Childbirth Education and Parenting Programs

Schedule for 2016

www.pinnaclehealth.org
The app you need if you’re a mom-to-be.

Download our FREE iPhone, iPad or Android app and stay connected with us throughout your pregnancy and beyond.

SPECIAL FEATURES

• Weekly milestones via push notifications
• Trackers for appointments, weight management, contractions and immunizations
• Animations and videos
• Personal journal with social media integration
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Welcome to Parent/Child Education!

The birth of a baby is one of the most treasured experiences in life. To help families prepare for this meaningful event, PinnacleHealth WomanCare offers comprehensive childbirth education and parenting programs. All sessions are taught by certified instructors, at a variety of times and locations for your convenience.

Our classes help you take responsibility for your health and the health of your child. We want to hear about your expectations and concerns, and we want to share knowledge that will help you approach this experience with confidence. The information you receive may prove helpful when making medical decisions with your healthcare provider. Our classes offer an opportunity to ask questions and get answers. They also allow you to connect with others who are going through a similar experience.

As a Baby Friendly, USA designated facility, PinnacleHealth has made a commitment to achieve excellence in maternity care practices. This includes following guidelines presented in the Ten Steps to Successful Breastfeeding, which was developed by international experts. How you will feed your baby is a very personal decision. At PinnacleHealth we provide education so your decision will be an informed one. Our goal is to support all moms and babies, respecting your individual feeding choice.

We are committed to making your pregnancy and birth the most memorable and rewarding experience it can be. Thank you for allowing us to be a part of this special time in your life.

Questions about our programs can be answered by calling PinnacleHealth oneLine (PHoneLine) at (717) 231-8900.
Preparation for Childbirth

**Lamaze® Childbirth Classes**
This six-week series provides information on the process of labor and birth, common medical interventions and options, and the important role of the dad/partner. Comfort techniques, including positioning, breathing and relaxation will be taught and practiced. A brief overview of cesarean birth, postpartum, and newborn are presented. These classes promote the Lamaze® Philosophy of Birth and the six Lamaze Healthy Birth Practices of the Lamaze® Institute for Normal Birth. Additional time is spent practicing comfort measures, so these classes are a half-hour longer than Prepared Childbirth classes. They are taught by childbirth educators certified by Lamaze® International. A tour of the Harrisburg Hospital Birth Center is included.

**Registration fee:** $100 (includes partner)

PinnacleHealth Harrisburg Campus, Brady Building
205 S. Front Street, Harrisburg, PA 17104

**Mondays, 6:30 – 9 p.m.**
January 4 – February 8  
July 11 – August 15
March 7 – April 11  
September 12 – October 17
May 2 – June 13*  
November 7 – December 12
*(No Class – May 30)

PinnacleHealth West Shore Campus, Fredricksen Outpatient Center
2025 Technology Parkway, Mechanicsburg, PA 17050

**Thursdays, 6:30 – 9 p.m.**
February 4 – March 10  
October 6 – November 17*
April 7 – May 12  
*(No Class – October 27)

**Weekend Lamaze® Seminar**
This seminar condenses the material taught in the six-week Lamaze® Childbirth course. There is a one-hour lunch break on Saturday. This class does not include a tour. Birth Center Tour dates can be found on page 6.

**Registration fee:** $110 (includes partner)

The Community Center at Camp Hill GIANT Super Food Store
3301 Trindle Road, Camp Hill, PA 17011

**Friday, 6 – 9:30 p.m. and Saturday, 9 a.m. – 5:30 p.m.**
January 22 and January 23  
July 22 and July 23
February 19 and February 20  
October 21 and October 22
April 15 and April 16

The Community Center at Linglestown GIANT Super Food Store
2300 Linglestown Road, Harrisburg, PA 17110

**Friday, 6 and 9:30 p.m. and Saturday, 9 a.m. – 5:30 p.m.**
May 20 and May 21  
November 18 and November 19
September 16 and September 17

Please see the Online Childbirth Education Program options on pages 4 & 5.
**Prepared Childbirth Classes**
This six-week series focuses on preparation for childbirth, emphasizing the experience of labor and birth and the important role of the dad/partner. A variety of comfort measures are taught and practiced in class, including relaxation and breathing techniques. Medical interventions and options are discussed, as well as a brief overview of cesarean birth, postpartum, and newborn. Taught by certified childbirth educators, these classes will provide valuable information to help you prepare for your birth experience. A tour of the Harrisburg Hospital Birth Center is included.

