

## CALVERT MEMORIAL NURTURES NEW FAMILIES

## THINKING OF HAVING A BABY?



## Nurturing Necessities *Caring for You and Your Baby*

Nurturing Necessities offers new families and breastfeeding mothers a full range of services in one convenient location. The birth of a child is an exciting time. You will have many questions and some concerns. We're here to help make your delivery the wonderful experience it should be.



Meet our coordinator, Betty Ellis, RN, who has over 20 years OB experience. She is also a certified birth educator and lactation consultant.

Calvert Memorial Hospital offers a wide variety of classes, programs and services to support expecting and new parents before you deliver, while you're in the hospital and after you go home.

- Baby Care Basics
- Big Kids and Babies
- Birth Center Tours
- Grandparenting
- Infant CPR
- Pregnancy Massage
- Yoga for Pregnancy

For a complete listing,  
call **410-535-8233**  
or visit the CMH website at:  
**[www.calverthospital.com](http://www.calverthospital.com)**



### Nurturing Necessities

*Affiliated with Calvert Memorial Hospital*

1430 Solomons Island Road,  
Huntingtown, MD 20639  
Phone: 410-414-5414 Fax: 410-414-5415  
*Located on Rt. 2/4 south  
(across from Bowen's Florist)*



## OUR CLASSES

For dates, times and fees or to register, please call **410-414-5414**.

### ABCs OF BREASTFEEDING

Two-hour class offers expectant parents the basic steps to a successful breastfeeding experience. Learn how to establish and maintain your milk supply, as well as positioning and latching techniques. Dads are encouraged to attend.

### BREAST PUMPS 101

Be informed before buying. Learn how to purchase a breast pump that will fit your personal needs. Ninety-minute class includes how to properly use and clean your pump and guidelines to safely store your breast milk.



### CHILDBIRTH EDUCATION

Five-week course includes classes on labor and delivery preparation, relaxation and breathing techniques, medication options, induction, cesarean section, advantages of breastfeeding as well as newborn and postpartum care. Each class is two hours. Weeknight and Saturday classes also available. Please register by the 20th week of pregnancy.

### SIGN LANGUAGE FOR BABIES

Learn how to use American sign language to engage your baby in two-way communication. Geared for parents and babies between six months and three years.

## OUR SERVICES

### BABY WEIGHT CHECK

When we're open, drop by and let us check your baby's weight gain with our Medela® baby scale.

## BREASTFEEDING SUPPORT GROUP

Breastfeeding moms and babies support one another and make new friends. The free drop-in group meets on Wednesdays from 1:30 – 3 p.m. No registration is required.

## BREASTFEEDING WARM LINE

Have a question or concern? Call our warm line at **410-414-5414** and our lactation consultant will assist you.

## OUTPATIENT LACTATION SERVICES

Our board-certified lactation consultant can guide and help advise you with any breastfeeding issue. Do you need help with positioning or latching on? Are you dealing with sore nipples or low milk supply? She can help with that, too. To schedule a private appointment, please call **410-414-5414**. *(Complimentary nursing bra fitting offered.)*



## OUR SPECIALTY STORE

Come visit our shop for all your breastfeeding needs. We specialize in:

- Breast pumps (rentals/sales)
- Breast pump supplies & replacement parts
- Breastfeeding clothing & accessories
- Nursing bras
- Nursing stools

