

Family Birthing Center

2010 Course Offerings



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Breastfeeding Group for Pregnant Women

Noon - 2:30 p.m.

A one-session, 2-1/2 hour class, offered monthly.

This class is typically recommended for those in their third trimester of pregnancy. It is a free, one-time offering taught by a certified lactation consultant. The program runs 2-1/2 hours in a comfortable setting near the Family Birthing Center. Partners are encouraged to attend. All learn about the "best of breastfeeding arts." Research-based information is shared and techniques to support a positive breastfeeding experience are explained. Content is focused on the first week of breastfeeding your new baby.

This session is useful to women who may already know they will breastfeed, as well as for those who have not made up their minds on a feeding choice.

Schedule for 2010:

- January 10
- February 6
- March 6
- April 3
- May 1
- June 12
- July 10
- August 21
- September 18
- October 2
- November 13
- December 4

Location: 2 East Conference Room (2nd floor, next to Birthing Center)

Free of charge. Pre-registration required. Please call toll-free **1.800.350.1595** to register. The lactation consultant will call prior to the class to confirm class information and to answer any questions you may have. No children, please!

Breastfeeding Support Group

11:00 a.m. - 1:00 p.m.

A one-session, 2-hour postpartum breastfeeding class, offered monthly.

Need some mommy time? Breastfeeding your baby is a big job. After the baby arrives, you may need to go out with your baby and get the added benefit of breastfeeding support. Mothers and their babies are encouraged to attend one of our sessions with a certified lactation consultant. These groups encourage sharing experiences and questions which naturally come up as the baby grows.

You may also have a private session with one of our credentialed nurse lactation specialists. Dress comfortably!

Schedule for 2010:

- January 5
- February 2
- March 2
- April 6
- May 4
- June 8
- July 13
- August 10
- September 7
- October 5
- November 9
- December 7

Location: Family Birthing Center, New Milford Hospital.

Free of charge. Registration required. Please call toll-free **1.800.350.1595** to register. Program offered to mothers who have delivered at New Milford Hospital.

Sibling Preparation Party

5:00 - 6:00 p.m.

A 1-hour, 1-session class, offered monthly.

This class is approximately 1 hour long and is designed for children ages 3 - 10. (Children under the age of 3 may attend). Your child will learn about helping mom and dad with the new baby with emphasis on safety! The children will have the opportunity to tour the Family Birthing Center to see where mom and their new sibling will be spending a few days. They will also participate in arts and crafts and have a quick snack! This class is strictly limited to patients delivering at New Milford Hospital. It is recommended that your child(ren) attend in your 8th month of pregnancy.

Schedule for 2010:

- January 11
- February 8
- March 8
- April 12
- May 10
- June 14
- July 12
- August 9
- September 13
- October 11
- November 8
- December 13

Location: 2 East Conference Room (2nd floor, next to Birthing Center)

Free of charge. Pre-registration required. Please call toll-free **1.800.350.1595** to register. Limited to patients delivering at New Milford Hospital.

Infant Care Class

6:30 - 8:30 p.m.

A 2-hour, one-session class, offered monthly.

This class covers a variety of topics relevant to caring for your new baby; including bathing, cord care, circumcision care, feeding, swaddling, temperature-taking and learning when to call the pediatrician. The class also focuses on safety as well as preparing your home for your new baby. Car seat safety is also covered. Attendance is recommended about 4 to 8 weeks before your due date.

Schedule for 2010:

- January 11
- February 8
- March 8
- April 12
- May 10
- June 14
- July 12
- August 9
- September 13
- October 11
- November 8
- December 13

Location: 2 East Conference Room (2nd floor, next to Birthing Center)

Free of charge. Pre-registration required. Please call toll-free **1.800.350.1595** to register. Limited to patients delivering at New Milford Hospital.

Prepared Childbirth Education

Schedule and fees vary by class

Childbirth preparation that offers "freedom of choice based on knowledge of alternatives." These classes are designed to fit your needs and to make your birthing experience more enjoyable. Classes include: anatomy review, discomforts of pregnancy, breathing techniques during labor, how labor begins and what transpires along the way, non-medicated pain relief other than breathing, medication available, role of the birth partner and reasons for a cesarean birth.

Please call **1.800.350.1595** for registration and additional information.

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For physician/service referral and health education, call **1.800.350.1595** or click www.newmilfordhospital.org

 **New Milford Hospital**