

# Parent Education Programs at Clara Maass Medical Center

*To preregister for any CMMC Parent Education Program, please call 1.888.724.7123, prompt #4. Please note that all classes are subject to cancellation if a class does not reach a minimum number of participants, and you will be rescheduled for the next available class. Please call to confirm dates and times of classes*

## Maternity Tea

Meet the staff, tour the Maternity Center and learn about various parent education classes, admitting procedures and childbirth options.

*First Saturday of each month.*

*3:30 p.m.*

## Prepared Childbirth

Perfect for the first-time mom, this three-class series provides information on the birth process, relaxation and breathing techniques, medication, and postpartum adjustment. The Belleville Police Department will provide information on car seat safety. Schedule class during the middle of your pregnancy. \$80 per couple (\$100 per couple if not delivering at CMMC).

*First, second and third Wednesdays of each month, or first, second and third Thursdays of each month.*

*7 p.m. to 8 p.m.*

## Weekend Childbirth Series

A condensed two-day version of the three class Prepared Childbirth Class. Schedule class during the middle of your pregnancy. \$100 per couple (\$120 per couple if not delivering at CMMC.)

*Saturday and Sunday*

*10 a.m. to 12 p.m.*

## Thinking about Breast Feeding

Professional nurses trained in lactation consultation will offer expectant mothers information about the advantages of breastfeeding, maternal nutrition, breast care and the breastfeeding working mother. \$25 per person.

*Second Monday of each month*

*7 p.m. to 9 p.m.*



## Welcome Baby! Sibling Program

Through this program, pre-school and young school aged children are introduced to the exciting role of being an older brother or sister that helps them feel involved. The program provides information about the childbirth process and newborns, and also gives a tour of the maternity unit. The class ends with a birthday party to celebrate the arrival of the new "little" brother or sister. Families should select a date close to the expected delivery date. \$15 per child.

*Second Sunday of each month.*

*10 a.m. to 12 p.m.*

## Baby Shower Infant Care Class

For families planning to deliver at CMMC, this two-hour program covers basic infant care, safety and postpartum concerns. Participants receive a free gift. Required physician signature on registration form to attend.

*Fourth Wednesday of each month.*

*7 p.m. to 9 p.m.*