

# Part 4

## Welcoming Another Baby to Your Family

### **Childbirth Refresher Class - \$30 Meets for 1-session class**

A woman's experience of giving birth is different with each baby's birth. The Childbirth Refresher class can help you understand and plan for these differences. This short class focuses on a review of childbirth and on labor coping skills.

*Here are some of the reasons that parents have attended the Childbirth Refresher class:*

- Having a toddler or older child at home is hectic. The Refresher class is a special time set aside for mother and partner to focus on this pregnancy together.
- The first baby was born by cesarean or was a difficult birth experience. The parent(s) would like to plan ways for the upcoming birth to be different.
- The first baby or babies were born at another hospital and the parent(s) want to learn how the Childbirth Center provides supportive care.
- It is the partner's first baby. The expectant mother has given birth before.

*Special Note to Partners who are 1<sup>st</sup>-time parents.*

Most partners have found that the Refresher class meets their needs. Some partners choose to attend the Childbirth 101 class. The All About Babies classes are also open to you. Feel free to call and discuss the best option for you.

All classes are held at Cooley Dickinson Hospital

<b>Monday</b>	<b>Saturday</b>
<b>6:00 – 8:30 pm</b>	<b>9:30 am – 12:00 pm</b>

January 25	February 27
March 22	April 24
May 24	June 26

\*\*\*\*\*

### **Brothers and Sisters: Sibling preparation classes**

All sibling classes are taught by an elementary school teacher who is respectful of the learning needs of each age group.

#### **Young Sibling class – For children from 3 to 6 years of age.**

\$15 for 1 sibling; \$10 for each additional child

Classes are held every month on a Saturday morning.

Young siblings like to feel included in a special way by coming to a class to prepare them for the arrival of their new brother or sister. Topics include: what is a newborn baby really like, what it's like to have a baby in the house and safety issues such as how to hold a baby and which toys are safe for sharing. A tour of the Childbirth Center is included to help your child become comfortable with the hospital – and sometimes to see a new baby.

**Young Sibling Classes: Saturdays from 9:30 – 11:00 am at Cooley Dickinson Hospital**

Jan. 9	Feb. 6	Mar. 6	April 10	May 1	June 5
--------	--------	--------	----------	-------	--------

#### **A Note to the Parents of Very Young Siblings – Less than 3 years old.**

Most parents of children under 3 years of age find that a private tour of the Childbirth Center is helpful and special for their very young child. Please do not enroll your very young child in the Young Sibling class. It is not designed to meet their needs. And it is difficult to teach a class with too wide a range of ages. See Part 1 for instructions on arranging a private tour. *Thank you*

#### **Older Sibling class – For children from 7 to 10 years of age.**

\$15 for 1 sibling; \$10 for each additional child

Classes are held every other month on a Monday evening.

In addition to topics in the young sibling class, older siblings want to learn ways that they can be helpful with the new baby. The class will teach them skills such as helping with bath time, changing clothes, swaddling and carrying a baby. A tour of the Childbirth Center is included.

**Older Sibling Classes: Mondays from 6:00 – 7:30pm at Cooley Dickinson Hospital**

Jan. 11	March 8	May 3
---------	---------	-------

***Siblings at Birth*** – Siblings are welcome to be present at the birth of the new baby at the Childbirth Center. The Sibling classes *do not* prepare a child to be present at birth. Written materials to prepare a child to be present at birth are available by calling Parent Education at 582-2736.

Breastfeeding Basics

Newborn Behavior: Understanding Your Baby

Nuts and Bolts of Baby Care: Daily Care Topics

**To find out about these classes, please see Part 3 – All**