

Norwalk Hospital Offers Numerous Programs for Expectant and New Parents

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Norwalk, CT, September 9, 2008 -- Norwalk Hospital offers numerous programs for expectant parents as well as education and support for new parents. The staff in the Childbirth Center at the hospital encourages families to ask questions and to utilize the Women's Health Resource Center on the fourth floor of the hospital as a community resource.

Among the programs offered through the Childbirth Center at Norwalk Hospital are: Beginnings (an early pregnancy program), Prepared Childbirth Classes, Tour of the Childbirth Center for Expectant Parents, Sibling Tour of the Childbirth Center, Nutrition Education, The Newborn Channel, Web Nursery, New Mothers HelpLine, Breastfeeding and Care of Your Newborn, The Fourth Trimester (post-partum support group), Mom-to-Mom Peer Support Group, Lactation Support Services, Tips for Twins, and Tot Saver Class (infant/toddler CPR).

Beginnings/An Early Pregnancy Program:

Norwalk Hospital believes in providing as much information as possible to expectant couples to assist them with the pregnancy. A discussion format is used to increase the expectant parents awareness of normal changes during pregnancy. Topics include fetal growth and development, comfort measures, practice relaxation techniques, potential risks and problems and an opportunity to share common concerns. A tour of the Childbirth Center is included.

Prepared Childbirth Classes:

Norwalk Hospital offers Prepared Childbirth Classes led by Certified Childbirth Educators for expectant couples. The classes cover Lamaze-style breathing, relaxation techniques, stages of labor and delivery, newborn care and a tour of the Norwalk Hospital Childbirth Center. Classes are offered on four evening classes or one all-day Saturday class. The Refresher Childbirth Classes are also available through the hospital, providing an update for couples anticipating the birth of a second or third child.

Tour of the Childbirth Center for Expectant Couples: A tour of the Childbirth Center, which includes the Labor and Delivery Room, Post-partum Unit and Nursery is conducted by our nursing staff Sibling Tour of the Childbirth Center Norwalk Hospital provides child-suitable tours for siblings ages 3 to 8 years old to help them understand what to expect when their mothers are hospitalized. The tour also includes a videotape to prepare them for the arrival of the new baby.

Nutrition Education for Moms:

During a patient stay in the Childbirth Center at Norwalk Hospital, nutrition classes are offered Monday through Saturday, at no charge for new moms. The goal of the class is to help mothers learn to eat right while breastfeeding or bottle-feeding and safely lose weight. The Newborn Channel:

Free television programming on baby care and post-partum topics are offered during the stay at Norwalk Hospital. A program guide is provided and the programs are also available in Spanish.

Newborn Photography:

Share the joy with your family through our all digital, print on-site, newborn photography service, BabyPrints. Post your new baby's pictures on a secure, personal pin ID-prompted website so family and friends anywhere in the world can view while you're still in the hospital. New Mothers HelpLine:

Our 24-hour telephone HelpLine provides support for new mothers after discharge from the Norwalk Hospital Childbirth Center.

Breastfeeding and Care of Your Newborn:

This class, which is approximately 90 minutes, is taught by a Certified Lactation Consultant and is offered to expectant mothers, fathers and grandparents. The subjects include: normal process of breastfeeding, parental adjustment, normal newborn cues and reactions, care of the umbilical cord, circumcision and how to bathe your new baby.

The Fourth Trimester...A Post-Partum Support Group:

The Fourth Trimester Support Group meets every Friday to assist (strikethrough: new) moms for the first three months post-partum. Discussions include: Are you overwhelmed/baby blues, feeding problems, time for me, sibling adjustments, sleepless nights, birth control/intimacy.

Lactation Support Services:

Outpatient breastfeeding support is offered by appointment with an IBCLC Certified Lactation Consultant. Medela's double, electric breastpumps and breastfeeding accessories can be rented or purchased through the Women's Health Resource Center at Norwalk Hospital.

Tips for Twins:

A free support group for mothers of twins is offered at Norwalk Hospital for those expecting or with new babies. The group meetings provide an opportunity for expectant mothers to share information with those who have been there.

Tot Saver Classes:

Norwalk Hospital offers "tot saver classes" for everyone (over the age of 10) who provide care for babies. Taught by American Heart Association approved instructors, this course covers basic rescue techniques. Demonstration include: cardio-pulmonary resuscitation (CPR), foreign body airway obstruction (FBAO), identification of hazards, and how to create a child-safe environment.

Mom-to-Mom Peer Support Group:

For moms and infants three months to one year. Current information on topics of interest, plus sharing with others in the group.

Complimentary Massage Therapy:

For a wonderful way to relax after the birth of your baby, Norwalk Hospital offers our new moms a complimentary 15-minute massage therapy session by a licensed massage therapist.

Celebration Brunch for Two:

Prior to going home, mom and dad (or guest of choice) may order a special brunch to be delivered to their room on the day and time of their choosing. Served with linen napkins, china and champagne flutes, this elegant meal gives new parents a chance for a few private moments before going home with their new baby.

Babies alumni association:

Run by Norwalk Hospital volunteers, this program supports patient services programs, and equipment within Norwalk Hospital's Childbirth Center. When your child is enrolled, their name and birth date is entered in an Honor Roll book displayed at the hospital. They will also receive a birthday card each year as a continuing member.

For more information on these or additional programs call 1-866-NHB-WELL, visit the Norwalk Hospital website at www.norwalkhospital.org or e-mail us at WHRC@norwalkhealth.org.