

Parenting and Childbirth Education Classes at Hunterdon Medical Center

The event of a lifetime takes lots of preparation. At Hunterdon Medical Center, we share your excitement and your concern. Our certified childbirth educators and certified lactation consultants are here to help. Whether this is your first baby or your third, we have classes especially suited to your needs. From childbirth education to breastfeeding, we'll answer all your questions, make the unknown familiar and help you through this exciting time.

Parenting and Childbirth Education classes include:

Childbirth Preparation

- HypnoBirth®
- Weekend Lamaze
- Lamaze eClass
- Lamaze/ HypnoBirth® Refresher

Parenting Education

- Hi New Baby
- Happiest Baby on the Block
- Breastfeeding I
- Breastfeeding II

Postpartum Support Groups

- Babysteps- Birth to Walkers
- HunterdonHealthcare BabySteps Facebook Group
- Breastfeeding Support Group
- Beyond the Baby Blues



Visit our website at <https://www.hunterdonhealthcare.org/service/maternity> to take a virtual tour of our Maternity and Newborn Care Center.



Hunterdon Health

Parenting and Childbirth Education



CHILDBIRTH EDUCATION

CHILDBIRTH PREPARATION—MUCH MORE THAN JUST BREATHING! These are classes for expectant mothers and their partners as they prepare for their first birth experience. Childbirth classes give mothers all the information they need to be prepared to give birth. Recent research shows that low risk women who take an established childbirth class have a much lower risk of have a Cesarean birth! At Hunterdon, we offer two types of childbirth preparation classes: Lamaze classes in several formats; and HypnoBirthing® classes. You should choose either Lamaze or Hypnobirth based on the vision you have for your birth. Whichever option you choose, keep in mind that rehearsing the skills you learned in class is essential in remembering the skills that will help you during your labor.

LAMAZE CLASSES: Hunterdon Medical Center’s Lamaze classes are for anyone expecting a baby! In the classes you will learn all about labor and birth. Comfort measures, a hospital tour, medical interventions, medications and anesthesia are all covered! Couples are encouraged to use the comfort measures and breathing techniques that work for them. Whether you choose to use medications or not, these classes provide you with the information you will need to be able to relax and work with your body as it does the work it knows how to do. Working with your body helps the process to go faster and easier.

WEEKEND LAMAZE: These classes run monthly on a Saturday, 8:30 a.m. – 4:30 p.m., and provide all the information you need in a live class.

UNDERSTANDING BIRTH eCLASS: Our online childbirth class is ideal for those expectant parents who can’t attend an on-site childbirth class due to work schedule, time constraints, or medical conditions.

The eight-chapter program is an interactive, web-based class that uses videos, personal birth stories, animations, activities, and games to teach all the essential information parents need to know to prepare for their birth.

Our online childbirth classes will help you:

- Understand pregnancy – what’s happening to your body, discomforts, warning signs, nutrition, exercise, and more.
- Learn about labor – preparing for birth, pre-labor signs, onset of labor, 3D animation of labor process, and more.
- See how the stages of labor unfold – watch amazing real-life birth stories.
- Discover helpful comfort techniques – breathing, relaxation, massage, visualization, focal points, hydrotherapy, labor and pushing positions, advice for partners, and more.



Your eClass registration includes:

- Online access for 90 days.
- One on-site labor rehearsal class which will answer your questions and provide more important information. This class is to be attended after completing the online program.

Please try to register for all classes early in your pregnancy so you may completely finish the online component of your class in time for your baby's arrival.

REFRESHER LAMAZE: A class for couples who have completed Lamaze Preparation for Childbirth with a recent pregnancy. The refresher class includes a review of breathing, relaxation, comfort and pushing techniques, recent developments in maternity care, how this labor and delivery may differ from before, medical interventions and Cesarean and VBAC (vaginal birth after cesarean) information, as needed. If a couple has never completed a full childbirth preparation class with a previous pregnancy, they should plan on taking a full series rather than a refresher. We request that you register by the sixth month of your pregnancy. Your class will be scheduled on the month prior to your due date.

