

BUILD YOUR VILLAGE:

A FREE PREGNANCY INFORMATION SERIES

Let us help you build your birth support team.

6/19 AT 7 PM - WEIGHING YOUR BIRTH OPTIONS / WHAT IS HYPNOBIRTHING

Explore many of the choices birthing parents face today and the resources available to have the pregnancy, birth, and postpartum that you want. Syracuse Hypnobirthing's Laura Kendrick.

6/26 AT 7 PM - BIRTHPLAN WRITING WORKSHOP

Learn how to write a birth plan and postpartum plan. We'll discuss many of the options you might consider as well as how to effectively advocate for yourself to all involved in your birth and postpartum periods.

Please note this session costs \$20/couple.

7/3 AT 7 PM - BREASTFEEDING INFORMATION

Jen Deshaies, IBCLC of Syracuse Lactation explains 3 important tips for reaching your breastfeeding goals, a setting to get your breastfeeding questions answered, and ability to leave with a list of local resources.

7/17 AT 7 PM - NY BABYWEARING / LA LECHE LEAGUE

Come learn about babywearing basics, benefits of babywearing, take some time to go over carrier styles and try them on. We will also discuss La Leche League of Syracuse's available support.

7/24 AT 7 PM - RECOGNIZING PERINATAL MOOD & ANXIETY DISORDERS & WHAT TO DO ABOUT THEM

PMADs are the number one obstetrical complication and one of the top causes for maternal mortality in the 1st postpartum year. Women have suffered in silence for years, learn why this is a "hot topic" now. Learn the risk factors, signs and symptoms, screening tools, when to worry, underlying mental health issues, and some simple solutions to complicated problems.

7/31 AT 7 PM - PRENATAL YOGA

Prenatal yoga can help you stay fit and relax while pregnant. But did you know that prenatal yoga might also help you prepare for labor and promote your baby's health? Join us for a free session!

8/7 AT 7 PM - URINARY INCONTINENCE AND YOUR PELVIC FLOOR

Did you know that one third of women experience urinary leakage (incontinence) during the first three months postpartum? A pelvic floor physical therapist can help by performing a specialized evaluation of the pelvic floor muscles and design a treatment plan to help get you back to being dry with activity. Julie Berube, DPT.

8/14 AT 7 PM - BIRTH & POSTPARTUM DOULA SUPPORT

Did you know that those who use a Doula are 34% less likely to rate their birth experience negatively? Join Doulas Sarah Kelchner and Rina Brule in a discussion of the services offered and benefits of using a Doula during all birth situations and how a doula can help support your transition into parenthood

8/21 AT 7 PM - CHIROPRACTIC CARE DURING PREGNANCY

Not only is chiropractic care during pregnancy safe, it can reduce labor time by 25-31% while improving comfort, giving baby more room, and providing better birth outcomes. Learn the benefits of prenatal, postpartum, and newborn care.

ATTENDEES WILL BE ENTERED TO WIN A RAFFLE BASKET!

7000 E. GENESEE ST., BUILDING B LOWER LEVEL, FAYETTEVILLE

REGISTRATION: KUKENBERGER@DRKRISTINDC.COM OR (315) 314-3900