



2019 Parent Education Program Schedule

Childbirth Basics: Tuesday Series*

Tuesday | 6 - 8:30 pm | Fee: \$115

This class series focuses on childbirth preparation. Topics include an overview of the anatomy and physiology of labor and birth, medication options and other interventions, newborn care, and breastfeeding. Coping and comfort strategies such as the use of breathing techniques, relaxation, and visualization are also discussed. A Newborn Care & Breastfeeding class is also included.

Tuesday Series:

Feb. 5, 12, 19, and 26
April 2, 9, 16, and 23
June 4, 11, 18, and 25
July 23, 30, Aug. 6, and 13
Oct. 8, 15, 22, and 29
Nov. 19, 26, Dec. 3, and 10

**All classes include
a Childbirth
Center Tour with
the exception of
Newborn Care and
Breastfeeding.**

Childbirth Basics: Weekend Series*

Saturday 9:30 am – 5 pm and
Sunday 9:30 am – 12 pm | Fee: \$115

For people with busy schedules or who work in the evening, consider our all day weekend express classes. This weekend program is a condensed version of the longer series. A Newborn Care & Breastfeeding class is also included.

Weekend Series:

Jan. 12 and 13
March 2 and 3
May 18 and 19
July 20 and 21
Sept. 14 and 15
Nov. 16 and 17

To register, visit www.cooleydickinson.org/classes or call 888-554-4CDH (4234)

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2019 Parent Education Program Schedule

(continued)

Deep Relaxation for Pregnancy, Birth & Beyond[©] with Childbirth Basics*

Thursday Series

6 - 8:30 pm | Fee: \$145

All of your options for birth presented in a unique and convenient combination of childbirth education and deep relaxation techniques. Participants learn how to create personalized deep relaxation/self-hypnosis routines to use before, during, and after labor and birth and how to utilize two breathing patterns and incorporate them with verbal cues, massage, and touch relaxation. The class also covers childbirth topics including the anatomy and physiology of late pregnancy, labor and birth, the physical and emotional elements of labor and birth process, newborn care, and breastfeeding.

Jan. 10, 17, 24, 31, and Feb. 7
March 7, 14, 21, 28, and April 4
May 2, 9, 16, 23 and 30
July 11, 18, 25, Aug. 1 and 8
Sept. 12, 19, 26, Oct. 3 and 10
Nov. 14, 21, Dec. 5, 12, and 19



Sibling Class*

Saturdays

10 am - 12 pm | Fee: \$15

Celebrate the transition to big brotherhood and big sisterhood with a new class for specifically for families expecting a new baby. This class will focus on activities around welcoming a new little one into the family.

Jan. 19
April 13
Oct. 26

Childbirth Center Tours

Held monthly on the **second Sunday** at 1 pm. Tours are free and preregistration is not required. Meet at the stork, located at the front entrance of the Childbirth Center on the 1st floor of Cooley Dickinson. Registration is not required to attend a tour.

Newborn Care and Breastfeeding

Fee: \$15

An overview of newborn care and breastfeeding, including what to expect during the first hours after birth, initiation of breastfeeding and recommendations for breastfeeding duration, procedures for baby during your stay at the Childbirth Center. We will also discuss the course of breastfeeding through the first few days and weeks and newborn care tips. This is class 4 of the Childbirth Series.

9:30 am - noon | **6 - 8:30 pm**

Jan. 13
March 3
May 19
July 21
Sept. 15
Nov. 17

Jan. 31
Feb. 26
March 28
April 23
May 23
June 25
Aug. 1
Aug. 13
Oct. 3
Oct. 29
Dec. 10
Dec. 12

*Childbirth Center Tour included as a part of each class.

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