Childbirth Basics: Weekend Series*
Saturday 9:30 am – 5 pm and
Sunday 9:30 am – 12 pm  | Fee: $125
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. 25 and 26
March 28 and 29
May 16 and 17
July 18 and 19
Sept. 26 and 27
Nov. 21 and 22

Childbirth Basics: Tuesday Series
Tuesday | 6 - 8:30 pm | Fee: $125
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:
January 14, 21, 28, February 4 and 11
March 10, 17, 24, 31, and April 7
May 5, 12, 19, 26, and June 2
June 30, July 7, 14, 21, and 28
September 1, 8, 15, 22 and 29
October 27, November 10, 17, 24, and December 1

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

**Saturdays**
10 am - 12 pm | Fee: $20

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. For children 4 and older.

February 22
June 13
October 24

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**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.

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

**Saturday Series**
9:30 am - 5 pm | Fee: $150

The primary focus of this class is on strategies for visualization, relaxation, and working with breathing techniques. This one day class will also cover the basics of childbirth education. Come alone or with a partner, bring a floor mat, lunch and beverages, and wear comfortable clothing. Snacks will be provided. This class DOES NOT include newborn care and breastfeeding information. Look on our schedule for these classes, either Tuesday evenings or Sunday mornings.

February 8
April 25
June 27
August 1
October 31
December 5

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**Newborn Care and Breastfeeding**

Fee: $45

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.

**9:30 am - noon**
Jan. 26
March 29
May 17
July 19
Sept. 27
Nov. 22

**6 - 8:30 pm**
Feb. 4
March 31
May 26
July 21
Sept. 22
Nov. 24

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