SAINT PETER'S UNIVERSITY HOSPITAL
A MEMBER OF SAINT PETER'S HEALTHCARE SYSTEM

Treating you better...for life.

The following is a list of Saint Peter's University Hospital Parent Education Classes for March, 2013. **Class dates / times / locations are subject to change. Please register or confirm your class by calling (732) 745-8579**

FRIDAY, MARCH 1, 2013
Noon – 1PM – Life Will Never Be the Same – MOB 3 & 4
1PM – 2:30PM – Breastfeeding Support Group – MOB 3 & 4
6PM – 7:15PM - Postnatal Yoga & Exercise Classes- CARES 3
7:30PM – 9PM – Prenatal Yoga & Exercise Classes – CARES 3
6PM – Maternity Tour – W/C Lobby
7PM – Maternity Tour – W/C Lobby

SATURDAY, MARCH 2, 2013
10AM – 11AM – Sibling Class – MOB 3
1PM – Maternity Tour – W/C Lobby
2PM – Maternity Tour – W/C Lobby

SUNDAY, MARCH 3, 2013
9AM – 5PM – Childbirth/Lamaze – MOB 4 & 5
2PM – Maternity Tour – W/C Lobby

MONDAY, MARCH 4, 2013
7PM – 9:30PM – Marvelous Multiples – CARES 3
7PM – 9:30PM – Baby Care Class – Emp Café conference room
7PM – 9:30PM – Childbirth/Lamaze Class – MOB 4&5

WEDNESDAY, MARCH 6, 2013
6PM – 7:30PM – Infant Massage – MOB 3

FRIDAY, MARCH 8, 2013
6PM – Maternity Tour – W/C Lobby
7PM – Maternity Tour – W/C Lobby

SATURDAY, MARCH 9, 2013
9AM – 5PM – Childbirth/Lamaze class – MOB 4 & 5
9AM – 11:30AM – Breastfeeding Class – MOB 1
12:30PM – 4:30PM – Baby Care Class – MOB 1

MONDAY, MARCH 11, 2013
7PM – 9:30PM – Childbirth/Lamaze Class – MOB 4&5

FRIDAY, MARCH 15, 2013
6PM – Maternity Tour – W/C Lobby
7PM – Maternity Tour – W/C Lobby

SATURDAY, MARCH 16, 2013
1PM – Maternity Tour – W/C Lobby
2PM – Maternity Tour – W/C Lobby

SUNDAY, MARCH 17, 2013
2PM – Maternity Tour – W/C Lobby

MONDAY, MARCH 18, 2013
7PM – 9:30PM – Marvelous Multiples – CARES 3
7PM – 9:30PM – Baby Care Class – Emp. Café conference room
7PM – 9:30PM – Childbirth/Lamaze Class – MOB 4 & 5

WEDNESDAY, MARCH 20, 2013
7PM – 9:30PM - Prenatal Yoga & Exercise Classes – CARES 3

FRIDAY, MARCH 22, 2013
6PM – 7:15PM – Postnatal Yoga & Exercise Class
7:30PM – 9PM – Prenatal Yoga & Exercise Class
6PM – Maternity Tour – W/C Lobby
7PM – Maternity Tour – W/C Lobby

SATURDAY, MARCH 23, 2013
9AM – 5PM – Childbirth/Lamaze Class – MOB 4 & 5

SUNDAY, MARCH 24, 2013
9AM – 5PM – Childbirth/Lamaze Class – MOB 4 & 5

MONDAY, MARCH 25, 2013
7PM – 9:30PM – Childbirth/Lamaze class – MOB 4 & 5

WEDNESDAY, MARCH 27, 2013
7PM – 8:30PM – Prenatal Yoga & Exercise Class – CARES 3

FRIDAY, MARCH 29, 2013
6PM – 7:15pm – Postnatal Yoga & Exercise Class – CARES 3
7:30PM – 9PM – Prenatal Yoga & Exercise Class – CARES 3
6PM – Maternity Tour – W/C Lobby
7PM – Maternity Tour – W/C Lobby

SATURDAY, MARCH 30, 2013
1PM – Maternity Tour – W/C Lobby
2PM – Maternity Tour – W/C Lobby

Christine Donato
Parent Education Department
Saint Peter's University Hospital
732-745-8579
cdonato@saintpetersuh.com

Parent Education Class Descriptions:

Baby Care

Our baby care class is for expectant parents. You may register for our Monday evening class which consists of two evening classes or our Saturday afternoon class, which is held one Saturday every month. This class is provided by an experienced registered nurse.

At the class the instructor will review:

- Newborn characteristics, appearances, and reflexes
- Care of the newborn including bathing, feeding and handling a newborn
- Adjusting to the new parenthood role
- Information on car seat safety, crib safety and practical tips on clothing, furniture and equipment

Demonstrations and DVDs on bathing your baby, skin to skin contact, infant feeding and safety are included. This class should be taken about the seventh month of pregnancy.

Prepared Childbirth / Lamaze

Childbirth classes cover all aspects of the later part of pregnancy, labor, delivery and the post-delivery period. Instruction includes: the general principles of relaxation; the support person's role as a coach; focusing and breathing techniques; medications and anesthesia; and comfort measures to be used during labor.

