

HACKENSACK MERIDIAN *HEALTH* JERSEY SHORE UNIVERSITY MEDICAL CENTER

Center for Women's Health
43 Main Street
Avon-by-the-Sea

Beautiful Beginnings

Childbirth Prep is a *Lamaze* childbirth preparation class, offering evidence-based information and strategies to prepare you for the birth of your baby.

Topics include:

- Stages of labor and signs of onset of labor
- Comfort measures and pain relief options
- Medical interventions and hospital routines
- Resources to support new parents

Childbirth Preparation Classes in a **NEW** location!

Sponsored by **Hackensack Meridian *Health***
Jersey Shore University Medical Center

Presented by Lamaze Certified Childbirth Educators

Four week series occurs

Tuesdays, 7 p.m. - 9 p.m.

and

Thursdays, 7 p.m. - 9 p.m.

We provide small class sizes, which are conveniently located with on-site parking.

For class dates and to register, please call
1-800-560-9990.



Hackensack
Meridian *Health*
Jersey Shore University
Medical Center

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Childbirth Preparation

Hackensack Meridian *Health*
Jersey Shore University Medical Center
1945 Route 33
Neptune, NJ 07753

Beautiful Beginnings Childbirth Prep

\$145.00 per couple

Offered as a weekly series or as a one-day weekend class.

Topics Include: Stages of labor, hospital routines, medical interventions, pain relief options and postpartum care taught by a Lamaze Certified Childbirth Educator.

Nursing Your Newborn

\$50.00 per couple

A one-session class offering lots of strategies for getting breastfeeding off to a smooth start.

Topics Include: options for positioning and achieving a good latch, how to tell if your baby is getting enough milk, easing the transition back to work.

Baby Talk: Infant Care 101*

**Located at Hackensack Meridian Health Village at Jackson*

27 S. Cooks Bridge Road, Jackson, NJ 08527

\$50.00 per couple

Topics Include: Newborn care including bathing, feeding, diapering, sleep patterns, and soothing a crying baby are discussed with lots of hands-on practice using dolls. Safety issues and childproofing information are included, along with evidence-based practices from the American Academy of Pediatrics.

Call **1-800-560-9990** to register for classes and ask our team member about the special group class rate.



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