**Registration fee:** $90 (includes partner)

**PinnacleHealth Harrisburg Campus, Brady Building**
205 S. Front Street, Harrisburg, PA 17104

**Evenings, 6:30 – 8:30 p.m.**

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<th>Tuesdays</th>
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**PinnacleHealth West Shore Campus, Fredricksen Outpatient Center**
2025 Technology Parkway, Mechanicsburg, PA 17050

**Mondays, 6:30 – 8:30 p.m.**

| January 4 – February 8          | September 12 – October 17       |
| March 7 – April 11              | November 7 – December 12        |
| July 11 – August 15             |                                 |

**Weekend Childbirth Seminar**
This seminar condenses the material taught in the six-week Prepared Childbirth course. There is a one-hour lunch break on Saturday. This class does not include a tour. Birth Center Tour dates can be found on page 6.

**Registration fee:** $100 (includes partner)

**The Community Center at Camp Hill GIANT Super Food Store**
3301 Trindle Road, Camp Hill, PA 17011

**Friday, 6 – 9 p.m. and Saturday, 9 a.m. – 5 p.m.**

| January 8 and January 9         | July 8 and July 9                |
| February 5 and February 6      | August 5 and August 6            |
| April 1 and April 2            | October 7 and October 8          |
| May 6 and May 7                | November 4 and November 5        |

**The Community Center at Linglestown GIANT Super Food Store**
2300 Linglestown Road, Harrisburg, PA 17110

**Friday, 6 – 9 p.m. and Saturday, 9 a.m. – 5 p.m.**

| March 4 and March 5            | September 2 and September 3     |
| April 22 and April 23          | December 2 and December 3       |
| June 3 and June 4              |                                 |

Please see the Online Childbirth Education Program options on pages 4 & 5.
Twins, Triplets & More
This two-evening class, for parents expecting multiples, is recommended for the second trimester. The class is intended to supplement a regular childbirth class, with information specific to your family’s unique needs. It is also for parents who already have children and are now expecting multiples. Class includes information about the different types of twinning, the process of labor and birth with multiples, what you need “two or more” of, feeding multiple babies and ways of supporting the new family postpartum. A tour of the Neonatal Intensive Care Unit (NICU) is included.

Registration fee: $50 (includes partner)

PinnacleHealth Harrisburg Campus, Brady Building
205 S. Front Street, Harrisburg, PA  17104

Tuesdays, 6:30 – 8:30 p.m.
February 2 and February 9   August 30 and September 6
March 29 and April 5   October 4 and October 11
May 31 and June 7   November 29 and December 6

Online Childbirth Education Program

In Addition to a Traditional Childbirth Class:
PinnacleHealth Parent/Child Education is offering an online program in addition to our face-to-face childbirth classes, based on The Gift of Motherhood book, which you will receive in class. It is available for a minimal fee to those registering for a Lamaze® Childbirth Class, Prepared Childbirth Class, Weekend Lamaze® Seminar or Weekend Childbirth Seminar.

This web-based eLearning program is interactive, and includes animated illustrations, videos, voice-overs, and games. This additional resource can be used as an enhancement to your childbirth class, as a review, and to reinforce what you have learned. Should you have any questions, you will continue to have access to your childbirth educator, with whom you have established a relationship, even after your classes have ended.

When you attend your first childbirth class, you will receive The Gift of Motherhood book. If you have registered for the online program as well, you will also receive a letter containing your access code and program information. If you register later, the letter will be mailed to you. This program will be available to you for 3 months after initial log-on. You decide when to first access the online materials. Some parents benefit from having the information available to review at home between childbirth classes. Others prefer to complete their childbirth class and access the online program closer to their due date. This allows them to review what they have previously learned and have the information available for a period of time after their baby arrives.

To take advantage of this additional resource at the special reduced fee, sign-up when you register for your face-to-face childbirth class, or any time thereafter.

