



## 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](http://www.lamaze.org).



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## 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.**



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