



Childbirth & Parenting Education 2017 Class Schedule

Class descriptions on reverse side.

Childbirth Preparation

4-Week Class

Mondays 7 - 9 PM

Jan 9 - Feb 6 Jul 10 - Jul 31
 Feb 27 - Mar 20 Aug 21 - Sep 18
 Apr 10 - May 8 Oct 16 - Nov 6
 Jun 5 - Jun 26 Nov 27 - Dec 18

Childbirth Preparation

2-Day Class

Saturday 9 AM - 4 PM &
 Sunday 9 AM - 12 PM

Jan 7 & Jan 8 Oct 14 & Oct 15
 Mar 4 & Mar 5 Nov 18 & Nov 19
 Jun 10 & Jun 11

or choose

Saturday 9 AM - 4 PM & Wednesday 7 - 9 PM

Feb 4 & Feb 8 Aug 5 & Aug 9
 Apr 8 & Apr 12 Sep 9 & Sep 13
 May 20 & May 24

Childbirth Refresher

For details, email
 NHChildbirthEd@Steward.org
 or call 781-278-6402.

Private Class

For details, email
 NHChildbirthEd@Steward.org
 or call 781-278-6402.

Sibling Class

For details, email
 NHChildbirthEd@Steward.org
 or call 781-278-6402.

Newborn Care

Wednesdays
 7 - 9 PM

Feb 8 Aug 9
 Apr 12 Sep 13
 May 24

Infant CPR & Safety

Thursdays
 7 - 9 PM

Jan 26 May 25 Sep 28
 Feb 16 Jun 29 Oct 26
 Mar 23 Jul 27 Nov 30
 Apr 27 Aug 24

Breastfeeding 101

Thursdays
 6:30 - 8:30 PM

Jan 5 May 11 Sep 7
 Feb 2 Jun 1 Oct 5
 Mar 2 Jul 6 Nov 2
 Apr 6 Aug 3 Dec 7

"Happiest Baby on the Block"

Saturdays
 9:30 - 11 AM

Mar 25 Jul 15
 Apr 29 Sep 30
 Nov 4

Prenatal Yoga

Tuesdays
 7 - 8:30 PM

For details, email
 NHChildbirthEd@Steward.org
 or call 781-278-6402.

Breastfeeding Drop-In Support Groups



Tuesdays
 11:30 AM - 1 PM

For details, email
 NHChildbirthED@steward.org
 or call 781-278-6402

Teen Moms-To-Be

Private classes
 For details, email
 NHChildbirthEd@Steward.org
 or call 781-278-6402.

Lactation Clinic

One-on-one consultation appointments
 are available with
 International Board Certified
 Lactation Consultants (IBCLC).

What to Expect When You Deliver at Norwood Hospital



Thursdays
 6-7 PM

Feb 9 Sep 21
 Apr 13 Nov 9
 Jun 15

Questions? Contact our Childbirth & Parenting Education Coordinator
 at NHChildbirthEd@Steward.org or call 781-278-6402.

Also, visit www.Norwood-Hospital.org for more information.



Childbirth & Parenting Education Class Descriptions

Class size is limited, so please register early.

Breastfeeding Drop-In Support Group



Facilitated by International Board Certified Lactation Consultants (IBCLC) for breastfeeding moms. Bring your baby and share resources with other new mothers.

Breastfeeding 101

Taught by International Board Certified Lactation Consultants (IBCLC). This class provides education to help ensure a positive breastfeeding experience. A support person is encouraged to attend. *Registration required. Free* to Norwood Hospital Maternity patients. All others \$50.

Childbirth Preparation—Four-Week Course

Classes are taught by certified childbirth educators. Topics include an overview of labor, breathing and relaxation techniques, medication, labor room procedures, tour of the maternity unit, and infant care.

Childbirth Preparation—2-Day Course

Choose a Saturday and Sunday weekend course or a Saturday plus Wednesday evening course. The Saturday - Sunday course and Saturday - Wednesday course are held in alternate months.

Childbirth Preparation—Private Class

A four-hour private class geared to meet individual needs.

Childbirth—Refresher Course

For those who have completed a childbirth series for a previous pregnancy.

Doula Services/Professional Labor Support

A doula provides emotional, physical, and informational support to laboring and new mothers. For more information, email us at NHChildbirthEd@Steward.org or call **781-278-6402**.

“Happiest Baby on the Block”

For moms, dads, and caregivers! Innovative, results-oriented class, based on the book by Dr. Harvey Karp. Taught by a certified “Happiest Baby” educator. Teaches parents how to instantly soothe/calm any baby, using Dr. Karp’s five S’s: swaddling with a special technique; placing baby on his side or stomach; using a gentle shushing noise; swinging or bouncing him rhythmically; and giving baby something to suck. Includes an instructive “Happiest Baby” DVD and CD with sleep sounds.

Class schedule on reverse side.

Questions? Email us
at NHChildbirthEd@Steward.org
or call **781-278-6402**.

Infant CPR & Safety

A one-night CPR training class also discusses prevention and safety issues. For parents and grandparents.

Lactation Clinic

Are you experiencing discomfort for yourself or worried about your baby’s feeding? Schedule an appointment with one of our International Board Certified Lactation Consultants (IBCLC). One-on-one consultation appointments are also available. *(Most insurances accepted)*

Newborn Care

Basic infant care skills, such as bathing, diapering, feeding, and car seat safety.

Prenatal Yoga—Try It Out!

Taught by a certified yoga instructor, this class explores safe yoga postures for women during all stages of pregnancy. Prenatal yoga is highly beneficial in helping to reduce physical discomforts, anxieties, and helps to prepare you for labor and delivery.

Sibling Class and Tour

This single session prepares siblings for the upcoming birth and includes a tour of the Small Miracles Unit. For ages 4 - 7.

Teen Moms-to-Be

Private class. For more information, email us at NHChildbirthEd@Steward.org or call **781-278-6402**.

What to Expect When You Deliver at Norwood Hospital

A **Free** informational session with the nurse manager and nurses of Small Miracles to help you prepare for your birth experience at the Norwood Hospital.



(over for class schedules)