Hunterdon Health

2026 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, our new Spinning Babies® class will teach you techniques to use during pregnancy for comfort as well as prepare your body for labor and birth. 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: flewaine@hhsnj.org

Maternity and Newborn Care Center Virtual Tou r

Hunterdon Health

NEW
E-CLASSES

Can't make it to an in-person class? We'll bring the class to you!

- Trusted education, quality content, your way.
- On-Demand-Take your class anytime, from anywhere, and at your own pace
- Interactive Learning-Engage with videos, 3D animations, quizzes, and activities
- Parent Toolbox - Get organized with interactive tolls, planning checklists, and trackers

New Class Offerings- $50.00 per class

- ★ **Fatherhood**
- ★ **Sibling Prep**
- ★ **Grandparenting**
- ★ **Infant/Child Safety**
- ★ **Natural Childbirth Techniques**

Parenting & Childbirth Education

Learn More!

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®
- 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
- Toddler Steps
- Breastfeeding Support Group
- Beyond the Baby Blues™
- Hunterdon Healthcare Baby Steps
- Mindfulness for Mamas

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 Balances℠ 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

LAMAZE CLASSES: Hunterdon Medical Center 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.
- **Toddler Steps**: For parents and children 1-3 years old, meets the third Thursday of each month, 11:30 am - 12:30 pm..
- **Hunterdon Healthcare Babysteps:** Join on Facebook for virtual support.
- **Beyond the Baby Blues & Mindfulness for Mamas**

For more information contact the

Parenting and Childbirth Education Department at

(908) 788-MOMS(6667)

Hunterdon Health

NEW

Maternity & Newborn Care Specialty Online eClasses

Can't come to an in-person class? We'll bring them to you! Hunterdon Health is happy to provide five online childbirth and parenting preparation classes that you can take conveniently from home or choose to pair with an in-person class.

Understanding Fatherhood eClass

With a positive focus on the importance of expectant dads being involved right from the start, you will learn how to support your partner through pregnancy and birth, as well as survival tips for those first few sleep-deprived months with a newborn. Integrated throughout the class are fun activities and video clips that share the relatable stories of real dads and advice from a fatherhood expert. Allow about 3 hours to complete.

Understanding Grandparenting eClass

Expecting a baby? You may feel prepared, but how about the grandparents? From the comfort of home, our online Understanding Grandparenting eClass will help them understand changes in birth, breastfeeding, baby care, and infant safety, and provide ways for them to offer support and assistance to you. This class takes about 2-3 hours to complete.

Understanding Infant and Child Safety eClass

This Infant & Child Safety eClass provides life-saving education for parents and caregivers. Accidents are the leading cause of death in infants and children. This class provides current information about prevention from a variety of safety organizations. Content includes: car safety, safe baby care, safety products, home safety, poisons, and emergency preparedness including infant CPR and first aid. This class takes 3 hours to complete.

Understanding Sibling Preparation eClass

Growing your family? Help your child become a super sibling! This online sibling preparation class teaches you how to support your child (or children) as they grow into their role of big brother or sister. You will learn how to answer tough questions, ways to help your child feel involved, how to reduce jealousy, and more. Plus, to encourage your sibling-to-be, there are fun lessons to do together, complete with kid-friendly video clips, coloring pages, and activities (recommended for ages 3-7).

Understanding Natural Childbirth Techniques eClass

Planning a birth with few to no medical interventions? Learn how at your own time and pace! This interactive online course builds on what you have already learned in a standard childbirth preparation class. You will learn more about natural childbirth, comfort techniques, and how to write a natural birth plan. By watching several birth stories, you will also get a sense of what natural birth is like. Allow 3-4 hours to complete.

The cost is $50.00 per eClass. All classes are available in multiple languages and programs can be accessed for 9 months.

Hunterdon Health

To register, complete and submit the registration form. For more information, call (908)788-MOMS(6667)

Hunterdon Health

Parenting and Childbirth Education Registration Form

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

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, 2026.