Please check out our eClass option, which is also great for refresher couples unable to attend class.

HYPNOBIRTH® CLASSES “Taking the Birthing World by Calm”: HypnoBirthing® is a different approach to childbirth education that uses hypnosis. Hypnosis is a naturally induced state of relaxed concentration in which suggestions are made to the subconscious mind. The subconscious mind influences choices we make, and what we think and feel. This profound state of deep relaxation can be achieved through daily practice. You will be totally relaxed, fully in control and aware of the birthing process and will be able to determine the extent to which you feel the uterine contractions.

Birth will be experienced in an atmosphere of calm and relaxation, free of fear and tension that cause pain. Your body's natural endorphins (pain killing substances) replace the stress hormones that create pain. You are fully awake and involved during your baby's birth.

HypnoBirthing® is the choice you will want if it is important to you to have birth progress as naturally and intervention free as possible. The cost of HypnoBirthing® is slightly higher than our regular Lamaze classes because of the special materials used, and the smaller, more personal classes involved.

HypnoBirthing® classes are only offered on weekday evenings. There is a HypnoBirth Class refresher option for couples who have previously participated in a HypnoBirth Class series. Please call 908-788-MOMS (6667) for more information.

PARENTING EDUCATION

HI, NEW BABY!: If you are expecting or planning to adopt a baby, we know you have all sorts of questions. Come join us at “Hi, New Baby!”—our baby care class. We'll tell you what to expect in the first weeks, from bathing and feeding to finding time for yourself. Prospective grandparents are also welcome.



THE HAPPIEST BABY ON THE BLOCK™: Learn an extraordinary way to calm your crying baby. Expectant and new parents of babies younger than three months will learn step by step how to help their babies sleep longer and how to soothe the fussiest infant in minutes... or less!

POSTPARTUM SUPPORT GROUPS: Once your baby arrives, join us in our weekly parenting classes.

- Babysteps : For parents and infants, birth to walkers, meets virtually weekly on Thursdays, 1:00 p.m. – 2:30 p.m.
- Facebook Group: Join Hunterdon Healthcare Babysteps for virtual support.
- Beyond the Baby Blues

BREASTFEEDING SERVICES

Experts agree that breast milk is best because it is human milk for human babies. Our Lactation Consultants will assist you in beginning breastfeeding with:

MONTHLY PRENATAL BREASTFEEDING CLASSES: If you are planning to breastfeed or if you are not sure about breastfeeding, this class will provide you with the information needed to make an informed decision.

BREASTFEEDING SUPPORT GROUP: This program provides nursing mothers a place where information, knowledge and experience can be shared in a relaxed and caring environment.

ONCE YOUR BABY IS BORN: Our certified Lactation Consultants can provide inpatient, outpatient and telephone consultations (fee involved with some services).

BREASTFEEDING PART II: This class will help mothers establish and maintain a sufficient milk supply by pumping as well as teach how to make a successful transition back to work.

BREAST PUMP RENTAL: If you find you have a need to rent a breast pump, you will be able to do so here.





Please print this form, complete, and send in to register for classes.

REGISTRATION

Complete and mail this form, with payment in full to:

Parenting and Childbirth Education Services
Hunterdon Medical Center
2100 Wescott Drive
Flemington, NJ 08822-4604

Or scan and email to:
flewaine@hhsnj.org

Please make checks payable to Hunterdon Medical Center. You will receive confirmation by mail prior to your scheduled class. All prices are per couple, and effective January 1, 2022.

Please call 908-788-MOMS with questions or for more information.

