

## 2011 Childbirth Education Offerings

Childbirth Experience

Preparing and Caring For A Baby

Sibling Preparation

Breastfeeding 101

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 every 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. To confirm participation, please call (732) 253-3871 prior to class. No fee and no registration required.

### *Car Seat Safety Check*

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 Medical Services Department at (732) 937-8686 for a schedule of CPR courses that include coverage of infant CPR.

## The Childbirth Experience 2011



## Maternity and Childbirth Education Classes



1-888-MD-RWJUH  
(888-637-9584)

[www.rwjMaternity.org](http://www.rwjMaternity.org)



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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, Registration and Payment*

To learn more about classes, view schedules or register, please visit us online at [www.rwjMaternity.org](http://www.rwjMaternity.org) or call 1-888-MD-RWJUH. Credit card payment is required as part of the registration process. Please note that we do not accept payment by check or cash.

### *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. A tour of the RWJUH maternity area is included with the class.

Fee and registration is required.

### *Hospital Maternity Tours*

Tours of the hospital's Labor & Delivery and Mother & Baby areas are free. Tours are available twice monthly. No fee, but registration is required.

### *Preparing and Caring for Baby*

Babies do not come with instructions so we have designed this course to prepare new parents for the practical aspects of parenthood. Bathing, dressing, diapering, feeding, crying, teething, selecting a pediatrician, medication and baby's growth and development are some of the topics covered.

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

### *2011 Childbirth Experience Classes*

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

### *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

### *With one of the following:*

- Breastfeeding 101 or Sibling Preparation

Register at [www.rwjMaternity.org](http://www.rwjMaternity.org) or by calling 1-888-MD-RWJUH. Please be prepared to provide the following information when you register:

- Mother's name
- Coach's name
- Due date
- Physician's name
- Child's name and age (*Sibling preparation class only*)
- Address, city, state and zip code
- Email
- Home phone number
- Work phone number
- Credit card payment information

