

## Course Offerings

2020 Schedule



### Looking for a pediatrician for baby?

Call Southcoast Find A Doctor to find a pediatrician near you. **844-744-5544**  
or visit [www.southcoast.org/doctors](http://www.southcoast.org/doctors)



**More than medicine.**

Southcoast® is a registered trademark of Southcoast Health System Inc.



**More than medicine.**

Whether you are preparing for the birth of your first child or your family is growing, our Childbirth Education Department offers a variety of classes to help you prepare for your new little one. You'll also find classes to support you and your family through pregnancy and beyond.

## Childbirth Education Classes

Our goal is to provide you with the education and tools that you need to feel empowered as you approach the birth of your baby. We will teach you to work with your body and mind with the help of your partner, as you labor and give birth. The educational classes we provide will also help you to make informed decisions about caring for yourself and your baby, both during your hospital stay and when you go home.

Education is the greatest factor in decreasing fear and anxiety. Attending childbirth education classes will build confidence in your body's ability to give birth.

### Prepared Childbirth Series

**Evenings 6 to 8:30 p.m.**

**\$125 per mother and companion**

This 5-week series will cover the changes occurring in the third trimester, the normal/unexpected birth processes, comfort measures and labor support. Also included are a tour of the unit, information on hospital procedures, infant care and car-seat safety.



### Birthing Boot Camp

**One Saturday per month**

**9 a.m. to 4 p.m.**

**\$125 per mother and companion**

For parents who prefer a faster pace, this is a brief overview of what is covered in our Prepared Childbirth Series and not recommended for those choosing natural childbirth. This is a condensed, all-day class that includes a tour of the unit, and information on infant care and car-seat safety.

**Limited space available.**

### Young Parent Childbirth Classes

**Call for dates and more information on registration fees**

**For ages 12 to 16**

The format of our teen workshop is flexible and informal to meet the specific needs of class participants. Class content includes the stages of labor, relaxation techniques, position changes and medication choices. This class also includes a tour of the Family Centered Unit.

## Breastfeeding Basics

One evening per month, 6 to 8:30 p.m.

**FREE, registration required**

This class is designed for families that are planning to breastfeed or just exploring their options regarding feeding choices. Topics include the benefits of breastfeeding, techniques and positions.

## Baby Café Breastfeeding Support Group

**FREE**

A support group for breast-feeding moms. Dads and families are welcome too! Staffed by on-site lactation consultants.

### Baby Café

**Tuesdays 10:30 a.m. to 12:30 p.m.**

Southcoast Health Center for  
Women's Health  
300B Faunce Corner Road, Dartmouth

**Thursdays 4:30 p.m. to 6:30 p.m.**

Southcoast Health Obstetrics &  
Gynecology  
543 North Street, New Bedford

**Wednesdays 10 a.m. to 12 p.m.**

Healthfirst Family Care Center  
387 Quarry Street, Fall River

## Tour the Unit

If you have enrolled in a childbirth class, a tour is included. Otherwise, tours are offered to expecting parents as well as siblings by appointment only. Call to schedule yours today or view our virtual tour online at [southcoast.org/maternity](https://southcoast.org/maternity).



## Family Education

A baby changes everything. In our family education classes, we offer a variety of education and tools to help you and your family live happy, healthy lives.

### Infant & Child CPR for Families & Friends

Call for dates & times

**\$40 per person or \$60 for two people**

Sponsored by the American Heart Association, this class is designed to teach the techniques necessary to perform CPR and choking rescue on an infant or child. This course does not provide CPR certification.



## Registration Information

Classes fill up quickly. To ensure availability, we recommend registering when you are 18 to 20 weeks pregnant. Childbirth classes are planned so that you will be finished one month before your due date. To register, please contact:

**Patricia VanDenBerghe, RN**  
familyeducation@southcoast.org  
508-973-7308

**To secure a space in any class, payment must be made in full at the time of registration.**

**We recommend registering when you are 18 to 20 weeks so that classes will be completed by 28 to 32 weeks.**

<b>Due Date:</b>	<b>Register by:</b>	<b>Due Date:</b>	<b>Register by:</b>
January	August	July	February
February	September	August	March
March	October	September	April
April	November	October	May
May	December	November	June
June	January	December	July



## Payment

### **Pay by phone or by mail**

Make a check out to Southcoast Hospitals Group and mail to:

**Childbirth Education, Charlton Memorial Hospital**  
363 Highland Avenue, Fall River, MA 02720

Participants should contact their insurance provider to see if they offer reimbursement. Letters can be provided upon completion of the course.