Before or After Baby Classes

| | |
|---|-----------|
| Weekend Lamaze | \$175 |
| HypnoBirth® Classes | \$220 |
| Lamaze eClass Including follow-up class | \$175 |
| Lamaze Refresher or HypnoBirth® Refresher | \$99 |
| Hi New Baby! Preferred Date _____ | \$50 |
| Breastfeeding Class Preferred Date _____ | \$50 |
| Breastfeeding Part II: Pumps and Pumping/Returning to Work Preferred Date _____ (May be taken before or after delivery) | \$35 |
| Happiest Baby on the Block Preferred Date _____ (May be taken before or after delivery) | \$50 |
| TOTAL DUE | \$ |

Name _____
Address _____

Home Telephone _____
Work Telephone _____
Cell Phone _____
Email Address _____
Maiden Name _____
Social Security Number _____
Birthdate _____
Due Date _____
Partner's Name _____
Doctor _____
Phone _____

For Office Use Only

1. If you are paying by credit card, we will contact you by phone to obtain your information.
2. You may pay by check if you are sending the registration by regular mail.

Date Received _____

Payment Amount \$ _____

Payment Type: Cash Credit Check _____

Acknowledgment

Please Note: In the event of cancellation, any refunds given are subject to a processing fee.

Classes fill quickly, so please try to register for classes early in your pregnancy.

Visit our website at <https://www.hunterdonhealthcare.org/service/maternity> to take a virtual tour of our Maternity and Newborn Care Center.



LAMAZE CAN HELP SIMPLIFY YOUR PREGNANCY AND BIRTH

A recent survey of women in their childbearing years found that those who took Lamaze were more satisfied with the care they received in pregnancy and birth than women who took a childbirth education class other than Lamaze, or those who took no class at all. Whether you are a first-time mother or an experienced parent, you may find the task of giving birth overwhelming. Lamaze education is designed to give you the information you need to make the healthiest decisions for your baby, and give you more confidence in your body's natural ability to go through the process. For low risk women, this will decrease your chance of a cesarean birth significantly.

Simplify Birth! Childbirth can be demanding on your body and mind, but Lamaze can help simplify the process with a natural approach. It can alleviate your fears and help you manage pain—all with the goal of a safe and healthy birth, based on current evidence.

- Lamaze takes the mystery out of the childbirth process by helping you better understand how your body works, and what you can do to benefit yourself and your baby during the childbirth process
- There are many ways to manage the challenges associated with birth—including pain. Lamaze can help you understand all of your options so you can make informed decisions and learn how to achieve greater comfort during labor and birth.

Use a Proven Approach! Lamaze practices are based on the best medical evidence available, and are designed to promote a safe and healthy pregnancy and birth.

- Every mother wants the best care possible in pregnancy and birth. By becoming familiar with the key components of good care, you can be an active partner with your provider in getting optimal care for you and your baby.
- Lamaze education is based on the best medical evidence. Millions of pregnant women have taken Lamaze classes over the years. Lamaze is based on principles that are just as relevant today as they always have been.

Improve Your Understanding! The best start for mothers and babies is a safe and healthy pregnancy and birth, based on current evidence. Lamaze can help you achieve this—and help you feel confident about giving birth—by serving as a resource for information about what to expect and the best options available during the child- birth process.

- Lamaze is an essential resource. It can help you understand how decisions about your care during pregnancy and childbirth can positively affect you and your baby.
- Lamaze can help you feel more prepared for and satisfied with your childbirth experience
- By educating yourself about pregnancy, childbirth and early parenting and rehearsing what you have learned, you are making a good investment in yourself and your baby.

Work as a Team! You, your family, your provider and your Lamaze educator each have an important role in the process of pregnancy, childbirth and early parenting. All of you are a community that works together to help you and your baby achieve a safe and healthy outcome.

- Lamaze can help you work effectively with your provider so that together, you can make decisions you feel good about, and ensure a safe, healthy and satisfying childbearing experience.

For more information about Lamaze and how it can help simplify the pregnancy and birthing process, please call 908-788-MOMS (6667) or visit www.lamaze.org.



HypnoBirthing[®]

HYPNOBIRTH[®] CHILD BIRTH CLASSES

Taking the Birthing World by Calm. HypnoBirth[®] classes use hypnosis, a naturally induced state of relaxed concentration during which helpful suggestions are made to the subconscious mind. The subconscious mind influences choices we make, and what we think and feel. It is our belief that everyone can use hypnosis, provided they are willing.

