

Part 2

Classes for First-Time Expectant Parents

Childbirth 101 – \$50 per family (individual or couple)

4 Evenings 6:00 – 8:15pm

OR 1 Saturday 9:30am – 5:00pm

See schedule at bottom of page

Why take Childbirth classes when you can read books, go on-line or watch births on TV? Lots of reasons!

Giving birth is special. You will remember your birthing experience for the rest of your life. Yet, by the time expectant parents start attending our classes, they feel confused and sometimes scared due to mis-information from the internet, the media and strangers in the grocery store. Our instructors share their knowledge and wisdom to help expectant parents get back on track. When classes are over, parents feel more confident in themselves and the birthing process. They are able to focus on the excitement of the baby again. Attending a childbirth class with other expectant parents will also connect you to a new community.

Class topics include the natural process of labor and birth and the supportive choices available to you – both naturally and medically. Learning to relax the body and mind helps a woman and her baby during labor. Relaxation skills are taught including: relaxed breathing, positions for labor, massage and other labor coping skills. Partners are a very important part of the birth experience. Class topics include ways that partners can care for the mom and themselves during birth and postpartum. A tour of the Childbirth Center is included.

A Special Note about our Saturday Childbirth 101 Class

People with busy schedules or who work evenings enjoy being able to attend our Saturday Childbirth 101 classes. The Saturday class covers all the same topics as in our evening classes. Due to slightly less time available, the instructor makes choices about how much information is presented. She focuses on the most important points of each topic. For example: relaxation skills are taught but less time is spent practicing each one. Parents have evaluated the class as time well spent. They have been satisfied with the class, felt better prepared and more confident about labor and birth.

Young Parents – attend for free

If you are a young mother (20 years of age or less), you are welcome to attend Childbirth 101, breastfeeding or newborn classes at no charge. Call if you would like help making a decision about which classes to attend. (413-582-2736)

Schedule

All classes are held at Cooley Dickinson Hospital

Please use the recommended due dates listed on the right side of the chart. They are based on years of experience guiding expectant parents to get the most out of classes.

Expecting twins? Use a suggested due date that is 1 month earlier than your actual due date.

Evening Childbirth 101 Classes - 4 Week Series - 6:00-8:15pm

Code	Class Series Dates	Day of week	Recommended Due dates
Th1	Jan. 7 - 28	Thursdays	Feb. 11 - Mar. 11
T2	Jan. 26 - Feb. 16	Tuesdays	March 2 - 30
Th2	Feb. 18 - March 11	Thursdays	March 25 - Apr. 22
T3	March 9 - 30	Tuesdays	Apr. 13 - May 11
Th3	April 1 - 22	Thursdays	May 6 - June 3
T4	April 20 - May 11	Tuesdays	May 25 - June 22
Th4	May 13 - June 3	Thursdays	June 17 - July 15
T5	June 1 - 22	Tuesdays	July 6 - August 3
Th5	June 24 - July 15	Thursdays	July 29 - August 26

Saturday Childbirth 101 Classes - 1-Day class

Code	Class date	Class Time	Recommended Due dates
S1	Jan. 16	9:30 a.m. - 5:00 p.m.	Jan. 30 - Feb. 27
S2	Feb. 6	9:30 a.m. - 5:00 p.m.	Feb. 20 - Mar. 20
S3	Mar. 13	9:30 a.m. - 5:00 p.m.	Mar. 27 - Apr. 24
S4	Apr. 17	9:30 a.m. - 5:00 p.m.	May 1 - 29
S5	May 15	9:30 a.m. - 5:00 p.m.	May 29 - June 26
S6	June 12	9:30 a.m. - 5:00 p.m.	June 26 - July 24

To find out about these classes, please see

Part 3: All About Babies

Breastfeeding Basics

Newborn Behavior: Understanding Your Baby

Nuts and Bolts of Baby Care: Daily Care Topics