

2010 CHILDBIRTH EDUCATION OFFERINGS

CHILDBIRTH EXPERIENCE

PREPARING AND CARING FOR A BABY

SIBLING PREPARATION

BREASTFEEDING 101

HAPPIEST BABY ON THE BLOCK

NEW MOMS - NEW BABIES SUPPORT GROUP

MATERNITY TOURS

CAR SEAT SAFETY CHECKS

CPR CLASSES

NEW MOMS - NEW BABIES SUPPORT GROUP

This interactive support group will connect new moms to share the joys and challenges of new motherhood. Some postpartum discussion topics include sleep deprivation, body image issues, staying at home or working outside the home, child care issues, balancing baby's needs with family's needs, and functioning without any personal space. Meets the 2nd and 4th Thursday of every month, at 12:30 p.m. in the 1st Floor Conference Room of The Bristol-Myers Squibb Children's Hospital. The facilitators are a clinical obstetric social worker and a registered nurse/certified lactation consultant. For details please contact (732) 253-3871. No fee and no registration required.

CAR SEAT SAFETY CHECKS

Free car seat safety assessments will be conducted, by certified technicians from RWJUH's Injury Prevention Program. By appointment only. Please call (732) 418-8026 and allow at least two weeks for scheduling your appointment. You can also check with your own municipality, as some have certified car seat technicians on board to provide this service to members of their community.

CPR CLASSES

Please call our Emergency Medial Services Department at (732) 937-8686 for a schedule of CPR courses that include coverage of infant CPR.

THE CHILDBIRTH EXPERIENCE



2010 Preparing for Your Growing Family



*Community Education Department
Robert Wood Johnson University Hospital
120 Albany Street, Suite 360
New Brunswick, NJ 08901
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Congratulations! Thank you for selecting Robert Wood Johnson University Hospital (RWJUH) for your childbirth classes. We are pleased to help you prepare for your new arrival.

SCHEDULES AND LOCATIONS

Classes are offered onsite at RWJUH. For current class dates and directions call (732) 418-8110 or visit www.rwjuh.edu and click on “Events,” then “Childbirth and New Parent Education.”

CLASS REGISTRATION

Registration with payment is required and must be received two weeks prior to the start of all classes. A signature from your physician is required to participate in the Childbirth Experience and Preparing and Caring for Baby classes; the registration form has a line for your doctor’s signature.

CANCELLATION POLICY

Refunds will only be given with a physician’s note.

CHILDBIRTH EXPERIENCE (includes Lamaze techniques)

This course prepares expectant mothers and coaches to effectively participate in the childbirth experience. Learn about breathing and body conditioning techniques, labor and pain management, and postpartum adjustment. The recommended time to participate in this class is no later than the seventh month of pregnancy. **Your physician’s signed approval is required.** A tour of the RWJUH maternity area is included with the class. Fee and registration is required.

HOSPITAL MATERNITY TOUR

Tours of the hospital’s Labor & Delivery and Mother & Baby areas are free. Tours are available twice monthly. No fee, but registration is required, please call (732) 418-8110.

PREPARING AND CARING FOR BABY

Babies do not come with instructions so we have designed this course to prepare expectant parents for the practical aspects of parenthood. This interactive learning experience addresses bathing, diapering, feeding, crying, selecting a pediatrician, caring for your baby when he or she is sick and how to care for your baby the first 10 days of life.

This class also includes information on car seat safety, shaken baby syndrome and how to childproof your home.

Your physician’s signed approval is required.

Fee and registration required.

SIBLING PREPARATION

For Parents and Big Sister-To-Be or Big Brother-To-Be

This class was designed to prepare parents and brothers-and sisters-to-be, ages three to eight, for a new family member. Parents will learn how to manage their growing family, with tips for dealing with siblings and the new baby. Children have the opportunity to diaper and swaddle their favorite doll (please bring a doll or stuffed animal from home—without a tail please!). Children will visit the Mother & Baby areas, plus make a surprise gift for the new baby. Please indicate the name and age of your child when registering. Fee and registration is required.

BREASTFEEDING 101

Get expert advice on beginning your breastfeeding journey with your newborn. Know that babies were meant to breastfeed, and what to expect in the first days and weeks. Learn that babies have their own feeding rhythm, and that breastfed babies do not follow a schedule. Find out how to tell if things are going well and when to get help. Help fathers, grandparents, and siblings understand the importance of their roles in helping to make breastfeeding a success. Know the sources for help after discharge, and when to begin preparation for back to work, and how to select the right breast pump. Fee and registration required.

HAPPIEST BABY ON THE BLOCK

In our Happiest Baby class, new parents will learn step-by-step, how to help their baby sleep better and how to soothe even the fussiest baby in minutes. Magic? A miracle? No, it’s a reflex. This class is based on an approach pioneered by Dr. Harvey Karp in his best selling book and DVD, “Happiest Baby on the Block” (DVD or book is included with class). Fee and registration is required.

2010 CHILDBIRTH EXPERIENCE CLASSES

Note desired class date:

Class Dates: _____

- ___ Childbirth Experience, \$130/couple
- ___ Preparing and Caring for Baby, \$95/couple
- ___ Happiest Baby on the Block, \$35/couple
- ___ Breastfeeding 101, \$35/couple
- ___ Sibling Preparation, \$35/family

note children’s names and age: _____

SPECIAL PACKAGES

Package #1 \$195 per couple

- ___ Childbirth Experience and
- ___ Preparing and Caring For Baby

Package #2 \$225 per couple

- ___ Childbirth Experience and
- ___ Preparing and Caring For Baby

Add one of the following:

- ___ Happiest Baby on the Block Circle: DVD or Book
- ___ Breastfeeding 101
- ___ Sibling Preparation

Please Print

Mother’s and Coach’s Names:

Address:

Home Phone: _____

Work Phone: _____

Email: _____

Your Due Date:

Physician’s Name:

Physician’s Signature:

TOTAL AMOUNT ENCLOSED: \$ _____

Please make check or money order payable and mail to:

RWJUH Community Education
120 Albany Street, Suite 360, New Brunswick, NJ 08901