

**PARENT EDUCATION PROGRAM
CLASS SCHEDULE
July – August 2010**

Childbirth Center Tours

Guided Tours will be given on the first and third Thursdays of each month and on the 2nd and 4th Sundays of each month. There is no need to register or make an appointment. Just meet your tour guides at the ***stork*** outside the Childbirth Center Door on the first floor of Cooley Dickinson Hospital. Tours are free!
A tour is included in the following classes: Self-Hypnosis for Birth, Childbirth 101 and Childbirth Refresher.

June 13	Sunday	11 AM
June 17	Thursday	6 PM
June 27	Sunday	11AM
July 1	Thursday	6 PM
July 11	Sunday	11AM
July 5	Thursday	6 PM
July 25	Sunday	11AM
August 5	Thursday	6 PM
August 8	Sunday	11AM
August 19	Thursday	6 PM
August 22	Sunday	11AM
September 2	Thursday	6 PM
September 12	Sunday	11AM

Childbirth 101 For First-Time expectant parents

Note 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.

**Childbirth 101
4 Week Childbirth Series, 6:00 - 8:15pm**

Class Series Dates

July 13 – Aug. 3	Tuesday	6:00 - 8:15 PM
August 24 – Sept. 14	Tuesday	6:00 – 8:15 PM
June 24 – July 15	Thursday	6:00 – 8:15 PM

**Saturday Childbirth 101 Classes – \$50
Register separately for Newborn Care class
9:30 a.m. – 5:00 p.m.**

Class date	Recommended Due dates	
June 12	June 25 – July 24	0930 – 5:PM
July 10	July 24 – Aug. 21	0930 – 5:PM
July 31	Aug. 14 - Sept. 11	0930 – 5:PM
Aug. 21	Sept. 4 – October 2	0930 – 5:PM

Breastfeeding Basics Classes - \$15 per class

We recommend that these classes be attended within 2 months of your baby’s due date.
You may attend classes on the same day of the week or feel free to mix and match.

Breastfeeding

Wednesday	June 23	6:00-8:00pm
Saturday	July 24	1000 - 1200
Saturday	August 14	1000 -1200
Wednesday	August 25	6:00-8:00pm
Saturday	September 4	1000-1200
Wednesday	September 22	6:00-8:00pm

Childbirth Refresher Class - \$35

For parents welcoming another baby into the family

All classes are held at Cooley Dickinson Hospital

Monday evenings 6:00 – 8:30 pm

July 12
September 13
November 8

Self-Hypnosis / Relaxation for Birth, Pregnancy and Beyond - \$110

All expectant parents welcome to attend

All classes are held at Cooley Dickinson Hospital

This class may be attended at any time during your pregnancy.

For the greatest benefit to pregnancy, we recommend that you attend it during your 2nd trimester.

Class series dates

June 7, 14 ,21	Monday	6:00 – 8:30 pm
July 7, 18, 25	Sunday	11 AM

Nuts and Bolts of Newborn Care and Behavior- \$20

June 9	Wednesday	6:00 – 8:00 PM
June 19	Saturday	12:30 – 3:00
July 14	Wednesday	6:00 – 8:30 PM
July 24	Saturday	12:30 – 3:00
August 14	Saturday	12:30 – 3:00
August 18	Wednesday	6:00 – 8:30 PM