



# Childbirth & Parenting Education 2018 Class Schedule

*Class descriptions on reverse side.*

## Childbirth Preparation

4-Week Class

Mondays 7 - 9 PM

Jan 22 - Feb 12    Jul 16 - Aug 6  
Mar 12 - Apr 2    Sep 10 - Oct 1  
Apr 23 - May 14    Nov 19 - Dec 10  
Jun 4 - Jun 25

## Childbirth Preparation

2-Day Class

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

Jan 6 & Jan 7    Oct 13 & Oct 14  
Mar 3 & Mar 4    Nov 3 & Nov 4  
Jun 9 & Jun 10

*or choose*

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

Feb 3 & Feb 7    Jul 14 & Jul 18  
Apr 14 & Apr 18    Sep 8 & Sep 12  
May 19 & May 23    Dec 8 & Dec 12

## 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 7    Jul 18  
Apr 18    Sep 12  
May 23    Dec 12

## Infant CPR & Safety

Thursdays  
7 - 9 PM

Jan 18    May 24    Sep 27  
Feb 15    Jun 14    Oct 25  
Mar 22    Jul 26    Nov 29  
Apr 26    Aug 23

## Breastfeeding 101

Thursdays  
6:30 - 8:30 PM

Jan 4    May 3    Sep 6  
Feb 1    Jun 7    Oct 4  
Mar 1    Jul 5    Nov 1  
Apr 5    Aug 2    Dec 6

## "Happiest Baby on the Block"

Saturdays  
9:30 - 11 AM

Feb 17    Aug 18  
Apr 28    Oct 27  
Jun 23    Dec 15

## 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 8    Sep 13  
Apr 12    Nov 8  
Jun 21

Questions? Contact our Childbirth & Parenting Education Coordinator  
at [NHChildbirthEd@Steward.org](mailto:NHChildbirthEd@Steward.org) or call 781-278-6402.

Also, visit [www.Norwood-Hospital.org](http://www.Norwood-Hospital.org) for more information.



### Breastfeeding Drop-In Support Group

**Free!**

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.

### “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.

# Childbirth & Parenting Education Class Descriptions

Class size is limited, so please register early.

*Class schedule on reverse side.*

Questions? Email us  
at [NHChildbirthEd@Steward.org](mailto: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](mailto: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.

**Free!**

*(over for class schedules)*