



Parent / Family Education

Breastfeeding Center of Manhattan

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Please email us for an updated schedule and to register: biparented@aol.com

The Parent/Family Education Program

Anticipating a pregnancy, planning for a birth and parenting a child are some of life's most exciting, challenging and memorable events. We at Beth Israel Medical Center are dedicated to providing high quality, compassionate, family-centered care that promotes a positive childbirth experience. To help you meet the challenges of pregnancy, birth and starting a new family, the Parent/Family Education Program offers a variety of educational programs and services.

Childbirth and Parenting Series

We offer evidence-based comprehensive education for parents- to -be and believe that both a woman and her partner should play an important role in the birth process.

Our Childbirth/Parenting Education Series are taught by Lamaze-Certified Childbirth Educators, (LCCE). Selecting a Lamaze-Certified Childbirth Educator ensures that you will be attending a class taught by a competent, highly qualified educator who works as an advocate for childbearing women and their families. The Lamaze credential identifies an educator who has passed a rigorous examination in childbirth education and who supports the Lamaze Philosophy of Birth. Our Professional Education Staff also includes Board Certified Lactation

Consultants, (IBCLC).

Classes are offered in a comfortable, supportive, family friendly environment. All classes are limited in size.

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Maternity Tour

A Private tour is included in our Childbirth Preparation series.

The OPEN HOUSE Maternity tour is offered on select days and times.

Registration is **NOT** required.

Please call (212) 420-2999 Option ONE for available dates, times, and location.
FREE

Parent Family Education Program at
Beth Israel Medical Center in
Manhattan New York City.

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Course/Class Offerings

Childbirth Preparation Series

Preparation for Parenthood Series: Baby Care & Parenting

Breastfeeding

Labor Review /Refresher

Other course offerings:

Meet the Doulas: A Free Monthly Information Session

Babysaver CPR And Child Safety

Sibling Preparation

Please e-mail us to register: biparented@aol.com

SPECIAL OFFER:

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

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Childbirth Preparation Series

Focuses on preparing for labor and delivery. Relaxation and breathing

techniques, comfort measures, and the role of the support person are emphasized. Other topics include normal labor and common variations, hospital procedures, medication, cesarean delivery, and postpartum care. Videotapes and a tour of our obstetrical unit are included. Registration by the 5th month of pregnancy is recommended. Class sizes are limited.

Childbirth Preparation Options:

4-Session Class: Meets Thursdays for four consecutive weeks. This class offers a complete childbirth education in a month. **(2 ½ hours \$250)**

2-Weekend Alternative: A condensed version of the 10-hour series. Provides essential information and skills for preparing for labor and delivery. Designed for couples with limited time or availability. Two weekend sessions. **(4 hours ea.) \$250**

1-Weekend Alternative: Saturday & Sunday, the same weekend. **(4 hours ea.) \$250**

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) e-mail plsalvo@chpnet.org to arrange a time

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Our Comprehensive Parenting Series
"It's not just about changing a diaper".

Preparation for Parenthood Series:
Baby Care & Parenting

"Hands On". Small classes. A Comprehensive Parenting Series. This course builds on knowledge in the appropriate order. A tapestry that encourages prospective parents to view the baby as "the expert" in guiding them through the early months and not to expect perfection from themselves. Discussion includes normal newborn behaviors, appearance and abilities, coping with the physical, emotional and relationship changes after the baby's arrival, coping with fatigue, time management, getting help, dealing with criticism and unsolicited advice, postpartum depression, sexuality and more. Practice the fundamentals of infant care: how to bathe, diaper, dress and comfort a baby. Identify signs of illness, and discuss safety issues.

Parenthood Series Options:

The Weekday: 2 (2 1/4 hour) sessions **\$150**

The Weekender: One Saturday or Sunday 4 ½ Hours One Session **\$150**

Breastfeeding

Taught by certified lactation consultants, this seminar covers the basics of getting started. Infant feeding focusing on breastfeeding, considered to be the gold standard for infants. Topics include proper positioning, and latch-on, avoiding nipple soreness and engorgement and expressing and storing milk. Partners are encouraged to attend.

(2 1/2 hours) **\$75**

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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

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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

Find Out:

- How you can shorten your labor and decrease the risk of cesarean section
- What a labor support doula can do for you. Ask questions in a relaxed atmosphere

Presented by BirthFocus & Beth Israel Parent/Family Education together, working as a team, we have your care in mind. Doulas are specially trained to provide comforting massage, emotional support and a calm and reassuring presence for you during labor and birth. The doulas you will meet have additional training from Beth Israel Parent/Family Education in hospital birth, breastfeeding, the immediate postpartum period, and bereavement. Our collaborative effort brings you the best option for your birth at an affordable cost. For more information, please call BirthFocus at 917-414-5595 www.birthfocus.com

