

Center for Parent Education

The birth of a child is an event that touches every member of the family. Northwell Health offers a variety of classes for expectant mothers and families to help plan and prepare for childbirth and the care of a new baby. Our classes provide important information, teach valuable skills and are structured to be interactive. Our classes are taught by educators who specialize in maternal/infant care and are available to answer your questions.

Childbirth Preparation

Expectant mothers and her support person are invited to take part in this education of the birthing experience. Our nurse educators will discuss the process of labor and birth, relaxation and breathing techniques, the role of the partner and coaching skills, hospital admission policies and procedures, anesthesia/analgesic options, vaginal and cesarean births and post partum expectations. A tour of maternity is included. This class should be taken three to four weeks prior to estimated delivery date.

Fee: \$185 per couple

(Over for more courses)

Course Selections:

- Childbirth Preparation
 - Breastfeeding
 - Baby Care Basics
 - Baby Safe
 - Preparing for Life's New Journey
 - CPR for Friends and Family
 - Online Childbirth Preparation
- (Please see the back page for additional information on these courses.)

Please visit our website, www.northwell.com. Click support and resources/community event & classes or call 516-881-7000 or **855-824-BABY(2229)**

Office of Community and Public Health
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Lake Success, NY 11042



Breastfeeding

Our Breastfeeding class introduces the basics of breastfeeding and prepares expectant parents for a healthy breastfeeding relationship with their baby. Topics covered include advantages of breastfeeding, mother & baby nutritional needs, breastfeeding techniques and effective latching, bottle use, breast pumping, returning to work, and common facts and myths.

Fee: \$50 person / \$65 couple

Baby Care Basics

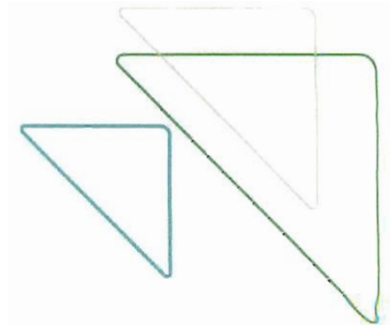
Our Baby Care class teaches expectant parents, grandparents and child care providers about characteristics of the newborn, feeding, bathing, *diapering, cord and circumcision care*, temperature taking, baby equipment, safety, sleep, and immunization. *Bring a baby doll.*

Fee: \$50 person / \$65 couple

Online Childbirth Preparation

A childbirth class in the comfort of your own home, this online childbirth education program is an option for those parents who choose to or cannot attend conventional prenatal classes. It may also be used as a "refresher" course or to reinforce what you have learned in class. The eLearning Childbirth program is an interactive web-based program that included animated illustrations, videos, voice-overs and can be viewed on a PC, MAS or mobile device.

Fee: \$95 for 90 day access



Preparing for Life's New Journey

A four-session program for first-time expectant parents discuss the joyous moments, lessons and surprises of parenthood. Each session will feature speakers from Northwell Health. They will share general knowledge and answer questions relating to obstetric care, nutrition, safety, and emotional health.

Fee: \$40 per person / \$70 per couple

CPR for Family & Friends

Family & Friends Infant, Infant/Child CPR classes teach Cardiopulmonary Resuscitation (CPR), a technique that revives victims of cardiovascular emergencies by helping to maintain blood flow to the heart and brain, and includes instruction on foreign body airway obstruction clearance.

Infant CPR (Newborn to 1 yr.) Fee:

\$45 per person / \$75 per couple

Infant/Child CPR (Newborn to 8 yrs.) Fee:

\$65 per person / \$120 per couple

Adult CPR (1 yr+) Fee: \$50 per person