

## New Daddy Class

Expectant and new dads learn about keeping their children safe and well and how to care for a well or sick child. You will learn about the importance and impact of your involvement in your child's life and learn effective ways for staying involved. 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 PM - 8:30 PM.

## Sibling Class

This class - My Baby & Me Program - (Ages 2-8 years old) - 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 in the new baby's life is stressed.

A tour of the Mother-Baby units is included in this class.

## Grandparents Class

This class has been designed to give you helpful guidelines about the latest in childbirth practices, child rearing and feeding methods. A newborn's needs have not changed dramatically; however the accessories, products and health practices for caring for a baby have. This class will review important tips for keeping children safe and secure.

Class is offered every three months on a Thursday.

## Classes after Your Baby Is Born

Please join our New Moms Support Group and Breastfeeding Support Group. **Registration** is required.

**Cancellation Policy:**  
Refunds will be given for medical reasons only with a physician's note.

# Preparation for Parenthood



*Treating you better...for life.*

### PARENT EDUCATION

254 Easton Avenue

New Brunswick, NJ 08901

732.745.8579 ■ [saintpetershcs.com](http://saintpetershcs.com)

Sponsored by the Roman Catholic Diocese of Metuchen ■ State-designated children's hospital and regional perinatal center  
Major clinical affiliate of Rutgers Biomedical and Health Sciences ■ Affiliate of The Children's Hospital of Philadelphia

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## 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 is required for classes and tour. Please call 732.745.8579 between the hours of 9:00 AM and 3:00 PM. Fee applicable. You may register by phone with a credit card or you can mail the completed form with your class choice/s to the Parent Education Department along with a check payable to Saint Peter's University Hospital. You can also register online by visiting [saintpetershcs.com/parented](http://saintpetershcs.com/parented).

We invite you to take a virtual tour of our maternity services at [saintpetershcs.com/tour](http://saintpetershcs.com/tour).

## Prenatal Yoga/Exercise Class

Expectant moms may register for our prenatal. Please register for our prenatal yoga class early in your pregnancy. This class is held once or twice a week for four consecutive weeks. During 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

This series of classes cover all aspects of the later part of pregnancy, labor, delivery and the post-delivery period. Areas of instruction include: the general principles of relaxation; support person's role; 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.



Prepared childbirth classes should be taken during the last two months of pregnancy, but **early registration** is absolutely necessary.

## Hypnobirth Class

The techniques that are taught in this five-week series of classes and the power of positive thinking can be used to enhance your body's ability to give birth naturally. Hypnobirthing classes are an excellent choice for the expectant woman who is looking for a natural approach to birthing and prefers not to use medication or anesthesia during labor. This series of classes is taught by a nurse who is a certified hypnobirth instructor. Class is offered on Wednesdays 6:30-9:00 PM. Space is limited so please **register** by your sixth month of pregnancy.

## 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 program consists of three, Monday evening sessions or one weekend day session. You and your partner will learn about healthy lifestyles, stress management and the physical and emotional challenges of having more than one child. You will receive valuable information about 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 a Monday, or one class held once a month on a Saturday morning. Class topics 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 information on giving a baby a bath, 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. You will learn the benefits of breastfeeding for the baby and the 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.