



Hunterdon Health

2024 Parenting and Childbirth Education Services

Class Offerings and Schedules



Dear Expectant Parents,

Thank you for choosing Hunterdon Medical Center for your upcoming stay on our Maternity and Newborn Care Center! This should be a very exciting time in your life but we realize that you may have some concerns as well, especially during these unprecedented times. We want to assure you that we are here to help support you through your pregnancy, birth and postpartum experience.

Our Parenting and Childbirth Education Department offers a variety of classes to prepare you and your partner for your upcoming delivery and prepare you for your baby's arrival. Evidence clearly shows that taking a childbirth class (either Lamaze or Hypnobirth classes) lowers the chances of having a cesarean birth by about 40% for low risk women. Also, this year we are excited to offer the Spinning Babies® Birth Preparation class. Please review the attached information to learn about all the classes we offer to help prepare you for your birth and early parenting journey.

After you review the information, please feel free to call or email me with any questions you may have. I am happy to help guide you through this most exciting time in your life!

Sincerely,

Felice

Felice Lewaine, BSN, RN, CLC, CCE
Coordinator, Parenting and Childbirth Education Services
Phone: (908) 788-MOMS(6667)
Email: fl Lewaine@hhsnj.org



Hunterdon Health



**Maternity and
Newborn
Care Center
Virtual Tour**

Parenting and Childbirth Education 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 staff, who are also 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

- Spinning Babies® **NEW**
- 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
- Breastfeeding Support Group
- Beyond the Baby Blues™
- Hunterdon Healthcare Baby Steps 



Hunterdon Health

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.

SPINNING BABIES® BIRTH PREPARATION CLASS: Spinning Babies® Birth Preparation Class highlights your baby's active role in birth. During labor the baby needs to pass through the three levels of the pelvis. Learn techniques to help your pelvis and it's muscles that support or restrict your pelvis levels. Together, you and your birth partner can use these techniques before and during labor to help "make room for baby!" Spinning Babies® reveals how the baby can find optimal positions for labor and make birth less painful and even pleasurable!

This class is for expectant parents only.

- *Baby's job in labor is to rotate!*
- Learn about Spinning Babies® Techniques
- Daily Essential Activities
- The Three BalancesSM help birth muscles to relax and add comfort now to ease birth later.
- Birth Positions that open the pelvis that let the baby come through more easily
- Bring your birth partner to learn how to help you in pregnancy for comfort in labor and birth

New class offering

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.



Hunterdon Health

Childbirth Education

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.



Hunterdon Health

Childbirth Education

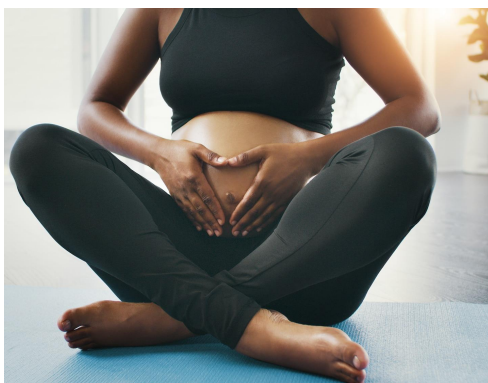
HYPNOBIRTH® CLASSES “Taking the Birthing World by Calm”: HypnoBirthing® is a different approach to childbirth education that uses hypnosis. Hypnosis is a naturally induced state of relaxed concentration in which suggestions are made to the subconscious mind. The subconscious mind influences choices we 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.



Hunterdon Health



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.

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 in-person and virtually weekly on Thursdays, 1:00 pm – 2:30 pm.
- **Hunterdon Healthcare Babysteps:** Join on Facebook for virtual support.
- **Beyond the Baby Blues:** Meets virtually on Tuesdays, 10:00 am – 11:00 am.

For more information contact the
Parenting and Childbirth Education Department at
(908) 788-MOMS(6667)



Lactation Services

are available
for all inpatients
and on an
outpatient basis
for the
community.

(908) 788-6335



Lactation Services

at Hunterdon Medical Center

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. Meets in-person and virtually the first Thursday of every month from 12:00 pm – 1:00pm.

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.



Hunterdon Health

Parenting and Childbirth Education Registration Form

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 email prior to your scheduled class. All prices are per couple, and effective January 1, 2024.

Please call **(908) 788-MOMS(6667)** with questions or for more information.

