

# Childbirth & Parenting Education

## 2017 Class Schedule

*Class descriptions on reverse side.*

### Childbirth Education (Preparation for Childbirth)

3-Week Class

Mondays, 6:30 pm - 8:30 pm

January 9 - January 30

February 6 - February 20

March 6 - March 27

April 17 - May 1

May 8 - May 22

June 5 - June 19

July 24 - August 7

September 11 - September 25

October 16 - November 6

November 20 - December 4

### Childbirth Education (Preparation for Childbirth)

3-Week Class

Thursdays, 6:30 pm - 8:30 pm

January 5 - January 19

February 2 - February 16

March 2 - March 16

April 6 - April 20

May 4 - May 18

June 1 - June 15

### Infant Care Class

Tuesdays, 6:30 pm - 8:30 pm

January 24

March 28

May 23

July 25

September 26

November 28

February 21

April 18

June 27

August 29

October 24

December 19

### Private or Weekend Childbirth Class

Dates TBD

Please call 508-828-7777, and we will coordinate dates with the instructor.

### Ready For Delivery

3-Week "Refresher" Class

Wednesdays, 6:30 pm - 8:30 pm

January 4 - January 18

February 1 - February 15

March 1 - March 15

April 5 - April 19

May 3 - May 17

June 7 - June 21

### Breastfeeding Class (Feeding Your Baby)

6 pm - 8 pm

Quinn Conference Room

Monday, January 23

Thursday, February 16

Thursday, March 23

Thursday, April 27

Wednesday, May 17

Thursday, June 15

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

**Morton  
Hospital**

A STEWARD FAMILY HOSPITAL



Steward

## 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 3-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.

## Private or Weekend Preparation For Childbirth Class

Available upon request. Please call 508-828-7777 for details.

## Ready for Delivery

Ready for Delivery is 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. The best timing for this class is 4-6 weeks prior to your due date.