

## Childbirth Preparation Courses

All classes offered at Harrington Hospital, 100 South Street, Southbridge, MA

Courses are open to any expectant parent(s) in our community.

Many insurance providers offer reimbursements for childbirth classes.

We offer discounts to Harrington HealthCare employees and MassHealth patients.

### Four Week Comprehensive Class

*(\$110 per couple – payment plans available)*

This course offers an in-depth look at the entire childbirth process to make you and your partner feel comfortable. Topics covered include signs of preterm labor, what to bring to your birthing center, pain medication options, natural comfort techniques, Cesarean birth, postpartum, newborn care, and infant CPR. Courses are typically held Monday evenings from 6 – 8 p.m.

**Upcoming Session: April 9, 16, 23, 30**

*The following classes may be flexible to accommodate your schedule. If the date/time of the course isn't quite right for you, please contact our instructor to discuss other arrangements.*

### **Express Childbirth Class** *(\$100 per couple – payment plans available)*

Two sessions, each three hours in length - a great option for those with busy schedules, or those needing a refresher course!

*Please call to schedule a time that fits your schedule.*

### **Just the Facts!** *(\$75 per couple)*

Perfect as a refresher! One 3-hour class. Call to set up a time!

### **Breastfeeding** *(\$25 per couple)*

Topics covered include latching, position techniques, managing difficulties, going back to work, and pumping/storing milk. Course typically held 6-8 p.m.

**Upcoming Session: April 2, 2018**

### **Sibling Class** *(\$25 per family)*

Help prepare your child(ren) for the arrival of their new sibling. Call to set up a time!