Childbirth & Parenting Education

# 2014 Class Schedule

*Class descriptions on reverse side.*

## Childbirth Education (Preparation for Childbirth)

5-Week Class

Mondays, 6:30 p.m. - 8:30 p.m.

January 6 - February 10
February 24 - March 24
April 14 - May 12
June 2 - June 30
August 11 - September 15
September 29 - November 3
November 10 - December 8

## Childbirth Education (Preparation for Childbirth)

5-Week Class

Thursdays, 6:30 p.m. - 8:30 p.m.

January 2 - January 30
February 13 - March 13
March 27 - April 24
May 8 - June 5
July 3 - August 7
August 21 - September 18
October 2 - October 30
November 6 - December 11

## Infant Care Class

Tuesdays, 6:30 p.m. - 8:30 p.m.

January 28
February 25
March 25
April 22
May 27
June 24
July 29
September 30
October 28
November 25
December 30

## Private Childbirth Class

Please submit registration form and payment, and we will contact you to schedule a date.

For additional information, please call (508) 828-7777.

## Weekend Childbirth Class

Weekends, 9 am - 1 pm

February 1 and 2
March 29 and 30
June 7 and 8
September 13 and 14
November 23 and December 6

## Ready For Delivery

3-Week "Refresher" Class

Wednesdays, 6:30 p.m. - 8:30 p.m.

January 8 - January 22
February 5 - February 19
March 5 - March 19
April 2 - April 16
May 28 - June 11
July 2 - July 16
August 6 - August 27
September 3 - September 17
October 29 - November 12
December 3 - December 17

## Breastfeeding Class (Feeding Your Baby)

1st Thursday and 3rd Tuesday of the month, 6 p.m. - 9 p.m.

| | |
|---|---|
| January 2, 21 | February 6, 18 |
| March 6, 18 | April 3, 15 |
| May 1, 20 | June 5, 17 |
| July 3, 15 | August 7, 19 |
| September 4, 16 | October 2, 21 |
| November 6, 18 | December 4, 16 |

For more information about any of these classes, visit www.mortonhospital.org or call (508) 828-7777.

Morton Hospital

A STEWARD FAMILY HOSPITAL

### Morton Hospital Childbirth & Parenting Education

# Class Descriptions

Morton Hospital's Parent and Family Education Program invites you to participate in our classes, which are designed to help today's families meet the challenges of parenting. Our programs are family-oriented and focus on the changes impacting all family members. Class sizes are limited to ensure individualized attention, so we encourage you to register early to avoid disappointment.

## Childbirth Education (Preparation For Childbirth)

The 5-week Preparation for Childbirth class focuses on preparing you for labor and delivery. The more knowledgeable you are about the birth process, the more rewarding you are likely to find the experience. As you progress through the prepared childbirth classes, you will have an opportunity to actively plan your labor and delivery as you learn about the birth options available to you.

Prepared childbirth classes include a range of topics such as diet, exercise, prenatal care, relaxation and breathing techniques, the stages of labor and newborn care. You will also have an opportunity to tour the Obstetrics unit. Classroom teaching consists of films, demonstrations and discussions. Must start at week one.

## Weekend Preparation For Childbirth

This class condenses the content of the 5-week Preparation for Childbirth Class into two class days. It is designed for new parents who are limited in their time. Parents will gain an understanding of the birth process, relaxation and breathing techniques, the stages of labor, and newborn care. The class includes a tour of the Maternity Unit at Morton Hospital.

## Private Childbirth Classes

Available upon request. Please call for additional information.

## Ready for Delivery

Ready for Delivery is a workshop designed for parents who are limited in their time, or who have had a previous birth and are looking for a review/refresher course. This three-week series will offer information on labor and delivery, breathing, pain management, and information on the last trimester, including the birth process. Must start at week one.

## Infant Care

This two-hour class is designed for new parents to answer questions and concerns regarding the care of a newborn. Discussions include basic newborn care, family adjustment, common problems in the newborn period, and when to call the Pediatrician.

## Feeding Your Baby

This is a couple's class designed to empower parents to make an informed decision about infant feeding. It is led by a Certified Lactation Specialist. This class teaches mothers and fathers about the importance of breast-feeding, how to do it, and the importance of the role fathers play in the experience. It also discusses ways to easily incorporate breast-feeding into everyday life.