

Childbirth & Parenting Education

2018 Class Schedule

Class descriptions on reverse side.

Childbirth Education (Preparation for Childbirth)

3-Week Class

Mondays, 6:30 pm - 8:30 pm

May 7 - May 21

June 4 - June 18

August 6 - August 20

September 10 - September 24

October 15 - October 29

November 5 - November 19

December 3 - December 17

Childbirth Education (Preparation for Childbirth)

3-Week Class

Wednesdays, 6:30 pm - 8:30 pm

May 2 - May 16

June 6 - June 20

July 11 - July 25

August 8 - August 22

September 5 - September 19

October 3 - October 17

November 7 - November 21

December 5 - December 19

Childbirth Education (Preparation for Childbirth)

3-Week Class

Thursdays, 6:30 pm - 8:30 pm

May 3 - May 17

June 7 - June 21

July 12 - July 26

August 9 - August 23

September 6 - September 20

October 4 - October 18

November 1 - November 15

December 6 - December 20

Private or Weekend Childbirth Class

Dates TBD

Please call 508-828-7777, and we will coordinate dates with the instructor.

Infant Care Class

Tuesdays, 6:30 pm - 8:30 pm

May 22

July 31

September 25

November 27

June 19

August 28

October 30

December 18

All "Childbirth Education" and "Infant Care" Classes are held at:

Northwoods Medical Center
Pilgrim Room
2007 Bay Street
Taunton, MA 02780

For more information about any of these classes, visit www.mortonhospital.org or call (508) 828-7777.

**Morton
Hospital**

A STEWARD FAMILY HOSPITAL



Morton Hospital Childbirth & Parenting Education

Class Descriptions

Morton Hospital's Parent and Family Education Program invites you to participate in our classes, which are designed to help today's families meet the challenges of parenting. Our programs are family-oriented and focus on the changes impacting all family members. Class sizes are limited to ensure individualized attention, so we encourage you to register early to avoid disappointment.

Childbirth Education (Preparation For Childbirth)

The 3-week Preparation for Childbirth class focuses on preparing you for labor and delivery. The more knowledgeable you are about the birth process, the more rewarding you are likely to find the experience. As you progress through the prepared childbirth classes, you will have an opportunity to actively plan your labor and delivery as you learn about the birth options available to you.

Prepared childbirth classes include a range of topics such as diet, exercise, prenatal care, relaxation and breathing techniques, the stages of labor and newborn care. Classroom teaching consists of films, demonstrations and discussions. Must start at week one.

Infant Care

This two-hour class is designed for new parents to answer questions and concerns regarding the care of a newborn. Discussions include basic newborn care, family adjustment, common problems in the newborn period, and when to call the Pediatrician.