Registration fee: $10 in addition to the in-person childbirth class fee.
As an Alternative to a Traditional Childbirth Class:
The PinnacleHealth Online Childbirth Education Program is also available as an alternative for parents who cannot attend a conventional childbirth class due to bed rest, scheduling conflicts, or time constraints.

When you register and pay for the course, an access code will be mailed to you with your confirmation letter. This code will be valid for a period of **3 months after initial log-on**. You will also receive a copy of *The Gift of Motherhood* book in the mail. With this option, you will have access to a certified childbirth educator, who will answer any questions you may have.

**Registration fee:** $110

**Online Breastfeeding Program**
PinnacleHealth is proud to offer our Online Breastfeeding Program. This interactive, web-based program includes animated illustrations, videos, voice-overs and interactive games. It was designed to answer some of your basic questions, and focuses on the joys and common concerns of breastfeeding. Whether you are gathering information to help you make an informed decision about how you will feed your baby, or are looking for education and support because you have already decided to breastfeed, this program will be a valuable resource and help empower you as a new mother.

**In Addition to a Traditional Breastfeeding Class:**
If you register for one of our in-person Breastfeeding Basics classes, you will receive an access code for the Online Breastfeeding Program on the first night of class. The online program is based on our class book, *Breastfeeding: A Great Start* at Harrisburg Hospital, and will offer you an opportunity to review and reinforce what you learn in class.

**As an Alternative to a Traditional Breastfeeding Class:**
Some parents cannot attend a conventional breastfeeding class due to bed rest, scheduling conflicts, or time constraints. If you register for the Online Breastfeeding Program as an alternative to an in-person class, you will receive a copy of *Breastfeeding: A Great Start* at Harrisburg Hospital and a letter containing program access information in the mail.

Our Breastfeeding Basics instructors and our lactation consultants are available to answer any questions you may have.

**Registration Fee:** As an Alternative to a Traditional Breastfeeding Class – $60

**Fee is waived for those giving birth at Harrisburg Hospital**
Birth Center Tours

This tour provides the expectant mother and father/support person an opportunity to visit Labor and Delivery, the Neonatal Intensive Care Unit (NICU) and the Maternity Center. This will allow you to become familiar with Harrisburg Hospital and get answers to any questions you may have. You may tour the Birth Center at any phase of your pregnancy. **Due to the areas being toured, we are not able to accommodate children on this tour.** A tour especially suited for children is provided in the Siblings class.

Pre-registration is required. There is no fee.

**PinnacleHealth Harrisburg Campus, Harrisburg Hospital Lobby**
111 S. Front Street, Harrisburg, PA  17101

**Wednesdays, 11 a.m. – 12 p.m.**

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**Evenings, 6 – 7 p.m.  OR 7:15 – 8:15 p.m.**

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<td>December 6</td>
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A Virtual Tour of the Birth Center is available online at [www.pinnaclehealth.org](http://www.pinnaclehealth.org). Click on “Services & Resources” and then “Pregnancy and Childbirth”. Next click on the “For Our Patients” tab, select “Birth Resources”, then select “Virtual Tour”.

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The following classes can be scheduled individually for expectant parents who need one-on-one instruction due to special circumstances.

To schedule individualized classes, call the PinnacleHealth oneLine (PHoneLine) at (717) 231-8900.

**Childbirth Preparation**
This class focuses on preparing you for your birth experience. Course content includes information about the physical and emotional changes during labor, the important role of the dad/partner, relaxation and comfort techniques, common medical interventions and options, as well as a brief overview of cesarean birth, postpartum, and the newborn. Your instructor will address your specific needs and concerns. A certified childbirth educator will contact you to schedule two class sessions of 2 hours each or one 4-hour class at your request.

**Registration fee:** $150 (includes partner)

**Childbirth Refresher**
This class is for expectant parents who have previously attended a childbirth education program. Class includes a review of labor and birth, medical interventions, and comfort measures, including positions, relaxation, and breathing patterns. A brief overview of cesarean birth, postpartum, and newborn will be presented. The important role of the dad/partner and preparing siblings for your hospital stay are also discussed. A certified childbirth educator will contact you to schedule one 2 ½-hour class.

