

BETH ISRAEL MEDICAL CENTER PARENT/ FAMILY EDUCATION PROGRAM

Schedule of Classes

July - December 2010

Open House Maternity Tours: FREE! No registration is required. Please call 212-420-2999 and select option #1 for dates and location. **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 most Flexible Spending Accounts allow reimbursement of some or all prenatal classes. Please check with your plan.

LAMAZE CHILDBIRTH PREPARATION

COMPREHENSIVE CHILDBIRTH EDUCATION IN A 5 WEEK SERIES

TAUGHT BY A LAMAZE CERTIFIED CHILDBIRTH EDUCATOR.

7:00 TO 9:30 PM CLASS SIZE IS LIMITED \$250

- Tuesdays August 10, 17, 24, 31, and September 7
- Tuesdays October 5, 12, 19, 26 and November 2
- Tuesdays November 16, 23, 30, December 7 and 14

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 \$250

- Saturdays July 10 and 17
- Saturdays August 7 and 14
- Saturdays September 11 and 18
- Saturdays October 23 and 30
- Saturdays November 6 and 13
- Saturdays December 4 and 11

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 \$250

- Saturday July 10 and Sunday July 11
- Saturday August 7 and Sunday August 8
- Saturday September 11 and Sunday September 12
- Saturday October 23 and Sunday October 24
- Saturday November 6 and Sunday November 7
- Saturday December 4 and Sunday December 5

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 (**\$100**)

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

BABY CARE & PARENTING

2 EVENINGS TAUGHT BY AN EXPERIENCED EDUCATOR AND INTERNATIONAL BOARD CERTIFIED LACTATION CONSULTANT

6-8:30pm CLASS SIZE IS LIMITED \$150

- Mondays July 19 and 26
- Mondays August 16 and 23
- Mondays September 13 and 20
- Mondays October 18 and 25
- Mondays November 8 and 15
- Mondays December 6 and 13

BREASTFEEDING

TAUGHT BY AN EXPERIENCED INTERNATIONAL BOARD CERTIFIED LACTATION CONSULTANT

2:30 – 5:00 PM

CLASS SIZE IS LIMITED

\$75

- **Tuesday July 20 (6:00 to 8:30)**
- **Sunday August 1**
- **Sunday September 19**
- **Sunday October 10**
- **Sunday November 14**
- **Sunday December 12**

**Private Breastfeeding Classes are also available for \$125 from
The Breastfeeding Center of Manhattan
Call 212-420-2093 or email rlevine@chpnet.org for an appointment**

BABY SAVER CPR

Offered Every Monday at 6 PM and the 3rd Sunday of the month at 2PM
To register please contact: Honey Shields at HShields@chpnet.org or 212-420-2429
\$50 per person or \$80 per couple

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 and older
Please contact Marcia Graham at Mgraham@chpnet.org or 212-420-4323
\$25 per child