

Registration

<u>Please circle your selection:</u>	<u>Price:</u>
Childbirth classes	\$175.00
Private Childbirth class	\$300.00
Marvelous Multiples	\$175.00
Breastfeeding Class	\$40.00
Newborn Class	\$40.00
Sibling class	\$25.00
Total	\$ _____

Medicaid recipients must pay \$10 registration fee, upon attending the class, the \$10 will be returned.

Please make check payable to St. Joseph's Regional Medical Center and mail with registration to 400 Hospital Plaza, Getty Ave, Paterson, NJ 07503 .

Name

Address

City, State Zip

Phone (Home/Work)

Date of Class

Coach

Hospital

Physician/Midwife



**Life Support Education Center**

11 Getty Avenue  
400 Hospital Plaza  
Paterson, NJ 07503



**Parent and Family  
Education Classes**



# Childbirth Education Classes

## Lamaze Class



St. Joseph's Regional Medical Center is pleased to provide a series of classes for expectant parents. This program offers Lamaze techniques such as breathing, relaxation, and labor skills. A tour of the Labor and Delivery Unit, the Maternity Unit, and the Newborn Nursery are provided. Additional topics covered include newborn care and breastfeeding. We recommend that expectant parents register for this program in the seventh month of pregnancy.

## Private "One-on-One" Lamaze Class

A personalized approach to Lamaze education, the private classes consist of two sessions, each two-and-a-half hours in duration. The in-home sessions are scheduled at the convenience of the participants and their instructor. Specific client needs can be addressed in the comfort of one's home.

## Tour of Labor and Delivery

Guided tours are available at your convenience for St. Joseph's Labor and Delivery Suites and the Mother/Baby accommodations .

## Sibling Class

Designed for the big brother or sister-to-be, the Sibling Class offers a specialized age appropriate program for 3 to 9 year olds.

## Marvelous Multiples

Designed for those expecting multiples, this class provides practical information for parents, from what to expect in the Labor and Delivery Unit, to life at home with multiple newborns. A tour of the Labor and Delivery Unit and the Neonatal Intensive Care Unit is included. We recommend that you register for this class in the fourth month of pregnancy.



## Pediatric Heart Saver

This American Heart Association course offers child and infant CPR, safety and accident prevention, rescue breathing and choking maneuvers.

## Breastfeeding Class

This two hour class focuses on the many benefits of breastfeeding, and provides hands on demonstrations of breastfeeding techniques. Class participants will learn the most up-to-date information for effective breastfeeding, including proper latch, pumping, returning to work, addressing breastfeeding challenges, and much more!



## Newborn Class

Designed for any individual who will be caring for a baby, the Newborn Class provides basic skills for newborn care, including how to hold a baby, diapering, burping, bathing, and infant safety.

**Please refer to insert for class dates or  
call (973)754-3451**