

Prepared Childbirth Education at Community Medical Center

We are dedicated to providing you support, education, and the highest quality care to ensure a happy and healthy birth experience.

We offer a variety of classes for parents, siblings, and grandparents, including:



For specific class dates, email cmchildbirth@rwjbh.org or call **732-557-8034**.

Classes are held at the 5E Conference Room on the Women's Health Unit.

Payment is due on the first day of class (exact cash or check, please). Credit card payments are accepted in advance only. Many insurance companies will reimburse a portion of some of these fees.

Prepared Childbirth Class

Join us for an overview of the labor process, options for labor support, comfort measures, Cesarean section, postpartum recovery, and infant care. Please bring two pillows to class.

Mondays, 7 - 9 pm, four weeks - **\$100**

Wednesdays, 7 - 9 pm, four weeks - **\$100**

Thursdays, 7 - 9 pm, four weeks - **\$100**

Optional 4th week Breastfeeding Class - **\$15 additional**

Saturday, 8:30 am - 4:30 pm, one day session - **\$150**

Continental breakfast and lunch included.

Infant Care Class

We'll talk about all there is to know, from birth to the first few weeks of life. This class is perfect for grandparents as well! Do not register for this class if enrolled in childbirth class.

1st Tuesday of every month, 7 - 10 pm - **\$25**

Breast Feeding Class

Learn techniques to help you have a successful breastfeeding experience.

3rd Tuesday of every month, 6:30 - 9 pm - **\$25**

Parents enrolled in the Prepared Childbirth Class receive \$10 off!

Prepared Brothers and Sisters

Becoming a big brother or sister is exciting. Let's involve them in the process!

Appropriate for ages 3 - 8.

2nd Tuesday of every month, 6 - 7 pm - **\$25**

Childbirth Refresher Class

This is an individualized class for those who have given birth in the past. Please bring two pillows.

Scheduled upon request, 7 - 9:30 pm - **\$25**

Maternity Services Guided Tours

Tours meet in the Outpatient Lobby.

Select Sundays at Noon and the 2nd Tuesday of every month at 7 pm, Please call for details.

**Community
Medical Center**

**RWJ Barnabas
HEALTH**

Let's be healthy together.