

2010 Childbirth Education Classes

Dates are subject to change.

For additional information and to confirm dates, call 732-418-8110



Childbirth Experience

One Full Day Session, 9:30 a.m. to 4:30 p.m.

Includes a maternity area tour; 45-minute lunch break.

Mar 20
Apr 17
May 23
Jun 26
Jul 24
Aug 28



Breast Feeding 101

7:00 p.m. to 9:15.m.

Get expert advice on beginning your breastfeeding journey with your newborn. Find out how to tell if things are going well and when to get help. Know the resources for help after discharge, and when to begin preparation for back to work, and how to select the right breast pump.

Apr 14 Jun 9 Aug 11 Oct 13 Dec 8



Happiest Baby on the Block

7:00 p.m. to 9:00 p.m.

Learn an extraordinary approach to keeping your baby happy. Program developed by Dr. Harvey Karp, a renowned pediatrician and child development expert.

May 12 Jul 14 Sep 8 Nov 10



Sibling Preparation

9:00 a.m. to 10:30 a.m.

Designed to prepare parents and brothers-and-sisters-to be for a new family member.

Apr 10 May 8 Jun 12



New Moms Support Group

12:30 p.m. to 2:00 p.m.

Connect with other moms to share the joys and challenges of new motherhood. Support group is free; no registration required. The group meets the 2nd and 4th Thursday of every month. BMSCH 1st floor conference room. For more information call (732) 253-3871.



Preparing & Caring for Baby

One Full Day Session, 9:30 a.m. to 4:30 p.m.

Includes a 45-minute lunch break.

Mar 21
Apr 18
May 16
Jun 20
Jul 18
Aug 15
Sep 19
Oct 17



Maternity Tours

Thursday tours are conducted at 7:00 p.m.

Saturday tours are conducted at 10:00 a.m.

Please, no children under the age of 18.

Mar 11	Thu	Mar 13	Sat
Apr 15	Thu	Apr 17	Sat
May 6	Thu	May 8	Sat
Jun 10	Thu	Jun 12	Sat

To ensure your enrollment for all sessions, a completed registration with payment must be received prior to the start of your first class.

You may not pay at the time of the class. No refunds for incomplete or non-attendance.

Course Fees: (effective December 2008 forward)

Price per class includes mother and one coach

Childbirth Experience	\$130
Preparing & Caring for Baby	\$ 95
Maternity Tour	Free
Sibling Preparation (family)	\$ 35
Happiest Baby on the Block	\$ 35
Breastfeeding 101	\$ 35

Packages:

#1 Childbirth Experience and Preparing and Caring for Baby	\$195
#2 Above package, plus add one class: Sibling Preparation (family) Happiest Baby on the Block (couple) Breastfeeding 101 (couple)	\$225