

BETH ISRAEL MEDICAL CENTER
PARENT/ FAMILY EDUCATION PROGRAM

Schedule of Classes July-December 2009

OPEN HOUSE MATERNITY TOURS

FREE NO REGISTRATION IS REQUIRED
PLEASE CALL 212-420-2999 OPTION #1 FOR INFORMATION

PLEASE NOTE:

PRIVATE MATERNITY TOURS ARE INCLUDED IN OUR CHILDBIRTH SERIES

SPECIAL OFFER:

Receive a \$25 DISCOUNT when registering for entire Series:
CHILDBIRTH & PARENTHOOD PREPARATION
(Baby Care, Parenting, and Breastfeeding)

FOR A REGISTRATION FORM AND AN UPDATED SCHEDULE

PLEASE EMAIL US :

biparented@aol.com

PLEASE ALLOW US THREE BUSINESS DAY FOR A RESPONSE

CHILDBIRTH PREPARATION SERIES

CHILDBIRTH PREPARATION SERIES 4-SESSION COURSE (10 HOURS)
COMPLETE CHILDBIRTH EDUCATION IN ONE MONTH. CLASS SIZE LIMITED. \$250 SELECTED THURSDAYS 6-8:30PM

DATE	DAY	TIME
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JULY 23, 30, AUGUST 6, 13	THURSDAY	6-8:30PM
SEPTEMBER 17, 24 & OCTOBER 1,8	THURSDAY	6-8:30PM
OCTOBER 29, NOVEMBER 5,12,19	THURSDAY	6-8:30PM

CHILDBIRTH PREPARATION (LAMAZE); 2-WEEKEND ALTERNATIVE (8 HOURS)

A CONDENSED VERSION OF THE 10-HOUR SERIES. CLASS SIZE LIMITED. \$250

DATE	DAY	TIME
AUGUST 9 & 16 FULL	SUNDAYS	1 PM-5 PM
SEPTEMBER 12 & 19	SATURDAY	9:00AM - 1:00PM
October 10 & 17 FULL	SATURDAY	9:00AM - 1:00PM
NOVEMBER 7 & 14	SATURDAY	9:00AM - 1:00PM
DECEMBER 5 & 12	SATURDAY	9:00AM - 1:00PM

CHILDBIRTH PREPARATION (LAMAZE): 1-WEEKEND ALTERNATIVE (8 HOURS)

SATURDAY AND SUNDAY. THE SAME WEEKEND. CLASS SIZE LIMITED. \$250

DATE	DAY	TIME
JULY 11 & 12 FULL	SATURDAY & SUNDAY	9 AM-1 PM
SEPTEMBER 12 & 13 FULL	SATURDAY & SUNDAY	1 PM-5 PM
OCTOBER 17 & 18	SATURDAY & SUNDAY	1 PM-5 PM
NOVEMBER 7 & 8	SATURDAY & SUNDAY	1 PM-5 PM
DECEMBER 12 & 13	SATURDAY & SUNDAY	1 PM-5 PM

REFRESHER

FOR THOSE WHO HAVE COMPLETED A CHILDBIRTH PREPARATION SERIES. A GREAT REVIEW OF TECHNIQUES IS OFFERED DURING OUR TWO HOUR PRIVATE OR SMALL GROUP SESSION (\$75)

EMAIL: plsalvo@chpnet.org TO ARRANGE A TIME.

PREPARATION FOR PARENTHOOD SERIES:

Baby Care & Parenting \$150

2 CONSECUTIVE MONDAY EVENINGS 6-8PM

JULY 20 & 27 FULL	MONDAYS	6-8:00 PM
AUGUST 10 & 17 FULL	MONDAYS	6-8:00 PM
NEWLY ADDED CLASS AUGUST 22	SATURDAY	1:30PM-5:30PM
SEPTEMBER 21 & 28 FULL	MONDAYS	6-8:00 PM

OCTOBER 19 & 26	MONDAYS	6-8:00 PM
NOVEMBER 9 & 16	MONDAYS	6-8:00 PM
DECEMBER 7 & 14	MONDAYS	6-8:00 PM

BREASTFEEDING \$75

D A T E	D A Y	T I M E
JULY 19	SUNDAY	2:30PM-5:00PM
AUGUST 2	SUNDAY	2:30PM-5:00PM
SEPTEMBER 20	SUNDAY	2:30PM-5:00PM
OCTOBER 4	SUNDAY	2:30PM-5:00PM
NOVEMBER 15	SUNDAY	2:30PM-5:00PM
DECEMBER 6	SUNDAY	2:30PM-5:00PM

**NOTE: Private Breastfeeding Classes are available from The Breastfeeding Center Of Manhattan
\$125 Call 212-420-2093 for an appointment**

**FOR A REGISTRATION FORM AND AN UPDATED SCHEDULE
PLEASE EMAIL US :**

***PLEASE ALLOW US THREE BUSINESS DAYS FOR A RESPONSE*
biparented@aol.com**

OTHER OFFERINGS:

Sibling Preparation

Offered by our Child Life Manager Prior to birth, this program is offered on a one on one basis and is designed to meet the child's needs. The age range is for 3-5 years olds. Depending on age, it may include a tour of the facility, discussion about babies, diaper demonstration, arts and craft project, and a certificate is presented. A Big Brother/ Sister gift is given in the hospital following the birth. \$25.00
Marcia Graham (212) 420-4323 MGraham@chpnet.org

[top](#)

Babysaver CPR and Child Safety

Our CPR certification course teaches you basic life-saving techniques for infants and children. Our course certifies you in CPR for one year with the American Red Cross for either infant or child.

Each course is taught by a certified instructor with over 20 years of experience. Courses includes:
recognizing and treating choking,
breathing emergencies, and
cardio-pulmonary resuscitation

\$50/ per person, \$80/ per couple

Please contact: **Honey Shields** (212) 420-2429 Hshields@chpnet.org

MEET THE DOULAS

A FREE MONTHLY INFORMATION SESSION. OUR COLLABORATIVE EFFORT BRINGS YOU THE BEST OPTION FOR YOUR BIRTH AT AN AFFORDABLE COST. FOR MORE INFORMATION AND TO REGISTER, PLEASE CALL BIRTHFOCUS AT (917) 414-5595..

WWW.BIRTHFOCUS.COM