



2018 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.

Tuesday Series:

Feb. 6, 13, 27, and March 6
April 3, 10, 17, and 24
June 5, 12, 19, and 26
July 24, 31, Aug. 7, and 14
Oct. 2, 9, 16, and 23
Nov. 20, 27, Dec. 4, 11

Childbirth Refresher Class*

Thursdays

6 - 8:30 pm | Fee: \$40

This class allows you to take time from your busy schedule to reflect on your upcoming very important, special birth. We revisit the process of labor and birth, discuss medications and interventions, as well as what to expect during your stay at the Childbirth Center

Feb. 15 Aug. 16
April 26 Dec. 13

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. 20 and 21
March 24 and 25
May 19 and 20
July 28 and 29
Sept. 15 and 16
Nov. 17 and 18

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

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

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2018 Parent Education Program Schedule

(continued)

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

Thursday Series

6 - 8:30 pm | Fee: \$140

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. 4, 11, 18, and 25
March 8, 15, 22, and 29
May 3, 10, 17, and 24
July 5, 12, 19, and 26
Sept. 6, 13, 20, and 27
Nov. 8, 15, 29, and Dec. 6

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. 6
April 14
July 14
Nov. 10



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. To register for a tour, contact 888-554-4CDH.

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. 21	Jan. 25
March 25	March 6
May 20	March 29
July 29	April 24
Sept. 16	May 24
Nov. 18	June 26
	July 26
	Aug. 14
	Sept. 27
	Oct. 23
	Dec. 6
	Dec. 11

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

To register, visit www.cooley-dickinson.org/classes or call 888-554-4CDH.