Sibling Class

My Baby & Me Program (Ages 2 -10 years old) 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.

A tour of the mother-baby units is included in this class.

Grandparents Class

The role of a grandparent means different things to different people. This class has been designed to give you helpful guidelines and the latest 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.

Class is offered every three months on a Thursday.

Infant Massage Class

This one-evening class is designed for new parents and their 4-week to 6-month-old infant. 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.

Coming Soon

- Virtual Maternity Tour on the Saint Peter's website
- Childbirth Class On-Line

After your baby is born, please come to our New Moms Support Group and Breastfeeding Support Group.

Cancellations

A $25.00 non-refundable registration fee is deducted from your payment for all class cancellations.

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

Treating you better...for life.

PARENT EDUCATION

254 Easton Avenue
New Brunswick, NJ 08901
732-745-8579 ▪ www.saintpetershcs.com

Catholic hospital sponsored by the Diocese of Metuchen ▪ State-designated children's hospital and regional perinatal center
Regional medical campus of Drexel University College of Medicine ▪ Affiliate of The Children's Hospital of Philadelphia

Preparation for Parenthood

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

Introduction to Preparation for Parenthood

The goal of these courses is to prepare expectant parents to anticipate, with confidence, the events of pregnancy, childbirth, and their baby. We believe that prepared parents are able to participate and share more in all phases of the birth and development of their child.

Registration required. Call 732-745-8579 between the hours of 9:00 a.m. and 3:00 p.m. Fee applicable.

Tour of Saint Peter's Maternity Department for the Expectant Couple Only

A tour of Saint Peter's Women and Children's facility is available to any expectant couple, not registered in other classes described in this pamphlet. The tour can be taken at any time during the pregnancy. Please call in the 6th month of your pregnancy for a tour appointment.

Prenatal Yoga/Exercise Class

Expectant moms may register for our prenatal yoga class. Register early in your pregnancy. 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.

Prepared Childbirth

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; 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.

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 early.

Have your doctor sign the approval on the application and mail the completed form with your class choices to the Parent Education Department.

Refresher Course

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

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 three 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.

Baby Care

This class is for expectant and adopting parents and consists of two evening classes held once a month on Monday or one afternoon class held once a month on Saturday.

Classes include: the appearance and behavior of the newborn at birth; feeding the baby (breast or bottle); care of the newborn; adjustments to parenthood; car seat safety; and practical tips on clothing, furniture and equipment. Demonstrations and films on baby bath, formula preparation, infant feeding and safety are included. This class should be taken about the seventh month of pregnancy.

Breastfeeding Your Baby

This class is designed for expectant parents who are considering breastfeeding. The class will discuss: the benefits for the baby and mother; how the lactating breast functions; positioning techniques that are most helpful; proper latch; and signs of adequate hydration.

Also included, for those women returning to work, is information on breast pumps and the proper storage of breast milk.

New Daddy Class

The expectant or new dad 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.