The HypnoBirth[®] belief is that, with deep relaxation, taught with the use of self-hypnosis, the body births in a relaxed serene manner. The philosophy supports the belief that pregnancy and birthing is a very beautiful and special time of your life. Hypnosis enhances your body's natural ability to give birth.

During hypnosis the mother is fully awake, and able to talk, but is totally relaxed and fully in control. She will be able to determine the extent to which she feels the uterine contractions. Muscles and nerves may still send pain impulses, but the pain can be minimized or completely blocked with the use of hypnosis. Hypnobirth[®] classes are usually the choice for expectant parents who prefer not to use pain medications or anesthesia, and are looking for a more natural approach to birthing, one which is as intervention free as possible. On average, labors can be up to 50% shorter with the use of these techniques, due to the relaxation that occurs. Our classes are small and personal. The techniques you learn through deep relaxation and the power of positive thinking can be used not only for birthing but can be adapted to many areas of your life. Even if medications or a Cesarean birth become necessary, the skills you learn in class can be applied to your birthing experience.

Nurses who are Certified HypnoBirth[®] Practitioners teach our classes. Because of the smaller more personal classes, and the special materials used, HypnoBirth[®] classes are priced slightly higher than our Lamaze classes. You would attend one evening per week for five weeks, 6:30 p.m. – 9:00 p.m. Parents should try to register for classes early in your pregnancy.

Please call Parenting and Childbirth Education Services at 908-788-MOMS (6667) if you have any questions, otherwise please use the enclosed registration form to reserve your place.

For more information, you may also visit www.hypnobirthing.com.

CAN'T COME TO CLASS? OUR "UNDERSTANDING BIRTH" eCLASS IS JUST RIGHT FOR YOU!

Our online childbirth class is ideal for those expectant parents who can't attend an on-site childbirth class due to work schedules, time constraints, or medical conditions. The eight-chapter program is an interactive, web-based class that uses videos, personal birth stories, animations, activities, and games to teach all the essential information parents need to know to prepare for their birth. And because we know nothing can take the place of personal attention, once you complete your e-class, you will attend an in person class which provides time to get questions answered, review, and practice your skills.

Our online childbirth class will help you:

- Understand pregnancy – what's happening to your body, discomforts, warning signs, nutrition, exercise, and more
- Learn about labor – preparing for birth, pre-labor signs, onset of labor, 3D animation of labor process, and more
- See how the stages of labor unfold – watch amazing real-life birth stories
- Discover helpful comfort techniques – breathing, relaxation, massage, visualization, focal points, hydrotherapy, labor and pushing positions, advice for partners, and more.



To register, complete and submit the enclosed registration form.

Price is \$175, which includes 90 day access to the eClass plus the follow-up class.

For more information, call 908-788-MOMS (6667).





eClass FOLLOW UP CLASS 2022 Dates

Couples should plan on completing the online program prior to attending this class. Your class date should be scheduled as close to your expected due date as possible.

January 7
February 18
April 1
May 6
June 17
July 29
September 2
October 14
Dec 2

Class time is 6:30 – 9:00 p.m.

Cost \$175 (insurance often covers part of the cost!) Please call Parenting and Childbirth Education Services at 908-788-MOMS (6667) for formats available and if you have any questions, otherwise please use the enclosed registration to reserve your place.



Visit our website at <https://www.hunterdonhealthcare.org/service/maternity> to take a virtual tour of our Maternity and Newborn Care Center.



WEEKEND LAMAZE CLASSES 2022 DATES

January 15

February 12

March 12

April 9

May 14

June 11

July 9

August 13

September 10

October 8

November 12

December 10



Couples should plan on attending the class as close to their due date as possible, so that the information is not forgotten!

Class times are 8:30a.m. – 4:30 p.m. Please pack a lunch to bring.

Cost: **\$175** (insurance often covers part of the cost!)

