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
e/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: ________________ 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.
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☐ 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 Class prior to attending this class.
2. Your Obstetrician will need to sign a consent form to confirm you are a candidate for a natural birth.

☐ 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; focus in mainly on c-section birth. 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:_________________________ Ald: _____  Sex: M  F
2. Child’s Name:_________________________ Ald: _____  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: 732-729-7159 or www.rwjbh.org/cpr

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

Get Social With Us: Join Barnabas Babies on Facebook
www.facebook.com/BarnabasBabies

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PR 11.2019