



*Maternity Education Programs continued*

### Prenatal Breastfeeding Education

2.5 hours | \$20

Parents who are considering breastfeeding their baby can prepare by taking this class. Topics include:

- General breastfeeding information
- What to expect the first weeks after your baby is born
- How to breastfeed video
- Breast pump information
- Resources related to breastfeeding

Dads or close friends are encouraged to attend with mom-to-be.

### Breastfeeding Clinic

The Breastfeeding Clinic is offered on the 3rd Tuesday of each month from 11 am-Noon. The clinic is held at Bellin Health Family Medical Center De Pere East, 555 Redbird Circle, De Pere. Join us to get a free weight check for your baby, to have your questions answered by a lactation consultant, and to share experiences with other moms that are breastfeeding. The clinic is open to all moms and babies.



*For more information*

(920) 433-3617 • [bellinbabies.org](http://bellinbabies.org)

### Growing Together

*Free*

This is a weekly learning and sharing opportunity for parents with infants held every Tuesday from 10-11 am at Bellin Health Family Medical Center-De Pere East, 555 Redbird Circle. Topics are related to infant growth and development and parenting issues. Each class features guest speakers and sharing time for parents to give and receive support. This class is FREE and open to all moms and babies.

### Family and Friends CPR

Under the guidance of a certified CPR instructor, you will learn about foreign body-airway obstruction (choking) and receive hands-on training in rescue and CPR skills so you can help loved ones in an emergency. The course is reasonably priced and includes a course book. For the class schedule, cost, and registration, please call (920) 445-7373. This class can be taken before or after baby arrives.

### Fitness for a Healthy Pregnancy

Bellin Health Fitness Centers offers pre/postnatal fitness classes, including Gentle Flex Yoga and S.A.F.E – Stability and Functional Exercise at two locations in Green Bay: East – (920) 431-5502 or West – (920) 430-4156. Call for class schedule, cost, and registration.

# Kress Birthing Center



**bellinhealth**

744 South Webster Avenue, Green Bay

## A Special Day

There is no greater occasion than when a child enters the world. Bellin Health Kress Birthing Center is honored to share this experience with you and your family, and we are committed to making your family's time in our care as safe, comfortable, and enjoyable as possible. Our goal is to meet and exceed your every expectation.

## Birthing Suites

The Kress Birthing Center's beautiful, spacious, suites are designed to feel like home, and include amenities such as a pullout sleep chair, complete bathroom with shower, refrigerator, stereo, TV, and VCR/DVD player. Each suite is also equipped with wireless Internet access.

With few exceptions, the suites allow most moms to remain in the same suite throughout labor, delivery, recovery, and postpartum, thus eliminating the disturbance of moving from room to room.

## Special Care

Most births are normal, healthy, and uncomplicated. However, should special needs arise, we can provide the needed care for your baby in the Kress Birthing Center's Level II Nursery. Neonatologists are available 24 hours a day, and our obstetricians are supported by an expert staff of anesthesiologists and perinatologists. A Neonatal Intensive Care Unit is adjacent to Bellin Hospital and is equipped to provide advanced medical care, if needed.

## Wall of Miracles

Commemorate the birth of your child with a tile on the Bellin Babies Wall of Miracles. For more information, visit [thebellinfoundation.org](http://thebellinfoundation.org).



For more information

(920) 433-3617 • [bellinbabies.org](http://bellinbabies.org)

## Visiting Hours

A support person can stay with the mother throughout the birth. Grandparents and siblings may visit immediately after the delivery. Other visitors should adhere to public visiting hours: 11 am-8 pm, daily. For their convenience, Bellin Health offers valet parking service at the Laird Welcome Center Entrance on Webster Avenue.

For your safety and your baby's, our Maternity Unit is locked 24 hours a day and is monitored by a state-of-the-art security system. Identification is required to enter the Kress Birthing Center.

## Tours

We are excited to meet you and answer any questions you might have in preparation for your baby's birthday. Please call (920) 433-3617 to arrange for a personal tour of the Kress Birthing Center.

## Pediatric Care: The Key to a Healthy Growth

Bellin Health Family Medical Centers are located throughout Northeast Wisconsin to provide care for children, newborn to age 17. Our family physicians, pediatricians, physician assistants, and family nurse practitioners are all part of the pediatric care team at Bellin Health, working to keep kids healthy.

## Establishing a Physician Relationship

When selecting a primary care physician, it is essential to find the physician that best meets the needs of your child, and one with whom you can form a long-term relationship. The Bellin Health physician you choose will maintain a history of your child, including health records detailing immunizations, reactions to medications, and developmental assessments. Call (920) 445-7373 to learn about which Bellin Family Medical Center physician is right for you and your child.

## Maternity Educational Programs

As an expecting parent, awaiting the birth of your baby is exciting, as well as a big adjustment. To help you prepare, Bellin Health offers classes and programs led by registered nurses that provide information to help you be more relaxed. We encourage you to have all of your prenatal classes completed four weeks before you due date. For class schedules, cost, registration, or more information, visit [bellinbabies.org](http://bellinbabies.org) or call (920) 445-7303.

### Refresher Childbirth Education

3 hours | \$20

For the mom-to-be and her birth partner who have already experienced labor and delivery but want a review of labor and delivery information.

Topics include:

- Understanding labor and birth
- What's new in baby care
- Helping big brothers and sisters welcome the new baby
- Review/update of car seat safety

### Sibling Class

1 hour | FREE

For families with children already; having a new baby may cause confusion or concern for siblings. This class for parents and children promotes positive feelings about the new baby. In a fun atmosphere, children can talk about and see a real baby and have their questions answered.

## Childbirth Education

Choose a 4 week series or 2 Saturday series | \$35

Classes focus on preparing you for your labor and birth experience, but are so much more than that! Class topics include:

- Understanding the labor and birth process
- How to know you are in labor
- Comfort measures for labor, including epidural information
- Sneak peak at parenting
- Introduction to car seat safety

## Childbirth Education Plus

8 weeks | \$60

This class includes all of the Childbirth Education topics plus:

- Caring for you newborn
- Feeding
- Bathing
- Diapering
- Taking a temperature
- How to know if baby is sick
- Keeping baby safe

## Baby Care Class

3 hours | \$20

Topics and hands-on learning include basic baby care, bathing a newborn, infant nutrition, car seat safety, and signs of illness, and when to call the doctor.



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