

2009 CHILDBIRTH EDUCATION OFFERINGS

CHILDBIRTH EXPERIENCE

PREPARING AND CARING FOR BABY

SIBLING PREPARATION

BREAST, BOTTLE OR BOTH: MAKING AN INFORMED CHOICE

HAPPIEST BABY ON THE BLOCK

NEW MOMS- NEW BABIES SUPPORT GROUP

MATERNITY TOURS

CAR SEAT SAFETY CHECKS

CPR CLASSES

NEW MOMS - NEW BABIES SUPPORT GROUP

This interactive support group will connect new moms to share the joys and challenges of new motherhood. Some postpartum discussion topics include sleep deprivation, body image issues, staying at home or working outside the home, childcare issues, balancing baby's needs with family's needs, and functioning without any personal space. Meets the 2nd and 4th Thursday of every month, at 12:30 pm in the BMSCH 1st Floor Conference Room. The facilitators are a clinical obstetric social worker and a registered nurse/certified lactation consultant. For details please contact (732) 253-3871.

No fee and no registration required.

CAR SEAT SAFETY CHECKS

Free car seat safety assessments will be conducted, by appointment only, by certified technicians in RWJUH's Injury Prevention Program. Please call (732) 418-8026 and whenever possible, allow at least two weeks to schedule your appointment. You can also check with your own municipality, as some have certified car seat technicians on board to provide this service to members of their community.

CPR CLASSES

Please call our Emergency Medial Services Department at (732) 937-8686 for a schedule of CPR courses that include coverage of infant CPR.

THE CHILDBIRTH EXPERIENCE



2009 Preparing for Your Growing Family



*Community Education Department
Robert Wood Johnson University Hospital
120 Albany Street, Suite 360
New Brunswick, NJ 08901
(732) 418-8110
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Congratulations! Thank you for selecting Robert Wood Johnson University Hospital for your childbirth classes. We are pleased to help prepare you for your new arrival.

SCHEDULES AND LOCATIONS

Classes are offered onsite at Robert Wood Johnson University Hospital. For current class dates and directions call (732) 418-8110 or visit www.rwjuh.edu and click on “Events,” then “Childbirth and New Parent Education.”

CLASS REGISTRATION

Registration with payment is required and must be received two weeks prior to the start of all classes. A signature from your physician is required to participate in the Childbirth Experience and Preparing and Caring for Baby classes; the registration form has a line for your doctor’s signature.

CANCELLATION POLICY

Refunds will only be given if the Community Education Department is notified **fourteen days or more** prior to the class date. Courses taken after the seventh month will not warrant a refund if delivery occurs before the class or completion of classes.

CHILDBIRTH EXPERIENCE (includes Lamaze techniques)

This course prepares expectant mothers and coaches to effectively participate in the childbirth experience. Learn about breathing and body conditioning techniques, labor and pain management, and postpartum adjustment. The recommended time to participate in this class is no later than the seventh month of pregnancy. **Your physician’s signed approval is required.** A tour of the RWJUH maternity area is included with the class. Fee and registration is required.

HOSPITAL MATERNITY TOUR

Tours of the hospital’s Labor & Delivery and Mother & Baby areas are free. Tours are available twice monthly. No fee, but registration is required, please call (732) 418-8110.

PREPARING AND CARING FOR BABY

Because babies do not come with instructions, we have designed this course to prepare new parents for the practical aspects of parenthood. Bathing, diapering, feeding, crying, teething, selecting a pediatrician, medication, growth and development, and baby safety are some of the topics covered. This class also includes information on carseat safety, shaken baby syndrome and child proofing your home. **Your physician’s signed approval is required.** Fee and registration is required.

SIBLING PREPARATION

For Parents and Big Sister-To-Be or Big Brother-To-Be
This class was designed to prepare parents and brothers-and sisters-to-be, ages three to eight, for a new family member. Parents will learn how to manage their growing family, with tips for dealing with siblings and the new baby. Children have the opportunity to diaper and swaddle their favorite doll (please bring a doll or stuffed animal from home—without a tail please!). Children will visit the Mother & Baby areas, plus make a surprise gift for the new baby. Please indicate the name and age of your child when registering. Fee and registration is required.

SHOULD I BREAST, BOTTLE FEED OR BOTH: MAKING AN INFORMED CHOICE

Get expert information about the best way for you to nourish your baby. The following questions will be addressed:
What is the difference between mother’s milk and formulas?
Is breastfeeding really painful? Can you breastfeed when you return to work? What about mixing formula and breastfeeding?
Does bottle feeding help fathers, grandparents and older sibling to bond with the baby? Will breastfeeding affect intimacy with your partner?
These and additional issues will be addressed in a frank and open discussion to help you make this most important decision. Educational materials. Fee and registration is required.

HAPPIEST BABY ON THE BLOCK

In our Happiest Baby class, new parents will learn step-by-step how to help their baby sleep better and how to soothe even the fussiest baby in minutes. Magic? A miracle? No, it’s a reflex. This class is based on an approach pioneered by Dr. Harvey Karp in his best selling book and DVD, “Happiest Baby on the Block” (DVD or book is included with class). Fee and registration is required.

2009 CHILDBIRTH EXPERIENCE CLASSES

Note desired class date:

Class Dates: _____
___ Childbirth Experience, \$130/couple
___ Preparing and Caring For Baby, \$95/couple
___ Happiest Baby on the Block, \$35/couple
___ Breast, Bottle or Both, \$35/couple
___ Sibling Preparation, \$35/family
note children’s names and age: _____

SPECIAL PACKAGES

Package #1 \$195 per couple

___ Childbirth Experience and
___ Preparing and Caring For Baby

Package #2 \$225 per couple

___ Childbirth Experience and
___ Preparing and Caring For Baby

Add one of the following:

_____ Happiest Baby on the Block Circle: DVD or Book
_____ Breast, Bottle or Both
_____ Sibling Preparation

Please Print

Mother’s and Coach’s Names: _____

Address: _____

Home Phone: _____

Work Phone: _____

Email: _____

Your Due Date: _____

Physician’s Name: _____

Physician’s Signature: _____

TOTAL AMOUNT ENCLOSED: \$ _____

Please make check or money order payable and mail to:

RWJUH Community Education
120 Albany Street, Suite 360, New Brunswick, NJ 08901