

Women's Health Education/ Parent Education Classes

at Saint Barnabas Medical Center

----- 973-322-5360

To register for any of the Women's Health Education/Parent Education Classes, please complete this registration form and mail it along with a check made payable to the address below. Or, you may pay by credit card and fax the form to 973.322.9784.

Saint Barnabas Medical Center
c/o Women's Health Education Department
94 Old Short Hills Road, Livingston, NJ 07039



A registration confirmation will be sent to you. It will include dates, times and locations of your class(es).

Registration Information (please print):

Mother's Name: _____ Age: _____
(first) (last)

Address: _____
(street) (city) (state, zip)

Home Email Address: _____

Telephone: _____
(home) (business) (cell)

Partner's Name: _____

Due Date: _____ Doctor's Name: _____

Credit Card Type: ☐ Visa ☐ Mastercard ☐ Other _____

Credit Card No: _____

Auth Code: _____ Exp. Date _____ Amount: _____

☐ **FULL PREPARED CHILDBIRTH SERIES**

FEE: \$150 per couple

Weeknight; 7:15 to 9:30 p.m. This class addresses breathing patterns, relaxation, cesarean section, epidural, a tour of the maternity department and baby care skills. Series includes:

- Three consecutive weeknight birth preparation classes
- One Baby Care Class

Indicate which evening you would prefer: ☐ Monday ☐ Wednesday

☐ **CONDENSED ACCELERATED WEEKEND CHILDBIRTH PREPARATION**

FEE: \$160 per couple

This class addresses breathing patterns, relaxation, cesarean section, epidural, a tour of the maternity department. Indicate which class you prefer:

- ☐ Saturday; 9:00 a.m. to 4:00 p.m. ☐ Two consecutive Sundays; 2:00 to 5:00 p.m.

(turn over for additional courses)

- ☐ **RELAXING BIRTH CLASS** **FEE: \$40 per couple**
(scheduled once a month on either a weeknight or Saturday morning)
This 2 1/2 hour mini-workshop is designed specifically for those who plan to use our Natural Birthing Rooms. Non-pharmacological coping skills will be taught. Birthing ball, water therapy and other holistic modalities will be covered. Bring 2 pillows and a yoga mat. You will be assigned to a class; call if you have specific scheduling requirements.
- PRE-REQUISITES:**
1. Completion of Childbirth Preparation prior to attending this class
 2. Notify your Obstetrician of your birth plan and get approval that you are a candidate for the Natural Birthing Rooms.
- ☐ **BREASTFEEDING BASICS FOR EXPECTANT PARENTS** **FEE: \$40 per couple**
Tuesdays; 7:00 to 9:00 p.m.
Saint Barnabas encourages and supports breastfeeding. Make this class a high priority. We invite both parents to attend.
- ☐ **MARVELOUS MULTIPLES** (for those expecting multiples) **FEE: \$160 per couple**
Saturday; 9:00 a.m. to 4:00 p.m.
Preparation for labor, birth and parenting. Please register early in pregnancy.
- ☐ **BABY CARE CLASS ONLY** **FEE: \$40 per couple**
Weeknight; 7:15 to 9:30 p.m.
- ☐ **SIBLING CLASS** **FEE: \$40 per family**
Scheduled the first Sunday morning of every other month; 9:00 to 10:30 a.m. This program is for children 3 years and of age and older. Parents attend with children.
1. Child's Name: _____ Age: _____ Sex: M F
2. Child's Name: _____ Age: _____ Sex: M F
- ☐ **GRANDPARENTING CLASS** **FEE: \$20 per person or \$35 per couple**
Offered quarterly. Weekday night; 7:30 to 9:30 p.m. Please call for dates.

ADDITIONAL SERVICES OFFERED - please call 973-322-5360 for more information

- Breast Pump rentals and purchases
- Baby Care Consultation for Adoptive Parents
- Referrals for Prenatal Nutrition Counseling and Infant CPR
- For CPR Courses, please call 1-888-277-2281.

Cancellation Policy: A non-refundable \$30.00 fee will be charged for non-medical cancellations.

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