

## Parent Education Class Schedule

All classes are held at Mountainside Hospital

### Prepared Childbirth

Monday, 7 p.m. – 9:30 p.m.  
4 consecutive Mondays

Tuesday, 7 p.m. – 9:30 p.m.  
4 consecutive Tuesdays

Thursday, 7 p.m. – 9:30 p.m.  
4 consecutive Thursdays  
Fee: \$150.00 per couple

### Prepared Childbirth - All in One Day

Saturday or Sunday (1 Day Class)  
9 a.m. – 4:30 p.m.  
Fee: \$175.00 per couple

### Breastfeeding

Saturday 9:30 a.m. – 12:30 p.m.  
Tuesday 7 p.m. – 10 p.m.  
Fee: \$50.00 for Mom

### Becoming a Parent

Monday 7 p.m. - 9:30 p.m.  
Fee: \$80.00 per person/couple

### Becoming a Grandparent

Monday 7 p.m. - 9:30 p.m.  
Fee: \$40.00 per person/couple

### Especially for Siblings

Sunday, 1 p.m. - 2:30 p.m.  
Fee: \$40.00 for 1st child and Parents.  
Additional children (\$5.00 each).

### Birthing Center Tours

To register for a tour, please call **1-888-973-4MSH**  
or visit [www.mountainsidenow.com](http://www.mountainsidenow.com).

### Cancellation Policy

24-hour notice is required for all classes, or a \$25, non-refundable fee will be charged.

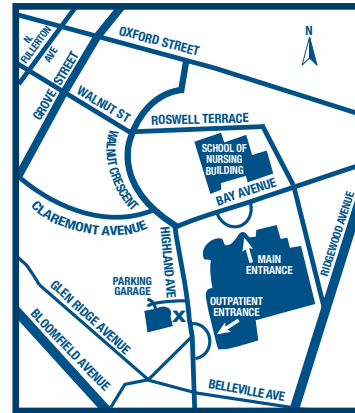
Parent Education reserves the right to cancel any program should there be an insufficient number of participants.

## Location and Hours of Service

Parent education classes are held at Mountainside Hospital.

Please call **1-888-973-4MSH** for a complete list of Mountainside Hospital classes, program dates and registration and to schedule tours of the Birthing Center.

For breastfeeding support, supplies and office visits at Mountainside Hospital, call **(973) 429-6264**.



X is free parking

At Mountainside Hospital, world-class physicians treat a wide range of medical conditions using cutting-edge technologies. Patients have immediate access to innovative and effective treatment alternatives at specialized centers within the hospital that focus on women's health, cancer care, cardiac care, bariatric surgery, stroke, outpatient diagnostics, diabetes, dialysis and other needs.

Visit [www.mountainsidenow.com](http://www.mountainsidenow.com).

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HOSPITAL

1 Bay Ave. Montclair NJ 07042



## Parent Education at Mountainside Hospital

### *We're Expecting You!*

The purpose of parent education is to prepare you to participate with confidence in the events of your pregnancy, childbirth and baby's first months of life. Our courses help you do just that. Classes range from Prepared Childbirth to Postpartum Parenting. Special classes are offered for grandparents and siblings.

For a tour of our Birthing Center, call **1-888-973-4MSH**



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## Mountainside Hospital Parenting Classes Offer Flexibility and Convenience

All classes are held on-site at Mountainside Hospital and are taught by nurses who are trained, certified and experienced childbirth educators and lactation consultants. Teaching techniques include lecture, group discussion with questions and answers, videos and hands-on activities to accommodate different learning styles.

### Prepared Childbirth

- Stages and phases of labor and birth
- Coping strategies
- Relaxation and breathing techniques
- Cesarean Birth
- Medication options (including epidural anesthesia)
- Tour of the Birthing Center
- Newborn characteristics
- Postpartum adjustments

Couples should bring two pillows and a mat or blanket for floor exercises. Wear comfortable clothing.

Accommodations can be made for couples desiring a childbirth review course or those having scheduled cesarean section.

### Breastfeeding

Although breastfeeding is a natural process, it is not instinctive. This class will provide information and support needed for a positive nursing experience. The program is taught by the lactation consultants who work in the Mountainside Birthing Center. Dads are encouraged to attend free of charge.

### Becoming a Parent

This series is designed to prepare you for the realities of becoming a parent, with special emphasis on coping during the first three months of your baby's life. Topics include: diapering; bathing; soothing; early growth and development; feeding; lifestyle changes; and returning to work.

On the second session of this 2-day series, the new grandparents can learn the newest trends in parenting.

### Becoming a Grandparent

Explore your new role as grandparents and some of the changes in parenting and childbirth today. You will learn how to be effective and creative grandparents while enjoying your new grandchild.

### Especially for Siblings

Becoming a big brother or sister is an exciting time, but also a confusing one. Your children are invited to see where Mom will be staying, view a film, talk about feelings and learn that they are special, too. Bring a doll or stuffed animal to diaper.

### Additional Services

Birthing Center Tours are offered monthly and can be scheduled by calling **1-888-973-4MSH**.

Our certified lactation consultants provide pre-natal and postpartum visits, telephone consultation, maternity bra fittings, breast pump rentals, sales of breast pumps and breastfeeding supplies.

For breastfeeding support, supplies and office visits at Mountainside Hospital, call **(973) 429-6264**.

Even though our class calendar accommodates most schedules we're happy to offer private classes tailored to meet your individual needs. Please call **(973) 429-6264** for more information.



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