

# MATERNAL CHILD HEALTH EDUCATION 2024 SCHEDULE

Visit our website [www.goodsamhosp.org/moms](http://www.goodsamhosp.org/moms)  
to view our virtual Maternity Tour

For questions and to register call the Maternity Consultant  
at 845-368-5450

## **Prepared Childbirth Class - Sundays from 10a – 4p**

This class prepares expectant parents for the Labor & Delivery experience. It is taught by a Labor & Delivery RN and covers the birthing process, comfort techniques, the role of the labor support person, relaxation and breathing techniques. You have waited 9 months for this day, let us help you achieve your goal of a safe well prepared delivery.

January 7	February 4	March 10	April 7
May 5	June 2	July 7	August 4
September 1	October 6	November 3	December 1

## **Breastfeeding Class Tuesdays 1p – 4p**

Breastfeeding is the best source of infant nutrition. It provides remarkable health benefits to the mother as well as the baby. Please join us for a class taught by our IBCLC Lactation Consultant as she focuses on practical information and tips to promote a positive breastfeeding experience.

Topics include what to expect during the first days after delivery, how milk is made, latch-on techniques, pumping and storage and proper positioning.

January 16	February 20	April 16
June 18	August 20	October 22
December 17		

## **Newborn Care Class Thursdays 7:30p – 9:30p**

This is a class designed for first time parents or caregivers. The basics of newborn care, holding, diapering, bathing, swaddling, safe sleep, infant feeding and comfort measures. Bring your questions, we have the answers.

January 11	February 8	March 7
May 9	July 11	September 12
November 14		

Updated 2/8/2024