

# Preparing for baby

## Baby Basics & CPR

### Infant & Child CPR Class

This educational class is designed for the new parent, grandparent & other child care providers who would like to learn the basics of infant & child CPR life-saving skills.

4:30pm-6pm, Monday

- I. February 5
- II. April 2
- III. June 4
- IV. August 6
- V. October 1
- VI. December 3

Cost: \$25.00

Location: Good Neighbors

Facilitator: Certified CPR Instructor

### Baby Basics Class

A one evening "how-to" course for new parents to help make the transition to parenthood a little easier. Essential learning for expectant parents on feeding, bathing, diapering, cord care & sleep patterns. The class provides information to help parents make informed decisions on their baby's care, giving practical tips on getting through those first weeks at home with a newborn.

6:30pm-8:30pm

- I. January 24
- II. February 6
- III. March 27
- IV. April 25
- V. May 15
- VI. June 25
- VII. October 9
- VIII. November 26

Cost: FREE

Location: Sharon Hospital

Facilitator: Registered Nurse



# Special beginnings

## Childbirth Education Class

For couples or individuals desiring prepared childbirth education. Topics include: end of pregnancy, labor, birth, postpartum, breathing & relaxation techniques, medications & anesthesia options.

### Childbirth Education Class

6:30pm-8:30pm, Tuesday

- I. January 2, 9, 16, 23 & 30
- II. February 20, 27 & March 6, 13 & 20
- III. April 10, 17, 24 & May 1 & 8
- IV. May 29 & June 5, 12, 19 & 26
- V. September 4, 11, 18 & 25 & October 2
- VI. October 30 & November 6, 13, 20 & 27

Cost: \$60.00

Location: Sharon Hospital

Facilitator: Childbirth Educator

### Childbirth Education Class

9:00am-4:00pm, Saturday & Sunday

- I. February 3 & 4
- II. April 21 & 22
- III. July 29 & August 5th (Sunday)
- IV. October 20 & 21

Cost: \$60.00

Location: Sharon Hospital

Facilitator: Childbirth Educator

### Childbirth Refresher Class

Arranged as needed. Call for dates. Review of birth topics, breathing & relaxation techniques.

Cost: \$30.00

Location: Sharon Hospital

Facilitator: Registered Nurse

### HypnoBirthing®

Monthly. Call for dates. This class teaches mothers & birth companions safe & satisfying birthing through deep relaxation, visualization & special breathing.

Cost: \$270.00

Location: Good Neighbors

Facilitator: Certified Hypnotherapist



# Maternity & Prenatal Education

2007 Calendar of Educational Programs  
Presented by the Maternity Department at Sharon Hospital



# Delivering births as unique as each newborn

At Sharon Hospital, families are important. That's why we've been a trusted name in maternity care for more than 90 years. Our team of highly skilled birth experts: obstetrician, pediatrician, nurse & certified nurse midwife is dedicated to providing complete, sophisticated individualized care.

We support expecting parents with choices. From birthing plan to delivery, we provide options to fit your pregnancy. With a complete range of birthing classes & a pain management program, including epidurals, Sharon Hospital delivers births as unique as each newborn.

## Sibling Class

A class dedicated to new brothers & sisters to help them adjust & prepare for the birth of the new baby. Children learn how to hold and diaper a newborn, what the baby will look like & what to expect when the baby comes home. Includes age appropriate activities, video & tour.

6:30pm-7:30pm, Tuesday

I.	January 2	VI.	June 5
II.	February 13	VII.	September 11
III.	March 13	VIII.	October 9
IV.	April 10	IX.	November 6
V.	May 8	X.	December 4

Cost: FREE

Location: Sharon Hospital

Facilitator: Registered Nurse

## Prenatal Breastfeeding Class

For women at least six months pregnant. Partners are invited to come share in the experience & to learn about the advantages & benefit of breast-feeding for mother & child, as well as the role of your partner in the breastfeeding experience.

7:00pm-8:30pm, Wednesday

I.	January 17
II.	March 21
III.	May 16
IV.	July 18
V.	September 19
VI.	November 14

Cost: \$15

Location: Sharon Hospital

Facilitator: Certified Lactation Specialist



# Special beginnings

## Support Groups

### New Mothers Group

Weekly discussion group for new mothers. This group is for mothers looking for information, support, fun & a place to meet other new mothers. Scheduled topics include: expectations of ourselves as new mothers, your birth stories, nighttime parenting, nutrition & exercise for new mothers, family communication & life from baby's point of view. Bring your own questions & issues for discussion. Infants welcome!  
10:00am-11:30am, Friday  
Cost: FREE  
Location: Good Neighbors

### Mothers & Toddlers Group

Weekly discussion group for mothers of toddlers. This group offers both mutual support & information on a variety of topics. Guest lecturers are invited to speak. Toddlers welcome!  
10:00am-12:00pm, Monday  
Cost: FREE  
Location: Good Neighbors

### Perinatal Loss Support Group

For families who have suffered a perinatal loss through miscarriage, stillbirth or neonatal death. Monthly discussion offers an opportunity for questions & answers.  
7:00pm-9:00pm, Friday  
I. February 16  
II. April 20  
III. June 15  
IV. August 17  
V. October 19  
Cost: FREE  
Location: Sharon Hospital  
Facilitator: Certified Bereavement Counselor

## Midwifery Support

Throughout your entire pregnancy & birth experience, our certified nurse midwives will provide you with individualized support. As part of the obstetrical team, they are available to offer unique, personalized care for new mothers. From prenatal visits to one-to-one labor support, as well as superb in-hospital services, our midwives provide expert continuous care.

## Continuing Care

Our care for you & your new baby continues well after discharge from the hospital. Our lactation consultant & nurses are available to address breastfeeding issues and our weekly mothers support group continues to assist & nurture new mothers in the first weeks & months after birth. We can arrange a home visit in the first few days after discharge to help you become further acquainted with your infant's care.

## Exercise

### Mothers & Babies Moving Together

This six-week class is for mothers & their babies. Learn how to regain strength & flexibility after birth, relieve the strain & fatigue from the demands of motherhood, as well as, interact with your baby. The class will consist of floor & standing exercises & free flowing movement sequences. (For babies up to one year old or older if not walking)

1:30pm-2:30pm, Wednesday  
Cost: \$65.00 for six week course  
Location: Good Neighbors  
Facilitator: Registered Movement Therapist

### Prenatal Yoga

Looking to help condition & prepare your body for childbirth? Take advantage of this hour-long class that is taught by a Registered Movement Therapist who has experience working with mothers-to-be.  
2:45pm-3:45pm, Wednesday  
Cost: \$80.00 for 8 classes or \$13.00 per class  
Location: Good Neighbors  
Facilitator: Registered Movement Therapist

