

Perinatal Educational Classes

Breastfeeding Class

Our lactation consultant will help you discover the benefits of breastfeeding for mother and baby. Includes information on how to get started, common concerns for breastfeeding mothers, and more. Classes are held once a month.

Fee: \$25.

Childbirth Preparation Class

A four-week class, during which you will learn what to expect during the labor and birth experience, the mechanics of the labor and delivery process, and tools for coping with the demands of labor.

Class includes tour of the Pregnancy & Birth Center. *Fee: \$110 per couple (includes educational book, The Gift of Motherhood).*

Cesarean Birth

An educational seminar to help prepare expectant parents for a cesarean birth, also known as a C-section.

Fee: \$25 per couple.

Car Seat Fitting Station

www.ctsafekids.org. Please have car seat checked before bringing your baby home.

Family & Friends Pediatric CPR

A 2.5 hour entry level course designed for the general public, parents, babysitters, etc. The course offers guidelines for the one rescuer adult infant/child CPR and Foreign Body Airway Obstruction.

Fee: \$40 per person or \$75 per couple (includes textbook, text, cards, and Patho-Shield Plus keychain).

Informational Session & Tours

Join us to learn about what Middlesex Health can offer during the birth of your new baby! One hour session includes a tour of the Pregnancy and Birth Center.

Newborn Care Class

Learn about caring for your newborn, coping with the demands of a new baby, and preparing for discharge from the hospital.

Fee: \$30.

Sibling Tour

Big brother or sister can see where Mom will stay, talk about when the baby comes home, and practice holding and diapering life-sized dolls. Designed for siblings who are at least 3 years old. Held once a month.

Fee: \$20 per family.

To see the current calendar and register, visit

middlesexhealth.org/pregnancycalendar.

For more information email nursenavigator@midhosp.org.

Support Groups

Breastfeeding Support Group

Every Tuesday, 10 -11:30 am
FREE!

Circle of Security

A free 8-week parenting program to help you grow your relationship with your newborn. Free. Registration required.

Exercise & Fitness

Childbirth Preparation Express Class

A one-day class covering topics on labor, delivery and postpartum. It is intended for parents who want just the basics to help them understand and plan for the birth of their baby.

Fee: \$90 (includes educational book, The Gift of Motherhood).

Postpartum Yoga & Pilates Class

Regain strength and energy that may have been lost during pregnancy. Registration is required.

Free

Prenatal Yoga & Pilates Class

Prepare your body to deliver your baby and get in touch with your body during postpartum joy!