**Registration fee:** $85 (includes partner)

Your children can also prepare for the new baby by attending one of our specially designed classes for siblings. Please see Siblings: “Big Brothers and Big Sisters” on page 12 for more information.

**Vaginal Birth After Cesarean (VBAC)**
Instruction is available for parents who have previously had a cesarean and want a vaginal birth for this pregnancy. Guidelines for a vaginal birth and the additional needs of a VBAC mother are discussed. A certified childbirth educator will contact you to schedule one 2-hour class.

**Registration fee:** $75 (includes partner)

Parents preparing for a VBAC, who have not had a previous vaginal birth, are also encouraged to schedule a Childbirth Refresher Class (see above) to learn comfort techniques and medical options. A certified instructor will arrange a combined Refresher/ VBAC class, two 2-hour sessions, at your convenience.

**Registration fee:** $150 (includes partner)

**Cesarean Birth**
A single class designed for expectant parents who are anticipating a cesarean birth. Focus is on the physical and emotional aspects of a cesarean birth experience and touches on relaxation as a coping skill. Class includes information about the reasons for cesarean birth, medications and anesthesia, postpartum recovery and newborn appearance and procedures. The important role of the dad/partner before, during, and after birth will be discussed. A certified childbirth educator will contact you to schedule one 2-hour class.

**Registration fee:** $75 (includes partner)
Individualized Classes (continued)

**Prenatal Infant Massage**
This is a program of early touch experiences using the World Institute for Nurturing Communication’s (WINC) “Welcome Baby Massage” as the basis for the class. Parents will learn the value of touch to the newborn, as well as the connection between touch and baby’s adjustment to life outside the womb. How to interpret your baby’s behavior and identify their cues will be discussed. Why, when, and how to add touch strokes to early infant care, and the father’s important role will be covered in this 1-hour class. Our certified infant massage instructor will contact you to make arrangements, based on your individual needs.

**Registration fee:** $40 (includes partner)

**Postpartum Infant Massage**
Loving, nurturing touch between parent and infant has a positive impact on the child’s development. Bring your baby (six weeks to six months old) and learn the techniques and benefits of infant massage. Massage oil is provided in the class. Our certified infant massage instructor will contact you to schedule three 1-hour sessions. Classes can be arranged for 1-3 families, focusing on the individual needs of each and offering an opportunity to meet with other new parents. Fee varies based upon number of participants.

**Registration fee:** (includes parent and baby)  
$150 – one family  
$90 – two families  
$60 – three families

Although some of the course information overlaps, each program stands on its own. The prenatal session focuses on the immediate postpartum time period, and the postpartum sessions focus on the older infant (6 weeks to 6 months) with the growing child in mind. It is highly recommended that both programs be taken, but it is not required to reap the wonderful benefits of infant massage.
Parenting

**Baby Care Basics**
In this two-week series, expectant parents learn how to care for a newborn. Discussion, demonstration and class participation are used to teach basic information about baby’s bath, cord care, diapering, safety and feeding. Other topics include the importance of skin-to-skin and rooming-in, normal newborn behaviors, symptoms of illness, how to stimulate learning, parenting, and issues around returning to work. Our Heartsaver Pediatric First Aid CPR/AED class (see page 10) complements this series by providing instruction on health and safety issues, CPR, and AED use.

Registration fee: $45 (includes partner)

The Community Center at Camp Hill GIANT Super Food Store
3301 Trindle Road, Camp Hill, PA 17011

**Mondays, 6:30 – 8:30 p.m.**

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<th>January 4 and January 11</th>
<th>April 11 and April 18</th>
<th>August 8 and August 15</th>
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<td>July 25 and August 1</td>
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**Breastfeeding Basics**
This two-week series for expectant parents focuses on the joys and common concerns of breastfeeding. Discussion includes the benefits of breastfeeding for mothers and babies, the importance of skin-to-skin and rooming-in, identifying baby’s feeding cues, maintaining a milk supply and other practical information. Additional topics include combining breastfeeding and working, expression and storage of breast milk, and use of breast pumps. Expectant fathers are encouraged to attend.

Saturday sessions meet for one 4-hour class.

