



CENTRA

Virginia Baptist Hospital

A Baby Friendly[®] Hospital

Is breastfeeding best for mom and baby?

Breastmilk is perfectly designed to meet your baby's needs. Benefits for babies include a decreased risk for:

- Diabetes
- Sudden Infant Death Syndrome
- Ear infections
- Obesity
- Pediatric cancers
- Allergies/Asthma

Benefits for moms include a decreased risk for:

- Female cancers
- Osteoporosis
- Postpartum depression

What are the benefits of skin-to-skin?

Mothers with vaginal or c-section deliveries can experience skin-to-skin with their baby.

Benefits for baby and mom:

- Regulates a newborn's temperature
- Promotes bonding between mother and baby
- Enhances breastfeeding success

Why is rooming-in so important?

Keeping moms and babies together during the hospital stay:

- Reduces a newborn's crying
- Supports successful breastfeeding
- Promotes bonding between mother and baby
- Helps mothers and babies sleep better
- Allows parents to learn baby's sleep cycle and feeding cues

For breastfeeding support, call the
Centra Warm Line: **434.401.9344**
WC.CentraHealth.com

Childbirth and Family Education Classes

Preparing for Childbirth

This class is offered one night per week for four weeks or as a weekend class. Topics include labor and birth process, comfort techniques, medication options and when to call the doctor.

Breastfeeding

Expectant moms receive practical instruction on getting started, avoiding problems and building the confidence to nurse your baby.

Infant Safety

Learn the basics of infant safety from a mother-baby nurse. This class offers hands-on training in infant CPR and choking rescue.

Baby Care

This fun, hands-on class, taught by a mother-baby nurse, teaches you to feed, diaper and bathe your baby.

Baby Cafe

Receive breastfeeding support from other moms and lactation consultants. Baby Cafe meets Tuesdays and Thursdays at 10 a.m.

Before Baby Moms Club

This support group meets each Thursday, except the fifth, at 5:30 p.m. to talk about what to expect when you are expecting.

Sibling Class

Through activities and a tour of the Mother-Baby Unit, this class prepares children ages three to six for their new brother or sister.

Infant Massage

Parents focus on relaxing and bonding with their infants (8 weeks to 12 months) while learning techniques to calm them.

Heartsaver CPR/AED

This class teaches first aid and includes a two-year certification in infant, child and adult CPR and AED.

Safe Sitter

Safe Sitter class teaches 11- to 14-year-olds childcare techniques, behavior management skills and responses to medical emergencies.