

MATERNAL CHILD HEALTH EDUCATION 2024 SCHEDULE

Visit our website [Birthing Center \(stanthonycommunityhosp.org\)](http://stanthonycommunityhosp.org)
to view our virtual Maternity Tour

[For questions and to register call the Maternity Consultant
at 845-368-5450](#)

These Classes are offered at Good Samaritan Hospital in Suffern, NY

Prepared Childbirth Class - Sundays from 10a – 3p

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

Breastfeeding Class 3rd Tuesday of each month 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	March 19
April 16	May 21	June 18
July 16	August 20	September 17
October 22	November 19	December 17

Newborn Care Class 2nd Thursday of each month 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	April 11
May 9	June 13	July 11	August 8
September 12	October 10	November 14	December 12