

## Childbirth Education and Infant Classes

We are committed to helping our new and growing families prepare for the exciting experiences ahead. We have many classes that are available. For an up-to-date listing of classes, please visit us online at [www.semc.org/maternity](http://www.semc.org/maternity).

Classes that we regularly offer at the hospital include:

- Breastfeeding Basics
  - Taught by a lactation specialist, the class reviews the basics on breastfeeding, pumping, and safe storage of breast milk. This is a valuable opportunity to discuss initiating breastfeeding, various feeding positions, skin-to-skin contact for you and your baby, and getting a successful latch.
- Breastfeeding and Developmental Support Group (this group is free)
  - Join other new mothers and receive breastfeeding education and support from a board-certified Lactation Consultant. This group also provides infant massage instruction and developmental support.
- Infant Child CPR
  - Taught by a BLS-certified registered nurse, the course is based on the teachings of the American Heart Association from the Family and Friends CPR program. You will learn:
    - Proper techniques for infant and child CPR
    - What to do if your infant or child is choking
    - Home safety hazard precautions
- Newborn Essentials
  - Learn how to care for your newborn by practicing diaper changes, sponge baths, and the newborn swaddle. The registered nurse will cover normal newborn behaviors and what to expect during your first few weeks at home.
  - This new or experienced parent opportunity invites questions and comments for the registered nurses.
- Childbirth Education Classes
  - A childbirth class is a great way to prepare for labor and birth. Meet with St. Elizabeth's Medical Center's engaging and trained childbirth educators for this single, full-day class to address your questions and concerns about childbirth. St. Elizabeth's classes include both discussions and exercises to prepare new and experienced moms and their partners for childbirth. The class includes:
    - Is this labor?
    - When do I call my doctor or mid-wife?
    - Techniques for managing pain and pain management options
    - What if something goes wrong?
    - A tour of our maternity floors and more

## **Maternity Suite Tours**

Join St. Elizabeth's staff for a tour of our comfortable and spacious Maternity Suites. Tours take place on Wednesdays at 6 p.m. and Sundays at 2 p.m. If you cannot make one of the scheduled times, call us to arrange a time that is more convenient for you. Call **617-562-7095** for more information.