

Dutchess Childbirth Center offers individual assistance

RHINEBECK — A new mother has questions about caring for her first baby. A mother of three wants to know how to prepare older children for a new baby.

Another mother wants to meet other mothers and exercise after her baby arrives.

These women all can find help at the newly opened Northern Dutchess Childbirth Education Center. It is located at 4 Garden St., off West Market St., just past the traffic light.

An open house was held Wednesday, which gave people the chance to visit and ask questions.

The staff includes Pat Camillo, registered nurse, clinical nurse specialist, and certified nurse practitioner specializing in women's health care; Valerie Connors, education specialist; Ann Durkin, director of social work at Northern Dutchess Hospital; Sandy Hapner, registered nurse and specialist in obstetrical nursing; Adrian London, physical education instructor; Elaine Newman, certified Lamaze instructor; and Barbara Senftleben, physician's assistant specializing in pediatrics.

Mrs. Camillo said the center differs from other offerings in the community. She explained that traditionally, childbirth educators offer a series of from five to 10 classes which emphasize preparation for labor and delivery and include some information on breast feeding, nutrition, child care, exercise and parenting skills.

Much of this is provided by one instructor.

Classes at the center, she said, will focus more on individual topics, and be tailored to individual needs. For example, a woman who has given birth using the Lamaze method may not need classes in that area. However, for the first



Childbirth center opens

Prospective parents Ellen and Fred Barreto, center, discuss what the Northern Dutchess Childbirth Education Center has to offer at Wednesday's open house at the new facility at 4 Garden St., Rhinebeck. Also shown are Pat Camillo, left, clinical nurse and specialist in women's health care; and Sandy Hapner, right, registered nurse and specialist in obstetrical nursing. (pm) (Register-Star photo by Patti Magee)

time, she may want to breastfeed her child. Classes will be offered in that.

Each class lasts about two hours and is taught by someone specializing in that field. Classes usually are offered monthly, except for Lamaze and the exercise classes, which are given weekly.

There are classes planned on single parenting, pregnancy after 35, the adoptive family, and coping with pregnancy loss.

Mrs. Camillo said if women have topics they are interested in, they should contact the center at 876-2506.

The Lamaze course costs \$50;

the others are \$10.

The schedule is: Lamaze preparation for labor and delivery, series of four weekly classes, first Monday of the month, 7:30-9:30 p.m., taught by Elaine Newman; Nutrition during and after pregnancy, second Saturday, 1-3 p.m., taught by Pat Camillo; Breast feeding preparation and management, fourth Saturday, 1-3 p.m. taught by Pat Camillo; Cesarean birth experience, second Tuesday, 7:30-9:30 p.m., taught by Sandy Hapner; Care of the newborn, first Thursday, 7:30-9:30 p.m., taught by Barbara Senftleben; and Sibling preparation for childbirth, first

Saturday, 10 a.m. to noon, taught by Valerie Connors.

Also, Introduction to parenting skills, third Wednesday, 7:30-9:30 p.m., taught by Ann Durkin; Early pregnancy exercise class, series of four classes which begin the first Tuesday of the month, 9:30-10:15 a.m.; Late pregnancy exercise class, series of four beginning the first Tuesday of the month, 10:30 to 11:15 a.m., both taught by Adrian London; and Exercise and discussion group for after childbirth, taught by Pat Camillo, schedule to be announced. (pm)