

## ◆ INFANT CPR ANYTIME® + CARSEAT SAFETY

For parents, grandparents, family members or anyone who wants to learn lifesaving infant CPR and choking skills but does not need a course completion card. This class includes everything needed to learn basic infant CPR and relief of choking (2<sup>nd</sup> hour of the class.)

Child Passenger Safety Instruction is included, covering: what to look for when purchasing a child seat; rear-facing only vs. convertible seats; height/weight limitations; rear-facing and forward-facing seats; properly adjusting five point harness; difference between L.A.T.C.H. and seatbelt installations (1<sup>st</sup> hour of the class.)

**Details:** Tuesdays from 6:30pm–8:30pm in the Higgins Conference Room.

**Date Options:** January 14, February 11, March 10, April 14, May 12, June 9, July 14, August 11, September 8, October 13, November 10, December 8.

**Cost:** \$25 per person

## CLASS BUNDLE OPTION

- |  |  |
|--|--|
| <input type="checkbox"/> Childbirth Education Class (in-house or online) | <input type="checkbox"/> Infant CPR Anytime        |
| <input type="checkbox"/> Newborn Care Class                              | <input type="checkbox"/> Infant Massage            |
| <input type="checkbox"/> Breastfeeding Class                             | <b>Total Cost = \$250 per couple (\$320 value)</b> |

## ◆ MOTHER & BABY SUPPORT GROUPS

Free group gatherings for all mothers in our community to provide support, encouragement and advice on parenthood and answer questions that arise after going home. Groups are facilitated by a Lactation Consultant/Registered Nurse to support every woman's mothering experience. All aspects of mothering are discussed. All feeding types are welcome. Drop-ins welcome!

### Mother & Baby Newborns: 0–6 Weeks

Wednesdays from 2:00pm–3:30pm in the Higgins Conference Room at Anna Jaques.

For moms, grandmothers, and female caregivers, this support group is focused on adjusting to the first few weeks of parenthood to support new mothers and their babies.

### Mother & Baby: Newburyport & Haverhill

Tuesdays–Newburyport: 10:00am–11:45am at Anna Jaques (Higgins Conference Room).

Thursdays–Haverhill: 10:30am–12:00pm at Women's Healthcare Haverhill (600 Primrose Street, 2<sup>nd</sup> Floor)

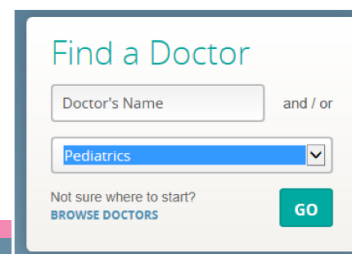
### Persist Group

A free support group for pregnant and parenting women in recovery from substance dependence. Join us with your baby for a group designed to provide a safe and supportive place to share your recovery led by a member of our Persist Team.

**Details:** Tuesdays at 1:00pm at WHC Haverhill, 600 Primrose Street. Drop-in, no registration required.

## LOOKING FOR A PEDIATRICIAN?

Visit [www.ajh.org](http://www.ajh.org). Use the *Find a Doctor* tool, under quick links on the homepage, and select "Pediatrics", "Family Medicine", or other specialties.



# Beth Israel Lahey Health Anna Jaques Hospital

**Birth Center • Neonatal Care Center • Women's Health Care**

## CLASSES & RESOURCES 2020

*For Parents and Families*



We are committed to providing the highest level of care during your pregnancy while serving as a resource for patients and families. Prenatal and family education classes are offered to help prepare parents for their journey through pregnancy and parenting.

*Birth Center tours are offered on the first Wednesday of every month at 6:30pm. RSVP with your name and due date to [birthcenter@ajh.org](mailto:birthcenter@ajh.org).*

[www.ajh.org](http://www.ajh.org) • [www.whcobgyn.org](http://www.whcobgyn.org)

## ◆ CHILDBIRTH EDUCATION CLASS OPTIONS

For parents during the last trimester of pregnancy to learn skills needed for the childbirth experience such as breathing methods, relaxation techniques, and comfort measures.

