

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

Weeknight; 7:15 to 9:30 p.m. This class addresses breathing patterns, relaxation, cesarean section, epidural, tour of 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 Thursday

CONDENSED ACCELERATED WEEKEND CHILDBIRTH PREPARATION

FEE: \$160

This class addresses the same childbirth content noted above and includes a take-home baby care DVD.

Indicate which class you prefer: Saturday; 9 a.m. to 4 p.m. Two consecutive Sundays; 1 to 4 p.m.

RELAXING BIRTH CLASS

FEE: \$40

(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 Room. 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. Notify your Obstetrician of your birth plan and get approval that you are a candidate for the Natural Birthing Rooms.
2. Completion of Childbirth Preparation prior to attending this class.

(turn over for additional courses)

Women's Health Education/Parent Education Classes

- BREASTFEEDING BASICS FOR EXPECTANT PARENTS** **FEE: \$40**
Tuesdays; 7 to 9:30 p.m.
Saint Barnabas encourages and supports breastfeeding. Make this class a high priority.
We invite both parents to attend.
- AT HOME LEARNING** **FEE: \$95**
Sometimes busy schedules or long commutes make it difficult to attend Prepared Childbirth classes. For those couples, plus women confined to bed rest, we offer an at home learning package. The package includes: a Childbirth Preparation DVD, a Newborn Baby Care DVD, Prepared Childbirth Class handouts and information, telephone consultation time with a childbirth educator if desired, and hospital Maternity Services Information or in-hospital orientation. Call to make arrangements.
- CHILDBIRTH REFRESHER** **FEE: \$50**
Weeknight; 6:45 p.m. to 9:45 p.m.
Was your last delivery: Vaginal Birth Cesarean
If planning a Vaginal Birth After Cesarean (VBAC), please call for class option.
- MARVELOUS MULTIPLES** (for those expecting multiples) **FEE: \$160**
Preparation for labor, birth and parenting. Baby care DVD will be given for home viewing.
Please register early in pregnancy. Saturday; 9:00 a.m. to 4:00 p.m.
- BABY CARE CLASS ONLY** **FEE: \$40**
Weeknight; 7:15 to 9:30 p.m.
- SIBLING CLASS** **FEE: \$40 per family**
Scheduled on a Sunday morning; 9:00 a.m. to 10:30 a.m. 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.
- PETS & BABIES SEMINAR** **FEE: \$40 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
 - Private Childbirth Preparation Classes available upon request
 - Baby Care Consultation for Adoptive Parents
 - Hypnosis for Childbirth
 - Referrals for Prenatal Nutrition Counseling, Yoga, Infant CPR and Doula Support

CANCELLATION POLICY: A NON-REFUNDABLE \$30 FEE WILL BE CHARGED.

■ ■ **SAINT BARNABAS**
■ ■ **HEALTH CARE SYSTEM**
Saint Barnabas Medical Center 
www.saintbarnabas.com

9 4 Old Short Hills Road

Livingston, N.J. 07039