All instructors are Certified Childbirth Educators.

Our classes are offered at a variety of times in the evening and on weekends for your convenience. Our weekday sessions are 2.5 hours in the evening and occur over a 4 week period. Our Weekend Session is one 8 hour class held on a weekend day. Please

check our events calendar for upcoming dates or call 732-745-8579 for more information. Your physician's permission is required to participate in the exercise portion of class. Prepared childbirth classes should be taken during the last two months of pregnancy, but early registration is absolutely necessary as classes fill up quickly.

Childbirth Refresher Course

This two evening program is offered only for those couples who have completed a prepared childbirth class during a previous pregnancy and need a refresher.

Grandparents Class

The role of a grandparent means different things to different people. This class has been designed to give grandparents helpful guidelines and the latest information in childbirth practices, child rearing and feeding practices. The newborn's needs have not changed dramatically; however the accessories, products and health practices for baby have. The class will review important safety issues to keep the child safe and secure.

This class is offered every three months on a Thursday.

Infant Massage Class

This one-evening class is designed for new parents and their four-week-old to six-month-old infant. Infant massage is one of the most fulfilling ways to nurture your newborn and to build a bond of love and caring that both parents can experience. At this class you will learn basic massage techniques, infant cues and the many benefits of massage. Research indicates that infant massage reduces muscle tension, improves sensory awareness, improves muscle tone, stimulates growth and development, aids digestion and relieves colic.

This class takes place the first Wednesday every other month.

Marvelous Multiples

Expecting more than one child? This is the class for you. This class is designed for expectant parents of twins, triplets or more. This program consists of five Monday evening sessions. You and your partner will learn about healthy pregnancy lifestyles, stress management and the physical and emotional challenges of a multiple pregnancy. You will receive valuable information on preparation for labor, delivery and recovery. This is also a good opportunity to meet other parents experiencing multiple births. Please register in your second trimester.

Maternity Tours

A tour of Saint Peter's Women and Children's facility is available to any expectant couple, not registered in other classes. Tours are offered on Fridays at 6pm and 7pm and registration is required. The tour can be taken at any time during the pregnancy. Please call in the 6th month of your pregnancy for a tour appointment.

For more information, fees and registration, call Parent Education at 732-745-8579.

New Daddy Class

As an expectant or new dad, you will learn effective ways to be involved in your child's life and keep your child safe and well. You will also understand the importance and impact of a dad's involvement, and learn how to care for a well or sick child. This one-evening class is taught by a healthcare provider and father of two children.
This class is offered the last Thursday of every other month from 7:00 - 8:30 p.m.

Prenatal Breastfeeding

Our breastfeeding class is for expectant parents that are considering breastfeeding their newborn. The prenatal breastfeeding class is taught by a board certified lactation consultant and is offered one Saturday morning every month.

The instructor will review:

- benefits of breastfeeding for both the baby and mother
- Promote skin to skin and early latch in the delivery room
- Discuss how the lactating breast functions
- Review positioning, proper latch, transfer of breast milk, and signs of hydration
- Pumping, storage of breast milk and returning to work.

Prenatal Yoga and Exercise Class

Expectant moms may register for our prenatal yoga class. The class is held once or twice a week for four consecutive weeks. At this class you will explore breathing techniques, basic postures, meditation and deep relaxation specifically designed for expectant mothers. Come prepared to stretch and strengthen your muscles. No previous yoga experience is necessary.

Postnatal Yoga and Exercise Class

At six weeks postpartum please join our post natal yoga program. Class is held on Friday evenings for 4 consecutive weeks. The class is taught by a certified yoga

instructor. Come explore basic postures, relaxation and breathing techniques as you recover from the birth of your baby.

Sibling Preparation

This class is designed to prepare brothers and sisters for the new baby. The importance of siblings in the growing family, their self-worth, and their role with the new baby is stressed. Siblings are taught about what newborn babies are like and what they can do. A tour of the nursery and postpartum unit is included in this class!

Support Group Descriptions:

Life Will Never be the Same

Our New Mom Support Group, is offered the first Friday of every month from 12-1pm. Moms and babies are invited to attend. The focus of our group is to allow the opportunity for new moms to share their experience and feelings as they adjust to motherhood. Come meet other new moms! A social worker and a registered nurse facilitate the group and are available to answer your questions. Registration is required. Please call the Parent Education Department at 732 745-8579 to register.

Breastfeeding Support Group

Breastfeeding Support Group is offered the first Friday of every month from 1pm to 2:30pm. If you our currently breastfeeding you and your baby are invited to attend our breastfeeding support group and share your experience with other new moms. The group is facilitated by a Board Certified Lactation Consultant. Please call the Lactation Department at 732 745 8600 ext 8820 for the location of the meeting.

Download our Parent Education brochure (pdf) and Registration Form (pdf).
For more details or questions, call Parent Education at 732-745-8579 to register.

Related Links:
Parent Education http://www.saintpetershcs.com/Parent-Education/
Support Groups http://www.saintpetershcs.com/Maternity/Support-Groups-after-Delivery/
Events Calendar http://www.saintpetershcs.com/CalendarEvents.aspx