Topics covered include: anatomy, labor and delivery, anesthesia and medications, vaginal delivery, cesarean section delivery, and expectations for your own care and your newborn's care while in the hospital. A tour of the Birth Center at Anna Jaques is included in this class.

Please attend class after 28 weeks.

- ◆ **All-Day Workshop:** A full day of in-class learning, role playing, discussions, demonstrations, hands-on activities and a tour; Saturdays from 10:00am–4:00pm in the Higgins Conference Room at Anna Jaques.

**Date Options:** January 11, February 8, March 7, April 4, May 9, June 13, July 11, August 29, September 19, October 17, November 21, December 12

- ◆ **Online Class:** Complete an online learning experience then attend a one-time 3-hour in-class experience which includes role playing, discussions, demonstrations, hands-on activities and a Birth Center tour; Sundays from 9:00am–12:00pm in the Higgins Conference Room at Anna Jaques.

**Date Options for Onsite:** January 12, February 9, March 8, March 29, June 14, July 12, August 30, September 20, October 18, November 22, December 13

**Cost:** \$150 for WHC patients, \$200 for non-WHC patients (cost includes pregnant parent & support person)

- ◆ **Birthing With Hypnosis:** Relax, clear your mind, and experience the positive effects of self-hypnosis during pregnancy and birthing. Classes focus on easy and natural relaxation techniques. If your birth plan does not embrace a firm decision for an epidural, this is a great option for you and your partner. It is recommended to take the class 4–6 weeks prior to due date.

**Details:** Saturdays from 10:00am–5:00pm.

**Date options:** January 25, February 29, March 21, April 18, May 23, July 25, August 15, September 5, October 3, November 14, December 5

**Cost:** \$175 per mom & support person

## ◆ NEWBORN CARE CLASS

This class covers practical baby care to help you feel more confident in your ability to care for your newborn. Topics covered include: basic baby care, crying, sleeping, and bathing. You will have the opportunity to practice diapering, burping, and swaddling a newborn. The class is open to all types of caregivers (parents, grandparents, day care providers).

**Details:** Sundays from 9:00am–12:00pm in the Higgins Conference Room at Anna Jaques.

**Date Options:** January 5, February 2, March 15, April 5, May 3, May 31, June 28, July 26, August 9, August 23, September 27, October 25, November 8, December 6

**Cost:** \$50 per couple

## ◆ SIBLING PREPARATION CLASS

Offered to big brothers and sisters to learn about new babies and changes in the family. \*Class includes a tour of the Birth Center.

**Topics Include:** a newborn's appearance, needs and abilities; what to expect when a new brother or sister arrives; and the special role of the big sister or brother.

Please attend in the third trimester of pregnancy.

**Details:** Sundays from 1:15pm–2:15pm.

**Date Options:** February 2, April 5, June 28, August 9, October 25, December 6

**Cost:** \$30 per family



## ◆ BREASTFEEDING CLASS

Taught by an Anna Jaques Lactation Consultant/Registered Nurse for mothers and their support person(s) to help you to meet your breastfeeding goals.

**Topics Covered Include:** benefits of breastfeeding to mother and baby; basic anatomy and physiology; myths vs. facts; positioning and latching-on; common concerns; pumping and storing of breast milk; and community resources and supports available once home.

Mondays from 6:30pm–8:30pm in

the Higgins Conference Room at Anna Jaques.

**Date Options:** January 6, February 3, March 2, April 6, May 4, June 1, July 6, August 3, September 14, October 5, November 2, December 7

Fridays from 2:15pm–4:15pm in the Higgins Conference Room at Anna Jaques.

**Date Options:** January 17, February 21, March 20, April 17, May 15, June 19, July 17, August 21, September 18, October 16, November 20, December 18.

**Cost:** \$20 (cost includes mother and support person)



## ◆ INFANT MASSAGE

Come learn about the benefits of infant massage and practice hands-on instruction (using a baby doll) as taught by a registered nurse. \* Please attend class after 28 weeks.

**Details:** Sundays from 12:15pm–1:15pm in the Higgins Conference Room at Anna Jaques.

**Date Options:** January 5, February 2, March 15, April 5, May 3, May 31, June 28, July 26, August 9, August 23, September 27, October 25, November 8, December 6

**Cost:** \$50 per couple