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

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

Name _____

Maiden Name _____

Partner's Name _____

Address _____

_____

Phone _____
☐ Home ☐ Cell ☐ Other

Email Address _____

Birthdate _____

Due Date _____

Prenatal Provider Office
☐ ADV OBGYN ☐ HFP&OB ☐ HFM DelVal
☐ HFM Phillips Barber ☐ HFM Hawk Pointe/Phillipsburg
☐ Other (specify) _____

In Person Classes

			Preferred date
☐	Spinning Babies®	$133.00	
☐	Weekend Lamaze	$199.00	
☐	HypnoBirth® Classes	$248.00	
☐	Birth eClass Including Follow-up Class	$199.00	
☐	Lamaze/ HypnoBirth® Refresher	$116.00	
☐	Hi, New Baby	$ 61.00	
☐	Breastfeeding Class	$ 61.00	
☐	Breastfeeding Part II: Pumps & Pumping /Returning to Work (may be taken before or after delivery)	$ 45.00	
☐	Happiest Baby on the Block™	$ 61.00	

Specialty Online eClasses

☐	Understanding Fatherhood	$ 50.00
☐	Understanding Grandparenting	$ 50.00
☐	Understanding Infant/Child Safety	$ 50.00
☐	Understanding Sibling Prep	$ 50.00
☐	Understanding Natural Childbirth Techniques	$ 50.00

For Office Use Only

AMOUNT _____

☐ Cash ☐ Credit ☐ Check # _____

ZIP _____

☐ Visa ☐ MC ☐ AMEX ☐ Discover

CIV _____

Credit Card # _____ EXP _____

Name on Card: _____

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.*

Parents: What is Spinning Babies®?

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.

Hunterdon Health

HypnoBirthing INTERNATIONAL
The Mongan Method

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.

Hunterdon Health

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,

Lamaze INTERNATIONAL

READY TO REGISTER?
Complete the Class Registration Form

To register, complete and submit the enclosed registration form.

The price includes 90-day access to the eClass plus the follow-up class.

Hunterdon Health

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

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.

- *Baby's job in labor is to rotate!*
- Learn about Spinning Babies® Techniques
- Daily Essential Activities
- The Three Balances℠ 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

2026 CLASS DATES

January 8	**May 28**	**October 8**
February 19	**July 9**	**November 19**
April 16	**August 20**	

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 and blanket and wear comfortable clothes.

READY TO REGISTER? Complete the Class Registration Form

Cost $133.00
Pre-registration is required.

Hunterdon Health

Lamaze INTERNATIONAL

WEEKEND LAMAZE CLASSES 2026 DATES

January 10	**July 11**
February 7	**August 15**
March 21	**September 19**
April 18	**October 10**
May 9	**November 14**
June 13	**December 12**

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 $ 199.00
(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.

2026 Tentative Series Dates
(subject to change as required)

January 15 to February 12

March 5 to April 2

April 23 to May 21

June 4 to July 2

July 16 to August 13

August 27 to September 24

October 15 to November 12

Couples should plan registering for classes early in your pregnancy.
Our coordinator will place your in the series that is best for
your expected delivery date.
Cost $248.00
(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 2026 Dates

Expectant parents 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 23

March 27

May 29

July 17

September 25

December 4

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

Cost $199.00
(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.

Lamaze INTERNATIONAL

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 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!

2026 CLASS DATES (choose one)

Fridays, 6:30 p.m. - 9:30 p.m.	OR	Saturdays, 9:00 a.m. - 12 noon
February 20		January 17
April 10		May 23
July 24		August 22
September 11		October 17
November 20		December 5

Cost: $61.00 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

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!

Lactation Services

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

908-788-6335

2026 Dates

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

January 13	July 14
February 10	August 4
March 10	September 1
April 14	October 6
May 5	November 3
June 2	December 1

Cost: $61.00 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

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!

2026 Dates

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

February 17

April 21

June 9

August 11

October 13

December 8

Cost: $45.00 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.

Lactation Services

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

908-788-6335

Hunterdon Health

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!

2026 CLASS DATES

All classes are Tuesdays, 6:30 p.m. - 8:00 p.m.

January 20	**July 21**
March 24	**September 15**
May 19	**November 17**

You may take the class before or after your baby is born.
Bring your baby if they have arrived.
Cost: $61.00 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 REGISTER?
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: $116.00

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

Hunterdon Health

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.

Lactation Services

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

(908) 788-6335

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

With a Certified Lactation Consultant

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

Toddler Steps

(Children 1-3 years)

It meets from 11:30 a.m. - 12:30 p.m. on the dates marked with an *

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

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

Hunterdon Health

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