

Childbirth & Parenting Education

2019 Class Schedule

Class descriptions on reverse side.

Childbirth Education (Preparation for Childbirth)

3-Week Class

Mondays, 6:30 pm - 8:30 pm

January 7 - January 21
February 4 - February 18
March 4 - March 18
April 1 - April 15
May 6 - May 20
June 3 - June 17
August 5 - August 19
September 9 - September 23
October 7 - October 21
November 4 - November 25
December 2 - December 16

Childbirth Education (Preparation for Childbirth)

3-Week Class

Wednesdays, 6:30 pm - 8:30 pm

January 2 - January 16
February 6 - February 20
March 6 - March 20
April 3 - April 17
May 1 - May 15
June 5 - June 15
July 10 - July 24
August 7 - August 21
September 9 - September 18
October 2 - October 16
November 6 - November 20
December 4 - December 18

Childbirth Education (Preparation for Childbirth)

3-Week Class

Thursdays, 6:30 pm - 8:30 pm

January 3 - January 17
February 7 - February 21
March 7 - March 21
April 4 - April 18
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

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

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| January 22 | February 26 |
| March 26 | April 30 |
| May 28 | June 18 |
| July 30 | August 27 |
| September 24 | October 22 |
| November 26 | December 17 |

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) 828-7444.

**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.