### The Happiest Baby

This class is based on Dr. Harvey Karp’s “Happiest Baby on the Block” book. New or parents-to-be will learn a remarkable way to calm crying and help their newborn baby sleep longer. It is recommended that you take this class **before** your baby is born.

### Hypnobirthing—Deep Relaxation for Birth

Looking to enhance your birth experience through deep relaxation techniques? You and your birth companion will learn to work with our body’s rhythms through focused breathing, deep relaxation techniques, guided imagery and visualizations. These methods do not create a trance or sleep state, but establish an aware, deeply relaxed condition.

### Expectant Mother’s Breastfeeding Class

This monthly 2½ hour class is for expectant parents considering or planning to breastfeed. Taught by a lactation consultant. Mothers receive breastfeeding information to help get off to a great start. Partners are welcome. Preregistration is required.

### Expectant Mothers’ Exercise Class

This prenatal exercise class will focus on stretching and strengthening areas of the body most affected by pregnancy. This program is an ongoing series of weekly classes providing personalized fitness instruction.

### Boot Camp for New Dads

A unique educational program for first time dads-to-be. This workshop covers baby care, the transition to fatherhood and gives dads-to-be an opportunity for hands-on practice under the guidance of veteran dads who bring their new babies to class.

### Infant CPR Class

Parents-to-be, new parents, grandparents and care providers will learn valuable, life-saving techniques in this class, taught by American Heart Association instructors.

### Infant Massage for New Parents

Learn infant massage techniques in this class for new parents and babies. Massage may help ease the discomfort of gas and colic, promote relaxation, sleep and bonding. Taught by a certified infant massage instructor.

### New Mothers’ Exercise Class

This weekly class is designed to help with postpartum fitness and maintaining good health through exercise and socialization. New mothers are welcome to bring their new baby to this class.

### Mommy and Me Group

Being a new mother has many joys and challenges. Join us for a coffee hour and a chance to talk with other new mothers. Led by an experienced mom. This “drop-in” group meets every **Tuesday from 11 a.m. to 12 noon.**

### Sibling Class

This one hour class prepares children ages three to eight for the arrival of a new baby. Activities include a story, discussion, safety issues, diapering of dolls and a tour of the Family Life Center for Maternity.

## The Breastfeeding Center at the Family Life Center for Maternity

### Breastfeeding Consultation Line

A certified lactation consultant is available to answer your breastfeeding concerns or questions, call 413-748-7262.

### Private Lactation Consultations

A certified lactation consultant is available for private, individual consults. To schedule an appointment, call 413-748-7262 or visit the walk-in breastfeeding clinic **Tuesdays, 11 a.m. to 1 p.m. and Thursdays, 1 to 3 p.m.**

### Babies and Breastfeeding Tips

This “drop-in” breastfeeding group meets every **Thursday, 12 to 12:30 p.m.** Offering breastfeeding support and time for questions and answers whether it is mild supply, breast pumping, or returning to work. Led by a lactation consultant.

### Electric Breast Pumps for Purchase and Rental

Electric Breast Pumps for Sale (personal use)

- Medela Pump In Style
- Ameda Purely Yours
- Medela Swing
- Nurture III

Electric Breast Pumps for Rental

- Hospital grade breast pumps for rental—\$1 per day (deposit required)

### Nursing Bras and Breastfeeding Accessories

Accessories include Medela nursing bras—sleep and comfort styles and Bravado Bras, breastfeeding accessories, nursing pads (washable and disposable), Medela Quick Clean bags, breastmilk storage bags.

Cash, check and most major credit cards accepted. For pricing call 413-748-7295. All prices are subject to change. Delivery is available.

**Class times and locations are listed on the website at [mercycare.com](http://mercycare.com).**