

# Classes in preparation for the birth of your baby

Emerson Hospital offers courses in prenatal care, infant care, breastfeeding and more. All courses require pre-registration. Please visit [www.emersonwellness.org](http://www.emersonwellness.org) to register or for more information. Call 978-287-3777 for additional questions.

## Group tours

Free tours of the Birthing Center are given on a regular basis. For more information and to sign up for a free tour, visit [www.emersonwellness.org](http://www.emersonwellness.org). Registration is required for tours.

## Classes

### Prenatal Childbirth

This five week class helps pregnant women and their partners make informed decisions about childbirth. Topics include information about relaxation breathing, realistic labor options, and understanding the process of labor. Tour included.

**Who:** Women in their last trimester and their partner.  
(Please register by your 4th month.)

**When:** Weekday evenings.

**Fee:** \$165/couple

Wear comfortable clothing and bring two pillows.

### Prenatal Childbirth—One Day

This condensed childbirth education class in a fast-paced teaching environment is designed to prepare couples for their labor and birth experience. Tour included.

**Who:** Women in their last trimester and their partner.  
(Please register by your 4th month.)

**When:** Saturday, 9:00 am—4:30 pm

**Fee:** \$165/couple

Bring two pillows, a snack and lunch, or you may purchase lunch in the hospital café.

### HypnoBirthing®

HypnoBirthing® is a unique program that will support a natural childbirth experience using hypnosis. You will learn simple breathing, relaxation and guided imagery techniques to help you release tension and fears, and increase comfort throughout your pregnancy and birth. This is a five week class. Tour included.

**Who:** For expectant parents.

**Fee:** \$250/couple, includes text book and CDs

### Sibling Preparation

A special class to prepare youngsters ages 2 1/2 to 6 for the arrival of a sibling. Siblings will be encouraged to talk about what babies are like and how it feels to be a big brother or sister. This class will include a child-oriented tour of the birthing center.

**Who:** For 3 to 6 year old children who will become a sibling soon.

**When:** Saturday, 9:00–10:30 am for 3 to 4 1/2 year olds

Saturday, 10:45–12:00 pm for 5 to 6 year olds

**Fee:** \$25 for one child

\$30 for two or more children

Your child should bring:

- A baby picture of himself or herself.
- A small doll or stuffed animal.

We ask that a parent attend class with their child or children.

### Breastfeeding

Learn everything you need to know to get breastfeeding off to a great start. Learn about the benefits of breastfeeding, skin to skin, as well as the benefits of colostrum and the value of exclusivity.

**Who:** Expectant mothers and their partners who are interested in breastfeeding  
(Please register by your 4th month.)

**Fee:** \$50/couple

\$45 if you are also taking any of the prenatal childbirth classes.

### Infant Care

This class will provide an opportunity to learn infant care and parenting skills including bathing, diapering, and holding. Information about normal infant characteristics, when to call the pediatrician, infant feeding, and approaches to parenting will be discussed.

**Who:** For expectant parents.  
(Please register by your 4th month.)

**Fee:** \$50/couple

\$45 if you are also taking any of the prenatal childbirth classes.



### Basics of Infant Feeding

This unique class provides valuable information on typical feeding development, including the motor development that supports feeding. Class covers types of foods and when to introduce them, how to offer new food and what to expect, baby-led weaning, red flags for feeding disorders, recipe suggestions and more.

**Who:** For expectant parents or families with babies (2 to 12 months)

**Fee:** \$30 per person or \$50 per couple

### Soon to be Grandparents Class "We're going to be grandparents"

Back to sleep? Tummy time? Car seat inspections? Today's parents have dozens of new products, new ideas and new "rules" that barely existed 30 years ago. This class provides the perfect update for new grandparents-to-be.

**Topics include:**

- The changes in labor and delivery practices
- The latest recommendations for infant care and safety
- Grandparents will also learn how to support the new parents and accept their decisions
- Enjoy a tour of the OB unit

**Who:** New grandparents-to-be

**Fee:** \$50/couple

### Lactation Consultation

Emerson Hospital offers outpatient visits with a certified lactation consultant. These visits can be very helpful in resolving difficulties you may be having with breastfeeding. Some insurance plans cover lactation consultation. Please check your plan for specific coverage information. For more information about Emerson Hospital's Lactation Consultation, please call 978-287-3317.

### New Mothers Group

The New Mothers Group is a place for new mothers to come with questions and concerns or to just meet and share experiences with other mothers. Join other new mothers and their babies who are also facing the challenges of these early months. For more information about this support group in conjunction with First Connections, please call 978-429-8284.

### Infant CPR Anytime™ Program

This one 1/2 hour introductory class provides information and practice of the skills needed to perform infant CPR and to relieve choking. Participants will receive the CPR Anytime™ kit to use at home for future practice. This is a non-certification class.

**Who:** Anyone who has exposure to an infant.

**Fee:** \$50 per session (Fee includes one kit and class session for up to two participants.)