



# Childbirth & Parenting Education 2020 CLASS SCHEDULE

CLASS DESCRIPTIONS ON REVERSE SIDE.  
PLEASE CALL TO DISCUSS PRIVATE CLASSES.

To register or for more information, please contact [NHChildbirthEd@Steward.org](mailto:NHChildbirthEd@Steward.org).

## CHILDBIRTH PREPARATION

4-WEEKS | MONDAYS 7-9PM

1/6 thru 2/3 (holiday)  
2/24 thru 3/16  
3/30 thru 4/20  
5/4 thru 6/1 (holiday)  
6/22 thru 7/13  
8/3 thru 8/24  
9/14 thru 10/5  
10/19 thru 11/9  
11/30 thru 12/21

## CHILDBIRTH PREPARATION

2 DAY COURSE

SATURDAYS 9AM-4PM

WEDNESDAYS 7-9PM

1/11 & 1/15  
2/8 & 2/12  
3/14 & 3/18  
4/11 & 4/15  
5/16 & 5/20  
6/13 & 6/17  
7/18 & 7/22  
9/12 & 9/16  
10/3 & 10/7  
11/14 & 11/18  
12/5 & 12/9

## BREASTFEEDING 101

THURSDAYS 6:30-8:30PM

1/9 7/9  
2/6 8/6  
3/5 9/3  
4/2 10/1  
5/7 11/5  
6/4 12/3

## HAPPIEST BABY ON THE BLOCK

SATURDAYS 9:30-11AM

3/28  
6/27  
9/26  
11/21

## WHAT TO EXPECT CLASS

THURSDAYS 6-7PM

2/20  
4/16  
6/18  
9/17  
11/12

## NEWBORN CARE

WEDNESDAYS 7-9PM

1/15 7/22  
2/12 9/16  
3/18 10/7  
4/15 11/18  
5/20 12/9  
6/17

## INFANT CPR & SAFETY

THURSDAYS 7-9PM

1/23 7/23  
2/27 8/27  
3/26 9/24  
4/23 10/22  
5/28 11/19  
6/25





# Childbirth & Parenting Education CLASS DESCRIPTIONS

CLASS SIZE IS LIMITED, SO PLEASE REGISTER EARLY. CLASS SCHEDULE ON REVERSE SIDE. PLEASE CALL TO DISCUSS PRIVATE CLASSES.

To register or for more information, please contact [NHChildbirthEd@Steward.org](mailto:NHChildbirthEd@Steward.org).

## 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. *Thursdays*



## 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. *Mondays*

## CHILDBIRTH PREPARATION—2-DAY 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. *Saturdays & Wednesdays*

## 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. *Saturdays*

## INFANT CPR & SAFETY

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

## 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. *Wednesdays*

## 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. *Thursdays*