Prior to your class date visit our website at <https://www.hunterdonhealthcare.org/service/maternity> to take a virtual tour of our Maternity and Newborn Care Center

All classes are held at the Hunterdon Medical Center Education Center, 215 Route 31, just north of HMC. Preregistration is required. Please call Parenting and Childbirth Education Services at 908-788-MOMS (6667) if you have any questions, otherwise please use the enclosed registration form to reserve your place.



HI, NEW BABY!

BABY CARE CLASS

When you're expecting, you have lots of questions, like...

- How often do we feed our baby?
- How do we know our baby is getting enough to eat?
- How do we know what our baby is trying to tell us?
- How can we read his personality and body language?
 - When do we call the doctor?
 - How about bathing our baby?
 - And what about that cord?

Come to *Hi, New Baby* and get all your questions answered!

2022 Class Dates (choose one)

Fridays, 6:30 p.m. – 9:30 p.m.: **OR** **Saturdays, 9:00 a.m. – 12 noon:**

February 25

April 15

June 24

August 26

October 28

December 16

January 22

March 26

May 21

July 23

September 24

November 19

Cost: \$50 per couple and preregistration is required.

All classes are held at the Hunterdon Medical Center Education Center, 215 Route 31, just north of HMC. Preregistration is required. Please call Parenting and Childbirth Education Services at 908-788-MOMS (6667) for formats available and if you have any questions, otherwise please use the enclosed registration form to reserve your place.



BREASTFEEDING CLASS

Is there any reason you won't be breastfeeding?

For many reasons, experts agree that breast is best! But even if you are undecided, this class will give you important information and get all your breastfeeding questions answered! Nursing is easier if you learn about it before your baby arrives. Your partner, who is essential in supporting you, is encouraged to attend as well.

Included...

- How Breastfeeding works
- How to get started... the importance of latch on and positioning
- How to tell if it's going well, and if your baby is getting enough
- Challenges you may encounter... and more!

2022 Dates (choose one)

Cost: \$50 per couple or single

All classes are Tuesdays, 6:30 p.m. – 9:00 p.m.

| | |
|------------|-------------|
| January 4 | July 5 |
| February 1 | August 2 |
| March 1 | September 6 |
| April 5 | October 4 |
| May 3 | November 1 |
| June 7 | December 6 |

All classes are held at the Hunterdon Medical Center Education Center, 215 Route 31, just north of HMC. Preregistration is required. Please call Parenting and Childbirth Education Services at 908-788-MOMS (6667) for formats available and if you have any questions, otherwise please use the enclosed registration form to reserve your place.



BREASTFEEDING CLASS PART II: Pumps and Pumping

*Is there any reason you won't be breastfeeding?
"I need a pump? Now what?"*

Learn how to make the most out of your pumping experience, and ways to make your return to work as easy as you can! You may attend this class before or after your baby arrives. Babies are welcome at class.

Partners are welcome to attend, as well.

Included:

- Navigating all the types of pumps: which is best for you?
- How to get the most out of your pump
- Things to think about when you return to work
- Challenges you may encounter...and more!

2022 Dates (choose one)

Cost: \$35 per couple or single

All classes are Tuesdays, 7:00 p.m. – 8:30 p.m.

February 8

April 12

June 14

August 9

October 11

December 13

All classes are held at the Hunterdon Medical Center Education Center, 215 Route 31, just north of Hunterdon Medical Center. Preregistration is required. Please call Parenting and Childbirth Education Services at 908-788-MOMS (6667) if you have any questions, otherwise please use the enclosed registration form to reserve your place.



THE HAPPIEST BABY ON THE BLOCK™
Magic? A miracle? No, it's a reflex™
**Learn an Extraordinary (but easy!)
Way to Calm Your Crying Baby.**

Expectant and new parents of babies younger than 3 months will learn-- step by step-- how to help their babies sleep longer, and how to soothe the fussiest infant in minutes... or less!

2022 Dates (choose one)

10:30 a.m. – Noon OR 6:30 p.m. – 8:00 p.m.

