

# 2010 Childbirth Education Classes

Visit [RWJMATERNITY.ORG](http://RWJMATERNITY.ORG)

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



## Childbirth Experience

**One Full Day Session, 9:15 a.m. to 4:30 p.m.**

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

Sep 18  
Oct 30  
Nov 20  
Dec 18



## Preparing & Caring for Baby

**One Full Day Session, 9:15 a.m. to 4:30 p.m.**

Includes a 45-minute lunch break.

Sep 12  
Oct 10  
Nov 21  
Dec 12



## 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.

Oct 13    Dec 8



## 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 16.*

Sep 16	Thu	Sep 25	Sat
Oct 7	Thu	Oct 9	Sat
Nov 11	Thu	Nov 13	Sat
Dec 9	Thu	Dec 11	Sat



## 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.

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.

Sep 18



## New Moms Support Group

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

Connect with other moms to share the joys and challenges of new motherhood including body image, sleep deprivation, balance, postpartum depression, breastfeeding: how to get starting, pumping, weaning and much more.

Support group is free; no registration required. **The group meets every Thursday** in the BMSCH 1<sup>st</sup> floor conference room. For more information call (732) 253-3871.

**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:

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

Dates are subject to change,  
call 732-418-8110 to confirm.