



Parent Education Programs Summer 2011

The Parent Education Program at Mountainside Hospital is pleased to offer the following programs for Summer 2011:

Prepared Childbirth

This class will prepare you for the birth of your child. The stages of labor and birth, coping strategies, relaxation & breathing techniques. Medication options and the adjustment to postpartum. You can choose a 4-week series or a 1-day class.

Dates: July 11 to 25 or September 19 to October 3

Times: 7:00pm to 9:30pm

Dates: Saturday August 6 and September 17

Time: 9:00am to 4:30pm

Breastfeeding

Although breastfeeding is a natural process, it is not instinctive. This class will provide information and support needed for a positive nursing experience. The program is taught by the lactation consultants who work in the Mountainside Maternity Center.

Date: July 26 and September 27

Time: 7pm to 10pm

Becoming a Grandparent

You will learn some of today's changes in parenting and how to be effective and creative grandparents.

Dates: June 22 and August 8

Time: 7pm to 9:30 pm

Becoming a Parent

This 2-day class will prepare you for the realities of becoming a parent, with special emphasis on coping during the first three months of your baby's life.

Dates: June 14 & 22 or August 1 & 8

Time: 7pm to 9:30pm

Tour of the Birthing Center

Tour the Labor & Delivery, Post Partum & Nursery Unit. When that special moment finally arrives, you will feel comfortable knowing your baby will be born in a hospital whose primary concern is your health, comfort and safety. All your questions and concerns will be answered during this tour.

Dates: July 14, August 11 and September 13

Time: 6:30pm to 7:30 pm

Your Options in Cord Blood Banking

Your baby's cord blood is a valuable source of precious stem cells that can be used for your baby or an immediate family member. These cells are used today to treat nearly 80 different diseases. Expectant parents will learn their options, how it's collected, cost and more. Presented by Erin O'Connor, Via Cord.

Dates: June 27, July 25, August 22 and September 26

Time: 7pm to 8pm

**All Classes take place at
Mountainside Hospital, 1 Bay Avenue, Montclair.
Room locations will be provided once
you register.**

**For more information on fees, additional classes or to register,
please call 1-888-973-4MSH or visit www.mountainsidehosp.com/events**