

To Register:

1. Please call the Obstetrics Department at 363-3081 to make a reservation. Then...
2. Complete the registration form below and return with check for \$25.00 made payable to **Brooks Memorial Hospital** (if insurance does NOT cover the class) to:

Roselle Atzrott, RN, BSN
OB Nurse Manager
Brooks Memorial Hospital
529 Central Avenue
Dunkirk, NY 14048

Mom's Name _____

Address _____

Daytime Phone # _____

Expected Due Date _____

Obstetrician _____

Are you delivering at BMH? Yes No

Support Person _____

Insurance: _____

Session Desired:

- I II III IV V VI

Brooks Memorial Hospital Physicians, Instructors and Guests

Dr. R. Parikh, Pediatrician

Dr. Donald Pickhardt, Pediatrician

Doreen Gilbert, DTR
Diet Technician Registered

Nancy Morey, RN

Michelle Besse, RN

Roselle Atzrott, RN, BSN, CLC

Susan Ketcham, RN, CCE

Ingrid Johnston-Robledo, PhD

Thomas Olejniczak, CRNA

Expectant Parent Classes 2010

**You are invited to begin the wonderful
journey of parenthood with us!**

Brooks Memorial Hospital offers every expectant parent the opportunity to meet area obstetricians, pediatricians, nurses, health care providers and agencies. The class is offered six times throughout the year and covers a variety of topics which focus on pregnancy, labor, delivery and care of the newborn. Please call today and prepare yourself for the arrival of your new baby!



MEMORIAL HOSPITAL



BROOKS

MEMORIAL HOSPITAL

**A Note from Our
Maternity/Labor Department.....**

Dear Parents To Be:

This is a very exciting time in your life filled with wonder and anticipation.

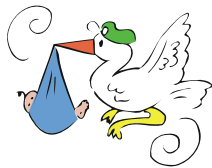
Here at Brooks Memorial Hospital, we practice family-centered maternity care. Your new family is very precious to us and we want to provide you with the most positive birth experience possible. These classes are designed to prepare you for the exciting weeks ahead by giving you the knowledge you will need to make some very important decisions for you and your new baby.

Our physicians and staff strive to answer any questions you may have during your visit to the hospital. We are available 24 hours a day. Feel free to call anytime.

We are looking forward to meeting you and your new baby very soon.....

Thank you for sharing one of your most important moments in life with us!

Roselle Atzrott, RN, BSN
OB Nurse Manager
716-363-3080



**Expectant Parent Classes
2010**

- ◆ **Session I**
January 7, 14, 21, 28
- ◆ **Session II**
March 4, 11, 18, 25
- ◆ **Session III**
May 6, 13, 20, 27
- ◆ **Session IV**
July 8, 15, 22, 29
- ◆ **Session V**
September 9, 16, 23, 30
- ◆ **Session VI**
October 7, 14, 21, 28

Class Coordinators

Roselle Atzrott, RN, BSN, CLC
OB Nurse Manager

Michelle Besse, RN
Brooks Memorial Hospital

Susan Ketcham, RN, CCE



Class I

Introduction, class schedule, nutrition, anesthesia options and breastfeeding.

Class II

Labor and delivery, potential complications, pain medications, relaxation/breathing techniques and comfort measures of pregnancy .

Class III

Anatomy and development of baby, infant massage, pediatrician session, newborn care, newborn safety, postpartum recovery, and car seat safety.

Class IV

Infant safety, CPR, choking, smoking cessation and postpartum depression. **Hospital tour and refreshments to follow.**

All classes will be held on Thursday evenings from 7-9 pm at the JCC North Training and Conference Center on Route 60 in Dunkirk. The total course fee is \$25.00. **Class size is limited to 15 couples per session.** Priority will be given to those delivering at Brooks.

The course fee may be covered for participants of Independent Health, Blue Cross or Community Blue.

Please call 363-7204 or 363-7200 to verify coverage.