



# Childbirth & Parenting Education 2019 Class Schedule

*Class descriptions on reverse side.  
Please call to discuss private classes.*

### Childbirth Preparation

4-Week Class

Mondays 7 - 9 PM

Jan 14 - Feb 11      Aug 5 - Aug 26  
Mar 4 - Mar 25      Sep 16 - Oct 7  
Apr 22 - May 13    Nov 4 - Dec 2  
Jun 3 - Jun 24

### Childbirth Preparation

2-Day Class

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

Jan 5 & Jan 6      Jun 8 & Jun 9  
Mar 9 & Mar 10    Nov 9 & Nov 10

*or choose*

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

Feb 9 & Feb 13      Jul 13 & Jul 17  
Apr 6 & Apr 10      Sep 7 & Sep 11  
May 18 & May 22    Oct 5 & Oct 9  
Dec 7 & Dec 11

### 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 13      Sep 11  
Apr 10      Oct 9  
May 22      Dec 11  
Jul 17

### Infant CPR & Safety

Thursdays  
7 - 9 PM

Jan 24      May 30      Sep 26  
Feb 28      Jun 20      Oct 24  
Mar 21      Jul 25      Nov 21  
Apr 25      Aug 22

### Breastfeeding 101

Thursdays  
6:30 - 8:30 PM

Jan 3      May 2      Sep 5  
Feb 7      Jun 6      Oct 3  
Mar 7      Jul 11      Nov 7  
Apr 4      Aug 1      Dec 5

### "Happiest Baby on the Block"

Saturdays  
9:30 - 11 AM

Mar 16      Sep 21  
Jun 22      Nov 16

### 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 21      Sep 19  
Apr 11      Nov 14  
Jun 13

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.

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### 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.  
Please call to discuss private classes.**

**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)*