

## 2009 Childbirth Education Classes

Dates are subject to change.

For additional information and to confirm dates, call 732-418-8110



### Childbirth Experience

**One Full Day Session, 9:30 a.m. - 4:30 p.m.**

Includes a maternity area tour; 45-minute lunch break.

Aug 15	Saturday
Sept 13	Sunday
Oct 11	Sunday
Nov 22	Sunday
Dec 6	Sunday



### Preparing & Caring for Baby

**One Full Day Session, 9:30 a.m. - 4:30 p.m.**

Includes a 45-minute lunch break.

Aug 16	Sunday
Sept 20	Sunday
Oct 18	Sunday
Nov 29	Sunday
Dec 13	Sunday



### Breast, Bottle or Both?

**7:00 p.m. to 9:15 p.m.**

Get expert information about the best way for you to nourish your baby.

Aug 13    Oct 22    Dec 10



### Maternity Tours

Aug 8	10 a.m.	Aug 12	7 p.m.
Sep 10	7 p.m.	Sep 28	10 a.m.
Oct 8	7 p.m.	Oct 17	10 a.m.
Nov 12	7 p.m.	Nov 21	10 a.m.
Dec 10	7 p.m.	Dec 19	10 a.m.



### Happiest Baby on the Block

**7:00 p.m. to 9:00 p.m.**

Learn an extraordinary approach to keeping your baby happy. Program developed by Dr. Harvey Karp, a renowned pediatrician and child development expert.

Aug 26    Sep 30    Oct 14    Nov 11

**To ensure your enrollment for all sessions, a completed registration with payment must be received prior to the start of your first class.**

**You may not pay at the time of the class. No refunds for incomplete or non-attendance.**



### Sibling Preparation

**9:00 a.m. - 10:30 a.m.**

Designed to prepare parents and brothers-and-sisters-to be for a new family member.

Sept 19    Oct 10    Nov 15

### Course Fees: (effective December 2008 forward)

*Price per class includes mother and one coach*

Childbirth Experience	\$130
Preparing & Caring for Baby	\$ 95
Maternity Tour	Free
Sibling Preparation (family)	\$ 35
Happiest Baby on the Block	\$ 35
Breast, Bottle or Both?	\$ 35



### New Moms Support Group

**12:30 p.m. - 2:00 p.m.**

Connect with other moms to share the joys and challenges of new motherhood. Support group is free; no registration required. The group meets the 2nd and 4th Thursday of every month. BMSCH 1<sup>st</sup> floor conference room. For more information call (732) 253-3871.

Aug 13 & 27    Sept 10 & 24    Oct 8 & 22  
Nov 12 & 26    Dec 10 only

### Packages:

**#1** Childbirth Experience and Preparing and Caring for Baby    \$195

**#2** Above package, plus add one class:    \$225

Sibling Preparation (family)  
Happiest Baby on the Block (couple)  
Breast, Bottle or Both? (couple)