Name: _____

Address _____

Home Phone _____

Work Phone _____

Cell Phone _____

Email Address _____

Maiden Name _____

Birthdate _____

Due Date _____

Before or After baby Classes

Preferred
date

<input type="checkbox"/>	Spinning Babies®	\$120.00	
<input type="checkbox"/>	Weekend Lamaze	\$180.00	
<input type="checkbox"/>	HypnoBirth® Classes	\$225.00	
<input type="checkbox"/>	Lamaze eClass Including Follow-up Class	\$180.00	
<input type="checkbox"/>	Lamaze/ HypnoBirth® Refresher	\$105.00	
<input type="checkbox"/>	Hi, New Baby	\$ 55.00	
<input type="checkbox"/>	Breastfeeding Class	\$ 55.00	
<input type="checkbox"/>	Breastfeeding Part II: Pumps & Pumping /Returning to Work (may be taken before or after delivery)	\$ 40.00	
<input type="checkbox"/>	Happiest Baby on the Block™	\$ 55.00	

Partner's Name _____

Provider _____

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 mail.

Please Note: If you cancel your class registration there will be a cancellation processing fee. This does not apply if you have an unexpected early delivery.

Date Received _____

Payment Amount _____

Payment Type ☐ Cash ☐ Credit ☐ Check _____

☐ Visa ☐ MC ☐ AMEX ☐ Discover

Credit Card # _____

Exp Date: _____

CIV _____

Name on Card: _____

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



Hunterdon Health



SPINNING BABIES®

Parents: What is Spinning Babies®?

New class offering

Attention, Parents!

Are you ready for a pregnancy and birthing experience like no other? Say goodbye to discomfort during pregnancy and embrace ease in birth! We are thrilled to introduce you to Spinning Babies® Birth Preparation Class, a revolutionary approach that is changing Birth on Earth!

Spinning Babies® believes that fetal positions are not random; babies naturally fit the space available to them. But here's the exciting part: it's not just about the size of the baby or the pelvis. Birth anatomy can be flexible and we're here to show you how.

Spinning Babies®, created by Gail Tully, offers a fresh and anatomically-based perspective on birth. Our unique approach allows you to see the miracle of birth through a whole new lens. When you attend a Spinning Babies® Birth Preparation Class, you'll learn techniques that will forever change the way you think about birth.

So, what's the secret to an easier birth? It all starts with understanding your baby's position. By exploring the alignment of the womb and pelvis through the lens of the baby's position, we uncover valuable insights that guide our preparation. Instead of focusing on how far dilated you are, we shift our attention to finding answers to the questions: Where's Baby?

Where is the baby positioned? Where is the womb in relation to the pelvis? Which level of the pelvis is the baby maneuvering? These inquiries open up a world of possibilities, allowing us to support physiological birth, reduce fear, and enhance the bond between you and your precious little one.

Spinning Babies® mission is clear: to offer you an easier childbirth with fetal positioning through physiology before force. They're dedicated to empowering parents and birth professionals worldwide with this groundbreaking knowledge.

So, join us on this incredible journey towards a more comfortable pregnancy and an extraordinary birthing experience. Discover the wonders of Spinning Babies® and unlock the secrets of your baby's position. Get ready to embrace "comfort in pregnancy and ease in birth" as we bring physiology first in the way we approach childbirth.

Together, we can make your birth story one for the books!



Hunterdon Health



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 childbirth 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.



HYPNOBIRTH® CHILDBIRTH 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.

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 eClass, 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.

The price is \$180, which includes 90-day access to the eClass plus the follow-up class.

**READY TO
REGISTER?**
Complete the

**Class Registration
Form**



Hunterdon Health

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



SPINNING BABIES®

Spinning Babies®

Are you ready for a pregnancy and birthing experience like no other?

Spinning Babies® Birth Preparation Class highlights your baby's active role in birth. During labor the baby needs to pass through the three levels of the pelvis. Learn techniques to help your pelvis and it's muscles that support or restrict your pelvis levels. Together, you and your birth partner can use these techniques before and during labor to help "make room for baby!" Spinning Babies® reveals how the baby can find optimal positions for labor, and make birth less painful and even pleasurable!

This class is for expectant parents only.

New class offering

- *Baby's job in labor is to rotate!*
- Learn about Spinning Babies® Techniques
- Daily Essential Activities
- The Three BalancesSM help birth muscles to relax and add comfort now to ease birth later.
- Birth Positions that open the pelvis that let the baby come through more easily
- Bring your birth partner to learn how to help you in pregnancy for comfort in labor and birth

2024 CLASS DATES

January 4

July 11

February 15

September 5

March 28

October 24

May 23

Dec 19

Class should be taken after 22 weeks gestation

Class times are 6:30 pm to 9:30 pm
Space is limited to 5 couples per class.

