



Childbirth & Beyond 2011 Course Schedule

To register or for questions call:
508-765-3050

Choose one of the styles of classes below:

Prepared Childbirth Classes 6-week sessions / Cost \$110

Location: Conference Rooms 1 & 2 @
Harrington Hospital, Southbridge Campus

Prepared Childbirth Classes 4-week sessions / Cost \$75

*Please note: The 4-week option does not
include topics for week 5 and week 6.
Use the same schedule as above
minus the last two weeks*

NEW!!!

Drop-in Class YOU choose the topic that interests you! \$25 per class

*See the topics on the right ↗
(drop into a scheduled session—see below)*

SCHEDULE OF OFFERED SESSIONS:

January 3 - February 7, 2011
February 28 - April 4, 2011
April 18 - May 23, 2011
June 6 - July 18, 2011—no class July 4
July 25 - August 29, 2011
September 12 - October 24, 2011
November 7 - December 12, 2011

Weekly Topics

- **Week one:** Process of birth; Body changes; Partner's role; Relaxation

- **Week two:** Stages of labor; When to go to the hospital; What to bring & tour of the Family Birthing Center at Harrington

- **Week three:** Medication options; Epidurals, Induction, Pushing

- **Week four:** Cesarean birth; Positioning and breathing techniques; Massage

- **Week five:** Making your home a child safe space, Preventing injuries; Recognizing illness; Infant CPR

- **Week six:** Bringing baby home; Sleep strategies; Comforting Techniques, Feeding, Bathing, Diapering

Weekly topics are also available as drop-in sessions. You choose the topic that interests you!

*The following are offered upon interest
Call 508-765-3050*

NEW!! "Just the Facts"

Cost: \$75

YOU choose what you want to know
Perfect for the busy, expectant mom
and/or support person

Breastfeeding Class

Sibling Class