

Childbirth & Parenting Education 2013 Class Schedule

Class descriptions on reverse side.

Childbirth Education (Preparation for Childbirth)

5-Week Class

Mondays, 6:30 p.m. - 8:30 p.m.

January 7 - February 11
March 4 - April 1
April 8 - May 6
May 20 - June 24
August 5 - September 9
September 23 - October 28
November 4 - December 9

Childbirth Education (Preparation for Childbirth)

5-Week Class

Thursdays, 6:30 p.m. - 8:30 p.m.

February 7 - March 7
March 21 - April 18
May 16 - June 13
June 20 - July 25
August 8 - September 5
September 12 - October 10
October 17 - November 21
December 5 - January 9

Infant Care Class

Tuesdays, 6:30 p.m. - 8:30 p.m.

January 22
March 26
April 23
May 28
June 25
August 27
September 24
October 22
November 26
December 17

Private Childbirth Class

Please submit registration form and payment, and we will contact you to schedule a date.

For additional information, please call
(508) 828-7777.

Weekend Childbirth Class

Please submit registration form and payment, and we will contact you to schedule a date (weekend classes are schedule as requested - they are not held every weekend).

For additional information, please call
(508) 828-7777.

Ready For Delivery

3-Week Class

Wednesdays, 6:30 p.m. - 8:30 p.m.

January 2 - January 16
February 6 - February 20
March 6 - March 20
April 3 - April 17
May 15 - May 29
June 5 - June 19
July 10 - July 24
August 7 - August 21
September 4 - September 18
October 2 - October 16
November 6 - November 20
December 4 - December 18

Breastfeeding Class (Feeding Your Baby)

1st Thursday and 3rd Tuesday of the month, 6 p.m. - 9 p.m.

January 3, 15	February 7, 19
March 7, 19	April 4, 16
May 2, 21	June 6, 18
July 4, 16	August 1, 20
September 5, 17	October 3, 15
November 7	December 5, 17

Morton Hospital

A STEWARD FAMILY HOSPITAL



For more information about any of these classes, visit www.steward.org/Morton or call (508) 828-7777.

Morton Hospital Childbirth & Parenting Education

Class Descriptions

Morton Hospital's Parent and Family Education Program invites you to participate in our classes, which are designed to help today's families meet the challenges of parenting. Our programs are family-oriented and focus on the changes impacting all family members. Class sizes are limited to ensure individualized attention, so we encourage you to register early to avoid disappointment.

Childbirth Education (Preparation For Childbirth)

The 5-week Preparation for Childbirth class focuses on preparing you for labor and delivery. The more knowledgeable you are about the birth process, the more rewarding you are likely to find the experience. As you progress through the prepared childbirth classes, you will have an opportunity to actively plan your labor and delivery as you learn about the birth options available to you.

Prepared childbirth classes include a range of topics such as diet, exercise, prenatal care, relaxation and breathing techniques, the stages of labor and newborn care. You will also have an opportunity to tour the Obstetrics unit. Classroom teaching consists of films, demonstrations and discussions.

Weekend Preparation For Childbirth

This class condenses the content of the 5-week Preparation for Childbirth Class into two Saturdays. It is designed for new parents who are limited in their time. Parents will gain an understanding of the birth process, relaxation and breathing techniques, the stages of labor, and newborn care. The class includes a tour of the Maternity Unit at Morton Hospital.

Private Childbirth Classes

Available upon request. Please call for additional information.

Ready for Delivery

A workshop designed for parents who have had a previous birth and are looking for a review course. This three-week series will offer information on labor and delivery; breathing; pain management; and information on the last trimester, including the birth process.

Infant Care

This two-hour class is designed for new parents to answer questions and concerns regarding the care of a newborn. Discussions include basic newborn care, family adjustment, common problems in the newborn period, and when to call the Pediatrician.

Feeding Your Baby

This is a couple's class designed to empower parents to make an informed decision about infant feeding. It is led by a Certified Lactation Specialist. This class teaches mothers and fathers about the importance of breast-feeding, how to do it, and the importance of the role fathers play in the experience. It also discusses ways to easily incorporate breast-feeding into everyday life.