Registration fee: $60 (includes partner)

Fee is waived for those giving birth at Harrisburg Hospital. If you are unable to attend after registering, please call 231-8900 to cancel and avoid a “no-show” charge. This will also allow us to make your space available for someone else.

PinnacleHealth Harrisburg Campus, Brady Building
205 S. Front Street, Harrisburg, PA 17104

**Mondays, 6:30 – 8:30 p.m.**

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The Community Center at Camp Hill GIANT Super Food Store
3301 Trindle Road, Camp Hill, PA 17011

**Thursdays, 6:30 – 8:30 p.m.**

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**Saturdays, 9 a.m. – 1 p.m.**

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Please see the Online Breastfeeding Program options on page 5.
Heartsaver Pediatric First Aid CPR/AED
This 7-hour, 2-session certification course, is specifically designed for day care workers, baby sitters, parents, guardians, and other caregivers of infants and children. The course includes information on basic first aid for a variety of medical and injury emergencies, CPR for infants and children, and the use of an AED in children. Certified American Heart Association Instructors facilitate this course, which is presented in a practice-while-watching format. Following attendance at both sessions and successful completion of the First Aid and CPR/AED skills tests, a certification card will be mailed to your home within 20 days of course completion.

Registration fee: $75/person
Payment must be received 3 weeks prior to the class date, so your Heartsaver Pediatric First Aid CPR/AED student manual can be mailed to you for review. We strongly suggest that you read this book prior to class.

The Community Center at Camp Hill GIANT Super Food Store
3301 Trindle Road, Camp Hill, PA  17011
Saturdays:
Session 1 (First Aid) 8:30 a.m. – 12:30 p.m., Session 2 (CPR/AED) 8:30 – 11:30 a.m.
June 4 and June 11
October 22 and October 29

The Community Center at Linglestown GIANT Super Food Store
2300 Linglestown Road, Harrisburg, PA  17110
Saturdays:
Session 1 (First Aid) 8:30 a.m. – 12:30 p.m., Session 2 (CPR/AED) 8:30 – 11:30 a.m.
February 20 and February 27
September 24 and October 1

Heartsaver CPR/AED
This 3½ hour certification course focuses on Adult/Child/Infant CPR, use of an automated external defibrillator (AED), and techniques to use on a person who is choking. Certified American Heart Association Instructors facilitate this course, which is presented in a practice-while-watching format. Upon successful completion of the CPR/AED skills tests, a certification card will be mailed to your home within 20 days of course completion.

Registration fee: $55/person
Payment must be received 3 weeks prior to the class date, so your Heartsaver CPR/AED textbook can be mailed to you for review. We strongly suggest that you read this book prior to class.

The Community Center at Camp Hill GIANT Super Food Store
3301 Trindle Road, Camp Hill, PA  17011
Saturdays, 8:30 a.m. – 12:00 p.m.
April 23
October 15

The Community Center at Linglestown GIANT Super Food Store
2300 Linglestown Road, Harrisburg, PA  17110
Saturdays, 8:30 a.m. – 12:00 p.m.
January 30
July 23
CPR for Family & Friends

This 2½ hour non-certification class focuses on Adult/Child/Infant CPR and techniques to use on a person who is choking. Certified American Heart Association Instructors facilitate this course, which is presented in a practice-while-watching format. A Family & Friends CPR participation card is included on the back cover of the student manual that you will receive.

Registration fee: $30/person; $50/couple
Payment must be received 3 weeks prior to the class date, at which time your CPR student manual will be mailed to you for review. We strongly suggest that you read this book prior to class.

Fee is waived for those giving birth at Harrisburg Hospital. If you are unable to attend after registering, please call 231-8900 to cancel and avoid a “no-show” charge. This will also allow us to make your space available for someone else.

The Community Center at Camp Hill GIANT Super Food Store
3301 Trindle Road, Camp Hill, PA  17011

Wednesdays, 6:30 – 9 p.m.
January 6         July 6
March 9           September 7
May 4             November 2

The Community Center at Linglestown GIANT Super Food Store
2300 Linglestown Road, Harrisburg, PA  17110

Wednesdays, 6:30 – 9 p.m.
February 3        August 3
April 6           October 5
June 1            December 7

The Happiest Baby

Join the growing number of parents using Dr. Harvey Karp’s method to calm their crying babies. In a single class you will learn Dr. Karp’s secrets for making babies happy. Practice the 5 S’s used to engage your baby’s “calming reflex.” These techniques are most beneficial for babies birth to two months of age. Childbirth and lactation educators teaching this class have completed the Happiest Baby Certification Program. Class fee includes “The Happiest Baby on the Block” DVD and “Soothing Sounds” CD.