January 20

March 15

April 28

June 21

August 11

September 27

November 17

You may take the class before or after your baby is born.
Bring your baby if s/he has arrived.

Cost: \$50 per family and includes a streaming video link that will be emailed to you after the class.

All classes are held at the Hunterdon Medical Center Education Center, 215 Route 31, just north of HMC. Preregistration is required. Please call Parenting and Childbirth Education Services at 908-788-MOMS (6667) if you have any questions, otherwise please use the enclosed registration form to reserve your place.



EXPECTING AGAIN?

Why should you take a Lamaze Refresher if you've “been there and done that?”

Even though this is not a first pregnancy for either of you, there are good reasons to take a Lamaze Refresher class...

- You may have forgotten more than you think you have.
- This pregnancy and labor will be different from the last... learn how.
- You may have misplaced the materials you received the first time—here's a chance to receive new and updated materials!
- Changes may have taken place since your last delivery. This is especially true if this will be your first birth at Hunterdon Medical Center.

Second and subsequent pregnancies go by almost without notice, because you are so busy with your other children. Here's a chance to devote some time and thought to each other and to this pregnancy... a chance to think about your last birth. A chance to get past the “fear of the known” and discuss what worked and what didn't last time? What will you change this time? What is your vision for *this* birth? This class will not only refresh your memory, but allow you to formulate some goals for your next labor.

Remember that Lamaze skills are “conditioned responses”. This means that you need to review and begin to practice once again, so the techniques are fresh in your mind—and automatic—once again.

Hunterdon Medical Center's Lamaze Refresher is specially designed for busy families. It's a single evening class so you only need to find a sitter once!

Contact Felice Lewaine at 908-788-MOMS (6667) to arrange a class date that is convenient for you. **Cost:** \$99.

All classes are held at the Hunterdon Medical Center Education Center, 215 Route 31, just north of HMC. Preregistration is required. Please call Parenting and Childbirth Education Services at 908-788-MOMS (6667) if you have any questions, otherwise please use the enclosed registration form to reserve your place.



BABYSTEPS – Birth to Walkers

(Babies 0-12 months)

Babysteps is a parent support group that meets to discuss issues important to new parents. It's a great place to meet other parents, too! No registration required and class is FREE! This class is being held in person and virtually. It meets weekly from 1:00 p.m. – 2:30 p.m.

[Join Hangouts Meet](#)

Meeting ID meet.google.com/nwc-cwax-psv Phone Numbers (US)+1413-340-2176 PIN: 258274701#

Baby not here yet? Come join us before your baby arrives!

Meet other moms and find out about what you can expect.

And check out our Facebook group: Hunterdon Healthcare Babysteps for virtual support!

Dates in italics marked with an * indicate these are the dates of the Breastfeeding Support groups, which meet from 12:00 p.m. – 1:00 p.m.

[Join Hangouts Meet](#)

Meeting ID meet.google.com/zas-igrp-upb Phone Number (US) +1 785-380-3327 PIN: 334 066 922#

2022 DATES

| | | | | | |
|------------------|--------------|-------------|--------------|--------------|---|
| January | January 6* | January 13 | January 20 | January 27 | |
| February | February 3* | February 10 | February 17 | February 24 | |
| March | March 3* | March 10 | March 17 | March 24 | March 31 |
| April | April 7* | April 14 | April 21 | April 28 | |
| May | May 5* | May 12 | May 19 | May 26 | |
| June | June 2* | June 9 | June 16 | June 23 | June 30 |
| July | July 7* | July 14 | July 21 | July 28 | |
| August | August 4* | August 11 | August 18 | August 25 | |
| September | September 1* | September 8 | September 15 | September 22 | September 29 |
| October | October 6* | October 13 | October 20 | October 27 | |
| November | November 3* | November 10 | November 17 | November 24 | (No Class...Happy Thanksgiving) |
| December | December 1* | December 8 | December 15 | December 22 | December 29 (No Class- Happy Holidays) |