

## Adult Tours For Parents/Grandparents

We encourage you to visit our maternity unit. You will receive an update on the latest trends in maternity and infant care during your tour.

## About Classes and Tours

New class sessions begin regularly with various day, evening and weekend options available for your convenience. Advance registration is necessary and all classes include a fee.

Tours are free, but advance registration is necessary. Please schedule your classes and tours well in advance of your due date, and have your health insurance card (identification number, etc.) available when you call.



## For More Information or Specific Class Schedules

### Pregnancy and Postpartum Depression Support Group

Mom's T.E.A.R.S. (Treatment, Education, Advocacy, Resources, Support)  
Meets 2nd Thursday of the month - **FREE**  
at Millard Fillmore Suburban Hospital

Call (716) 568-3628 to register  
Visit [www.buffalobaby.org](http://www.buffalobaby.org)  
Millard Fillmore Suburban Hospital

1540 Maple Road  
Williamsville, NY 14221



ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Please ask your care team.

#### Spanish

ATENCIÓN: Si habla español, los servicios de asistencia lingüística están disponibles, de forma gratuita, para usted. Por favor, pregunte a su equipo de atención.

#### Arabic/Sudanese

تنبيه: إذا كنت تتحدث العربية، فسوف تتوفر لك خدمات مساعدة لغوية مجاناً. يرجى أن تسأل فريق العناية الخاص بك.

Kaleida Health does not discriminate on the basis of race, color, religion, sex, national origin, disability, sexual orientation, gender identity or expression, physical appearance, source of payment, or age.

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Suburban Hospital  
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[www.suburban.kaleidahealth.org](http://www.suburban.kaleidahealth.org)

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# Childbirth Classes

Classroom and online education  
for new and expecting parents.

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## Welcome

Millard Fillmore Suburban Hospital understands the birth of your baby is one of the most exciting and joyful times in your life. Our Childbirth Classes are designed with you and your family in mind. We work to ensure the safest and most satisfying birth experience possible for everyone.

Our classes teach you the facts and available options of maternity care. Experts with years of experience answer your questions about labor and delivery, breathing techniques, exercises, Cesarean births, recovery and infant feeding/care. Sibling classes are also offered.

## For You and Your Partner

### *Prepared Childbirth Class*

A two-week series covering the basic anatomy and physiology of pregnancy, comfort measures to take during pregnancy, labor and delivery, postpartum care, cesarean delivery and breathing and relaxation techniques.



### *For Your Older Children*

**Sibling Class** – Children between the ages of 2-8 are introduced to the hospital setting and their exciting new role as brother or sister.

### *Sibling at Birth Class*

A class designed to prepare older siblings who plan to attend the birth of their new brother or sister.

### *Birth Basics For Busy Parents*

A shortened, one-day version of our two-week prepared Childbirth Class for the convenience of particularly busy parents. (Held various Saturdays.)

### *Prenatal Breastfeeding Class*

You will learn what to expect after delivery with your breastfeeding baby, the benefits of exclusive breastfeeding and rooming in, proper positioning techniques, benefits of skin to skin contact and much more.

### *Breastfeeding and the Working Mother*

This class is for moms after delivery and discharge. Master the art of using your breast pump and storing your breast milk. This class is designed to help moms whose busy lives may include returning to work or other challenges. Plan to attend class when baby is 3-5 weeks old.