Registration fee: $35

The Community Center at Camp Hill GIANT Super Food Store
3301 Trindle Road, Camp Hill, PA  17011

Wednesdays, 6:30 – 8:30 p.m.
January 13        July 13
March 9           September 14
May 11            November 9
Family

**Siblings: “Big Brothers and Big Sisters”**

**Babies and Toddlers**
This class is designed for two and three year olds who are about to become big brothers or sisters. Children will learn about newborns and how to interact with them. Some safety lessons will be shared. There will be a celebration of their role as big brothers and big sisters. A short tour of the Maternity Center and Newborn Nursery is included, but no video will be shown.

**Registration fee:** $10/child

PinnacleHealth Harrisburg Campus, Brady Building
205 S. Front Street, Harrisburg, PA 17104

**Tuesdays, 6:30 – 7:30 p.m.**

| January 12 | May 10 | November 8 |
| March 8 | July 19 | December 13 |
| April 12 | September 13 |

**Babies and Big Kids**
This class, designed for children four to nine years of age, includes discussion and a children’s video about birth and becoming a big brother or sister. Children also have the opportunity to practice holding dolls and learn how newborn babies look and behave. Class includes a child’s tour of the Maternity Center and Newborn Nursery.

**Registration fee:** $10/child

PinnacleHealth Harrisburg Campus, Brady Building
205 S. Front Street, Harrisburg, PA 17104

**Fridays, 6:30 – 8 p.m.**

| January 8 | May 13 | September 9 |
| February 12 | June 10 | October 7 |
| March 11 | July 8 | November 11 |
| April 8 | August 12 | December 9 |

**Grandparents: Times Have Changed!**
This single evening class focuses on the experience of the grandparent. New trends in medical practices and current recommendations for infant care and safety will be discussed. Suggestions on how grandparents can support the new family and play a valuable role in the lives of their grandchildren will be shared. A tour of the Harrisburg Hospital Birth Center is offered following the class. Participation is optional.

**Registration fee:** $10/person

PinnacleHealth Harrisburg Campus, Brady Building
205 S. Front Street, Harrisburg, PA 17104

**Wednesdays, 6:30 – 8 p.m.**

| January 20 | July 20 |
| March 16 | September 21 |
| May 18 | November 16 |
Other Services

Doula Services
Birth doulas are trained professionals who provide continuous physical and emotional support, encouragement, and wisdom to moms and their partners during labor and birth. Postpartum doulas provide emotional and practical support to families as they transition to life with their new baby. Doula services independently and are not employed by PinnacleHealth. Their fees vary. It is strongly recommended that your doula attend one of your prenatal visits, to meet a physician or midwife from your OB practice. The Parent/Child Education office maintains a list of certified birth doulas who provide services in our area, as well as general information about birth and postpartum doula.

To request this information, or if you have other questions regarding doulas, please call the PinnacleHealth oneLine (PHoneLine) at (717) 231-8900.

Newborn Channel
A secure website to watch any of the Newborn Channel programs from the comfort of your home! With the Newborn Channel programs online, moms and dads can watch the segments prenatally, in the hospital after giving birth and then review them again once they are home. Visit www.thenewbornchannelnow.com and enter the password: 01185.

Transition Phone Calls
A registered nurse from PinnacleHealth will call new moms 24-48 hours after being discharged from Harrisburg Hospital. She will talk to you about your recovery, as well as the health of your baby. She will answer any questions you may have and offer support in your role as a parent.

Perinatal Bereavement Services
Education and support services are provided for those dealing with grief and loss related to pregnancy or childbirth. Call (717) 231-8844 for assistance.

