



# Preparing for Childbirth and Parenting

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The Department of Childbirth Education at Hackensack University Medical Center offers a variety of classes for new and expectant families. Our classes provide information, teach skills, and inspire confidence in a fun and relaxed atmosphere.

To inquire about class schedules, availability, or for more information, please contact us by phone at 551-996-2189 or by email at [ChildBirthEd@HackensackMeridian.org](mailto:ChildBirthEd@HackensackMeridian.org).

## Childbirth Pavilion Tour

Our **complimentary** Childbirth Pavilion Tour is designed for expectant parents. It consists of a group tour which includes a visit to the Labor and Delivery unit, the Mother-Baby unit, and the nursery window. Due to limited space, enrollment is limited to either the expectant parents or the expectant mom and her one guest. Children are not permitted.

All Childbirth Pavilion Tours are held in the Donna A. Sanzari Women's Hospital. Attendees may park in the Women's and Children's parking garage and report to the information desk in the Women's Hospital lobby.



30 Prospect Avenue  
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## Prepared Childbirth Class

Our Prepared Childbirth class prepares the expectant mother and her support person for the birthing experience. We offer a variety of course options including a one-day weekend class, a two-day weekend series, and a four-day weeknight series. It is recommended to attend these classes four to six weeks prior to your estimated delivery date. We encourage you to wear comfortable clothing, and bring one or two pillows and a blanket or yoga mat with you to class. Childbirth Pavilion Tours are complimentary and should be scheduled separately.

Weeknight Classes: **\$175 per couple**

Weekend Classes: **\$200 per couple**

Topics include:

- The process of labor and birth
- Coaching skills
- Breathing and relaxation
- Anesthesia
- Vaginal and cesarean birth

## Marvelous Multiples®

Marvelous Multiples® is a prenatal education program for expectant parents of twins, triplets, or more.

Multiple pregnancy, birth, and caring for two or more newborns is a unique experience. This course offers expectant parents information about many of the aspects of multiple pregnancy and birth that are not covered in standard prenatal or childbirth education classes. Expectant parents are encouraged to register for this course early in their pregnancy.

We recommend that you wear comfortable clothing and bring one or two pillows with you to class.

Fee: **\$200 per couple**

Topics include:

- Coping with discomforts of multiple pregnancy
- Warning signs of pregnancy complications and current methods of treatment
- Premature babies and the NICU
- Labor and birth of multiples

- Recovery and postpartum changes
- Bonding with multiple newborns
- Managing life at home with two, three, or more babies
- Breastfeeding multiple babies

## Infant Care and Safety

Our Infant Care and Safety class is a three-hour program which prepares expectant parents for the appearance, care, safety, and growth and development of their new babies. This class includes a Pediatrician session. It is recommended to take this class after the seventh month of pregnancy and before the birth of the baby.

Fee: **\$50 per couple**

Topics include:

- What to expect during the hospital stay
- Preparing the home for a new baby
- Care of the newborn, including: feeding, burping, bathing, diapering, swaddling, temperature taking, umbilical cord care, circumcision care, and much more
- Crib, car-seat, and toy safety
- Growth and development
- When to call the pediatrician
- Immunizations

## Breastfeeding Class

Our Breastfeeding class is a two-hour program that introduces the basics of breastfeeding and prepares the expectant parents for a healthy and happy breastfeeding relationship with their baby. It is recommended to take this class during the eighth month of pregnancy.

Fee: **\$50 per couple**

Topics include:

- Advantages and benefits of breastfeeding
- Getting started and building confidence
- Role of father and/or significant other
- Positioning, effective latch-on, hunger cues
- Common concerns, discomforts, and management
- Special considerations and lactation support resources

## The Happiest Baby on the Block™

Learn the techniques of world-renowned pediatrician Dr. Harvey Karp through our certified parent educators. This two-hour class will teach expectant parents how to help their babies sleep longer and how to soothe even the fussiest infants. Class attendees will take home a **Happiest Baby on the Block™** DVD and a Soothing Sounds CD.

Fee: **\$60 per couple**

Topics include:

- The Missing Fourth Trimester
- The Calming Reflex
- “The Five S’s”
- The Cuddle Cure

## Sibling Preparation Class

Our one and half hour Sibling Preparation class focuses on the special role of a big brother/big sister. It is designed especially for young children, ages three to seven, to help prepare them for a new baby in the family and to help ease the anxiety of visiting Mommy in the hospital. The children will have an opportunity to explore their new role as a big brother or big sister as they interact with anatomically correct dolls, participate in fun activities, and visit the nursery window. Each child will receive a certificate of class completion. It is recommended that your child attend this class approximately four weeks prior to the mother's estimated delivery date. An adult must accompany the child for the duration of the class.

Fee: **\$40 per child**

Topics include:

- What new babies look like
- Why babies cry
- What new babies can do
- The role of a big brother or big sister