

Classes After Your Baby Is Born

Please join our New Moms Support Group and Breastfeeding Support Group. **Registration** is required for our New Moms Support Group.

Cancellation Policy: Refunds will be given for medical reasons only with a physician's note.



Scan the QR code above to visit our website.



Treating you better...for life.

PARENT EDUCATION

254 Easton Avenue
New Brunswick, NJ 08901
732.745.8579 ■ saintpetershcs.com

Stock photos posed by models.

Sponsored by the Roman Catholic Diocese of Metuchen ■ State-designated children's hospital and regional perinatal center
Major clinical affiliate of Rutgers Biomedical and Health Sciences ■ Affiliate of The Children's Hospital of Philadelphia

Rev. 11/24

Preparation for Parenthood



Introduction to Preparation for Parenthood

The goal of these courses is to prepare expectant parents to anticipate, with confidence, the events of pregnancy, childbirth, and their baby. We believe that prepared parents are able to participate and share more in all phases of the birth and development of their child.

Registration is required for classes. Please register online by visiting saintpetershcs.com/parented. If you need further assistance, please call the Parent Education Department at 732.745.8579.

We invite you to take a virtual tour of our maternity services at saintpetershcs.com/tour.

Prenatal Yoga/Exercise Class

Please register for our prenatal yoga class early in your pregnancy. This class is held once a week for four consecutive weeks. During this class, expectant moms will explore breathing techniques, basic postures, meditation and deep relaxation specifically designed for expectant mothers.

Come prepared to stretch and strengthen your muscles. No previous yoga experience is necessary.

Childbirth Education Classes

This series of classes covers all aspects of the later part of pregnancy, labor, delivery and the post-delivery period. Areas of instruction include the general principles of relaxation; the support person's role; focusing and breathing techniques; medications and anesthesia; and comfort measures to be used during labor.

All instructors are certified childbirth educators. Our classes are offered at a variety of times in the evening and on weekends for your convenience.

Childbirth education classes should be taken during the last two months of pregnancy, but **early registration** is absolutely necessary.



Hypnobirthing Class

The techniques that are taught in this five-week series of classes and the power of positive thinking can be used to enhance your body's ability to give birth naturally. Hypnobirthing classes are an excellent choice for the expectant mother who is looking for a natural approach to birthing and prefers not to use medication or anesthesia during labor. This series of classes is taught by a nurse who is a certified hypnobirth instructor. Space is limited so please **register** by your sixth month of pregnancy.

Baby Care

This class is for expectant and adopting parents. Class topics include the appearance and behavior of the newborn at birth; feeding the baby; care of the newborn; adjustments to parenthood; car seat safety; and practical tips on clothing, furniture and equipment. Demonstrations and information on giving a baby a bath, diapering, dressing and safety are included. This class should be taken around the seventh month of pregnancy.

Breastfeeding Your Baby

This class is designed for expectant parents who are considering breastfeeding. You will learn the benefits of breastfeeding for the baby and the mother; how the lactating breast functions; positioning techniques that are most helpful; proper latch; and signs of adequate hydration.

Also included is information on breast pumps and the proper storage of breast milk.

New Daddy Class

Expectant dads learn about keeping their baby safe and well, and how to care for a healthy or sick child. Fathers will learn about the importance and impact of their involvement in the child's life, along with effective ways for staying involved and supporting their partner.

Sibling Class

This class, for children ages 3 through 8, is designed to prepare brothers and sisters for the new baby. The importance of siblings in the growing family, their self-worth, and their role in the new baby's life is stressed.

A tour of the Mother-Baby unit is provided. Additional information will be provided to those children preparing to be present at their sibling's birth in the Mary V. O'Shea Birth Center.

Grandparents Class

This class has been designed to give grandparents helpful guidelines about the latest in childbirth practices, child rearing and feeding methods. A newborn's needs have not changed dramatically; however the accessories, products and health practices for caring for a baby have changed. This class will review important tips for keeping babies safe and secure.