Heartstrings
“Heartstrings” is a perinatal bereavement support group for those who have experienced a pregnancy loss or newborn death. You are welcome to join us, no matter where you are in your grief, or how long it has been since your loss. You may choose to share or just listen, while connecting with others who can relate to what you are going through. This safe, caring environment promotes healing.
Fourth Tuesday of each month (third Tuesday in December only)

Rainbows: Pregnancy After Loss
“Rainbows” is a support group for those who are considering becoming pregnant, are expecting, or have recently given birth following a previous loss. Pregnancy after a loss creates a wide range of feelings and emotions. “Rainbows” offers a safe environment to share your thoughts, fears, experiences, and hope.
Second Thursday of each month

Registered nurses, who are also perinatal bereavement counselors, facilitate these meetings.

PinnacleHealth Community Campus
4300 Londonderry Road, Harrisburg, PA 17109
7:00 – 8:30 p.m. – Second floor, Conference Room 3

There is no charge and no registration is required. Call the PinnacleHealth oneLine (PHoneLine) at (717) 231-8900 for more information.
Postpartum Depression and Anxiety Support
Those dealing with postpartum depression and anxiety can receive support from PinnacleHealth Psychological Associates (PHPA). For more information or to schedule an appointment please call (717) 231-8360.

Parenting Support
PinnacleHealth Psychological Associates (PHPA) offer services related to parenting issues. For more information or to schedule an appointment please call (717) 231-8360.

New Mom Networks
An informal time of sharing and support for new mothers. These groups are facilitated by a nurse experienced in maternal/child health, infant massage and lactation. Join other new moms and parents in one of these groups. No older children please.

New Mom Network I
For new mothers and their 0-9 month-olds.
Every Monday: The Community Center at Linglestown GIANT Super Food Store
Every Tuesday: The Community Center at Camp Hill GIANT Super Food Store
1:00 – 2:30 p.m. FREE

New Mom Network II
For mothers and their 10-17-month-olds.
Every Monday: The Community Center at Linglestown GIANT Super Food Store
Every Tuesday: The Community Center at Camp Hill GIANT Super Food Store
1:00 – 2:30 p.m. FREE

Toddler Time
For mothers and their 1-3 year-olds.
Every Thursday: The Community Center at Linglestown GIANT Super Food Store
10:30 a.m. – 12:00 p.m. FREE

Working Mom’s Network
Informally discuss the challenges of returning to the workplace, along with some tips on how to adjust. For moms who work outside the home and their babies. Facilitated by working moms.
Second Saturday of each month:
The Community Center at Camp Hill GIANT Super Food Store
10:00 – 11:30 a.m. FREE

For more information about PinnacleHealth classes, programs and upcoming events, please call the PinnacleHealth oneLine (PHoneLine) at (717) 231-8900.
Lactation Services
PinnacleHealth promotes breastfeeding as a baby’s best start in life. We offer Central Pennsylvania’s most comprehensive breastfeeding support services to help new moms initiate and maintain breastfeeding. Here are some of the key services provided:

- Our Maternity Center nursing staff has specialized breastfeeding training, and is available 24 hours a day to evaluate, assist, and support breastfeeding moms and their babies.

- Lactation consultants, healthcare professionals trained in the technique and science of breastfeeding, are available upon referral by the Maternity Center nursing staff or by request, to assist mothers having difficulty breastfeeding or dealing with special needs. Our lactation consultants are certified by the International Board of Lactation Consultant Examiners (IBLCE) and are, therefore, International Board Certified Lactation Consultants (IBCLCs).

- PinnacleHealth has made a commitment to make system changes, in order to provide the best possible maternity care and breastfeeding support at Harrisburg Hospital. These changes are based on the Ten Steps to Successful Breastfeeding, which were developed by an international team of experts.

Additional Lactation Services at PinnacleHealth – (717) 782-5372

- Information and assistance for new families with sick or premature babies in the Neonatal Intensive Care Unit (NICU).

- Electric breast pump rentals – Please contact your insurance company to find out if the purchase or rental of breast pumps is covered. Durable Medical Equipment (DME) companies can bill your insurance directly. PinnacleHealth is a pump rental station, not a DME, and is therefore unable to bill your insurance company. You are responsible for payment and for requesting reimbursement on your own.