*Partners are encouraged to attend.
Please bring a pillow, a blanket and wear comfortable clothes*

**READY TO
REGISTER?
Complete the
[Class Registration
Form](#)**

Cost \$120.00
Pre-registration is required.



Hunterdon Health



WEEKEND LAMAZE CLASSES 2024 DATES

January 13

July 13

February 10

August 10

March 9

September 14

April 13

October 12

May 11

November 9

June 8

December 14

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 8:30 a.m. to 4:30 p.m. Please pack a lunch to bring.

Cost \$180.00

(insurance often covers part of the cost!)

Pre-registration 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.



Hunterdon Health

HypnoBirthing

INTERNATIONAL
The Mongan Method



HypnoBirth® Class Series Dates

Classes are held Thursday evenings for five weeks from 6:30 p.m. to 9:00 p.m.

January 11th to February 8th

February 22nd to March 21st

April 11th to May 9th

May 30th to June 27th

July 18th to August 15th

September 12th to October 10th

**October 31st to December 5th
(no class Thanksgiving Day)**

Couples should plan registering for classes early in your pregnancy.

Our coordinator will place you in the series that is best for
your expected delivery date.

Cost \$225.00

(insurance often covers part of the cost!)

Pre-registration 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.**



Hunterdon Health

eClass Follow-up Class 2024 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

February 2nd

April 19th

June 21st

September 6th

November 15th

Class times are 6:30 p.m. to 9:00 p.m.

Cost \$180.00

(insurance often covers part of the cost!)

Pre-registration 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.**



Hunterdon Health



**READY TO
REGISTER?
Complete the
Class Registration
Form**

HI, NEW BABY CLASS

BABY CARE CLASS

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

- How often do we we feed our baby?
- How do we know our baby is getting enough to eat?
- 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!

2024 CLASS DATES (choose one)

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

January 19th

March 22nd

May 31st

July 26th

October 25th

February 24th

April 27th

June 29th

August 24th

September 21st

Cost: \$55.00 per couple and pre-registration 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.



Hunterdon Health



Lactation Services

are available
for all inpatients
and on an
outpatient basis
for the
community

908-788-6335



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!

2024 Dates

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

January 9th

July 2nd

February 13th

August 6th

March 5th

September 3rd

April 9th

October 8th

May 7th

November 5th

June 4th

December 3rd

Cost: \$55.00 per couple or single

Pre-registration is required

Please call Parenting and Childbirth Education Services at (908) 788-MOMS(6667) if you have any questions.



Hunterdon Health



Lactation Services

**are available
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for the
community**

908-788-6335



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!

2024 Dates

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

February 20th

April 16th

June 11th

August 13th

October 22nd

December 10th

Cost: \$40.00 per couple or single
Pre-registration is required

**Please call Parenting and
Childbirth Education Services at
(908) 788-MOMS(6667) if you
have any questions.**



Hunterdon Health

The Happiest Baby on the Block™

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!

2024 CLASS DATES (choose one)

Thursdays, 10:30 a.m. to 12 noon OR Tuesdays, 6:30 p.m. to 8:00 p.m.

March 21st

June 13th

September 19th

January 23rd

May 28th

July 30th

November 19th

You may take the class before or after your baby is born.

Bring your baby if they have arrived.

Cost: \$55.00 per couple and pre-registration 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.

**READY TO
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Complete the
Class Registration
Form



Hunterdon Health



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!

Cost: \$105.00

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



Hunterdon Health



BABYSTEPS – Birth to Walkers

(Babies 0-12 months)

It meets weekly on Thursday from 1:00 p.m. – 2:30 p.m.
at the HMC Education Center

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! Baby not here yet? Come join us before your baby arrives! Meet other moms and find out about what you can expect.

Breastfeeding Support Group

It meets from 12:00 p.m. – 1:00 p.m. on the dates marked with an *

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

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



Hunterdon Health



Perkins Town Square
Walmart/Lowes/etc

Parenting and Childbirth Education Classes are held at the:

**Hunterdon Medical Center
Education Center
215 Route 31 South
Flemington, NJ 08822**

The HMC Education Center is located between Gaunt Place and Sand Hill Road/Bartles Corner Road near the main campus of Hunterdon Medical Center. *(north of the Flemington Circle and south of Health Quest.*

(If using GOOGLE to search for directions, do not use the address, search Hunterdon Parenting and Childbirth Education Center.)



Parenting and Childbirth Education

(908) 788-MOMS(6667)



Hunterdon Health