

BETH ISRAEL MEDICAL CENTER PARENT/ FAMILY EDUCATION PROGRAM

Schedule of Classes

January - June 2012

Open House Maternity Tours: FREE! Registration is required. Please call the Karpas Health Information Center for upcoming dates and to register: 212-420-4247. You do not need to go on an Open House Maternity Tour if you are taking a childbirth preparation class with us. Your instructor will provide one with your class.

SPECIAL OFFER:

Receive a \$25 DISCOUNT when registering for all three classes at once:
***Childbirth *Parenting/Baby Care *Breastfeeding**

PLEASE EMAIL biparented@gmail.com FOR A REGISTRATION FORM
AND ALLOW THREE BUSINESS DAYS FOR A RESPONSE

All prices are based on two people attending class. Some health insurance plans and Flexible Spending Accounts allow reimbursement of some or all prenatal classes. Please check with your plan. We do not accept payments directly from insurance companies.

LAMAZE CHILDBIRTH PREPARATION

COMPREHENSIVE CHILDBIRTH EDUCATION IN A 6 WEEK SERIES

TAUGHT BY A LAMAZE CERTIFIED CHILDBIRTH EDUCATOR.
7:30 TO 9:30 PM CLASS SIZE IS LIMITED \$325

- Thursdays: January 5, 12, 19, 26, and February 2 (5 weeks, and 7:00-9:30PM)
- Thursday, March 8, then Wednesdays: March 14, 21, 28, April 4 and 11
- Thursday, May 3, then Wednesdays: May: 9, 16, 23, 30, and June 6

LAMAZE CHILDBIRTH PREPARATION

2-Weekend Alternative

A CONDENSED VERSION OF THE WEEKLY SERIES TAUGHT BY A LAMAZE CERTIFIED CHILDBIRTH EDUCATOR.

9:00 AM TO 1:00 PM CLASS SIZE IS LIMITED \$325

- Saturdays: January 14 and 21
- Saturdays: February 4 and 11
- Saturdays: March 17 and 24
- Saturdays: April 21 and 28
- Saturdays: May 5 and 12
- Saturdays: June 9 and 16

1-Weekend Alternative

SATURDAY AND SUNDAY IN THE SAME WEEKEND TAUGHT BY A LAMAZE CERTIFIED CHILDBIRTH EDUCATOR.

1:00 TO 5:00 PM CLASS SIZE IS LIMITED \$325

- Saturday January 14 and Sunday January 15
- Saturday February 4 and Sunday February 5
- Saturday March 17 and Sunday March 18
- Saturday April 21 and Sunday April 22
- Saturday May 5 and Sunday May 6
- Saturday June 9 and Sunday June 10

Refresher

FOR THOSE WHO TOOK A CHILDBIRTH CLASS FOR A PREVIOUS PREGNANCY. A GREAT REVIEW OF COMFORT MEASURES AND VITAL INFORMATION IS OFFERED DURING OUR TWO HOUR PRIVATE OR SMALL GROUP SESSION (\$150)

EMAIL: BIPARENTED@GMAIL.COM TO ARRANGE A TIME.

BABY CARE & PARENTING

TAUGHT BY AN EXPERIENCED EDUCATOR AND INTERNATIONAL BOARD CERTIFIED LACTATION CONSULTANT

6:30-9:30pm CLASS SIZE IS LIMITED \$85

- Monday, January 2
- Monday, February 6
- Monday, March 5
- Monday, April 2
- Monday, January 9
- Monday, February 13
- Monday, March 12
- Monday, April 16

- Monday, May 7
- Monday, June 4

- Monday, May 14
- Monday, June 11

BREASTFEEDING

TAUGHT BY AN EXPERIENCED INTERNATIONAL BOARD CERTIFIED LACTATION CONSULTANT

Sundays: 2:30 – 5:00 PM/Tuesdays: 6:30 – 9:30 PM

CLASS SIZE IS LIMITED \$85

- Sunday, January 8
- Sunday, February 12
- Sunday, March 11
- Tuesday, April 17
- Sunday, May 20
- Sunday, June 24
- Tuesday, February 7
- Tuesday, March 6
- Sunday, April 15
- Tuesday, May 8
- Tuesday, June 5

Private Breastfeeding Classes are also available for \$150 from
The Breastfeeding Center of Manhattan
Call 212-420-2093 or email ralevine@chpnet.org for an appointment

INFANT/CHILD CPR CERTIFICATION

TAUGHT BY AN EXPERIENCED CERTIFIED RED CROSS INSTRUCTOR.

This 3 hour class is limited to 10 per class and is taught in one meeting.

\$60 per person/\$100 per couple

To register, contact Honey Shields directly at HShields@chpnet.org or 212-420-2429.

Sundays 11:00 AM - 1:45 PM OR 2:15 - 4:45 PM

January 15
April 15

February 19
May 20

March 18
June 17

Monday evenings 6:00-9:00 PM

January 2
February 13
March 26

January 16
February 27
April 9

January 30
March 12
April 23

May 7

May 21

June 4

June 18

MEET THE DOULAS

A FREE INFORMATION SESSION

OUR COLLABORATIVE EFFORT BRINGS YOU A GREAT LABOR SUPPORT OPTION FOR YOUR LABOR AND BIRTH.

FOR MORE INFORMATION AND TO REGISTER, GO TO WWW.BIRTHFOCUS.COM OR CALL (917) 414-5595.

SIBLING PREPARATION

For soon to be big brothers and sisters age 3 years – 5 years

Please contact Marcia Graham at MGraham@chpnet.org or 212-420-4323

\$25 per child