Please see “The Affordable Care Act: Coverage for Breast Pumps and Lactation Services” information sheet on the PinnacleHealth website; Pregnancy and Childbirth Homepage, under More Resources.

- At home information and support available by telephone – (717) 782-5372

- Outpatient visits at the Lactation Clinic
  By appointment only – call (717) 782-5372

- PinnacleHealth offers
  Breastfeeding Basics classes, to help you and your baby get off to the best start. These classes are taught by an International Board Certified Lactation Consultant. There is also an online option available – See page 5. To make our breastfeeding classes more accessible to all of our expectant parents, the fee will be waived for those giving birth at Harrisburg Hospital. Call the PinnacleHealth oneLine (PHoneLine) at (717) 231-8900 to register.
Registration Information

Please register early, as some classes fill quickly.
Contact your insurance company, before you register, to find out if they will reimburse you for classes. If you need an insurance form completed and signed, please bring it to class and ask your instructor.

Registration Options:

Online:
• Log on to www.PinnacleHealth.org
• Select “Services & Resources”
• Select “Classes & Events”
• Choose a class
• Select “REGISTER ONLINE”

You can also access Classes & Events on the PinnacleHealth “Your Baby’s Birth and Beyond” Mobile App.

You will receive an email confirmation within 48 business hours. Payment is required to complete registration.

Coming soon: Payment option at time of online registration.

Payment Options:
Credit Card: VISA, MasterCard, Discover

By Telephone:
• Contact the PinnacleHealth oneLine (PHoneLine), (717) 231-8900, Monday through Friday, 9 a.m. – 5 p.m.

Payment Options:
Credit Card: VISA, MasterCard, Discover
Check: Payable to PH Parent/Child Education
(Checks must be received 3 weeks prior to start of class, to allow time for processing.)

Mail check to:
Contact Center
Attn: PHoneLine - Registrar
Pinnacle Health System
PO Box 8700
Harrisburg, PA 17105-8700

Please Note:
• Cancellations prior to scheduled classes will be given a full refund or rescheduled.
• No-shows will forfeit class fee.
• There will be a $20.00 charge for checks returned for insufficient funds.
PinnacleHealth Class Locations

PinnacleHealth Harrisburg Campus
Brady Building
205 S. Front Street
Harrisburg, PA  17104
Park in the Visitor’s Parking Garage on Mary Street and follow signs to the Brady Building for classes. Birth Center Tours meet in the Harrisburg Hospital lobby. Bring your parking ticket to class to be validated.

PinnacleHealth West Shore Campus, Fredricksen Outpatient Center
2025 Technology Parkway, Mechanicsburg, PA  17050
Exit onto Wertzville Road from I-81. Go to the first light and turn right on to Technology Parkway. Turn left at the sign for Fredricksen Outpatient Center. Make the first right into the parking lot by the Physician Office Building. Enter the building and proceed to Conference Room G08, the first classroom on the left.

The Community Center at Camp Hill GIANT Super Food Store
3301 Trindle Road, Camp Hill, PA  17011
Take 581 to the Camp Hill exit. Take 11 & 15 North. Camp Hill Shopping Center is on the left. GIANT Super Food Store is at the end near the intersection of Trindle Road. The classrooms are located on the second floor in The Community Center. As you enter the GIANT Super Food Store, bear left after Bucks County Coffee and the Marketplace Café. You will see the Cooking School to the right and stairs and an elevator to the left, which will take you to the second floor.

The Community Center at Linglestown GIANT Super Food Store
2300 Linglestown Road, Harrisburg, PA  17110
Take I-83 to I-81. Take I-81 to Exit 69, Progress Avenue. Turn left onto Progress Avenue at the bottom of the exit ramp. Follow Progress Avenue North to Linglestown Road (Route 39). Turn left onto Linglestown Road. The GIANT Super Food Store is on the right, in the Blue Mountain Commons Shopping Center.

Or
Take Front Street North to Linglestown Road. Turn right onto Linglestown Road and go about 2.5 miles. The GIANT Super Food Store is on the left. Bear left as you enter the store. The Community Center is on the second floor.
We wish you a wonderful birth experience!

Congratulations
from PinnacleHealth
Women and Children’s Services!
Moms-to-be trust us more than any other regional hospital.

Know us before you need us.