

## CHILDBIRTH EDUCATION PROGRAM 2020

*Encouraged to begin your classes at 28-30 weeks (please register before that time!)*

### Prepared Childbirth Classes - offered as a 3 week series or one day option

#### Prepared Childbirth Wednesday Series - 3 weeks

6:00-8:30 PM at Mohler Senior Center, 25 Hope Drive, Hershey

	<u>Class 1</u>	<u>Class 2</u>	<u>Class 3</u>
Start date <b>Jan 8</b>	8-Jan	15-Jan	22-Jan
Start date <b>Feb 19</b>	19-Feb	26-Feb	4-Mar
Start date <b>April 1</b>	1-Apr	8-Apr	15-Apr
Start date <b>May 13</b>	13-May	20-May	27-May
Start date <b>June 17</b>	17-Jun	24-Jun	1-Jul
Start date <b>Aug 5</b>	5-Aug	12-Aug	19-Aug
Start date <b>Sept 16</b>	16-Sep	23-Sep	30-Sep
Start date <b>Oct 21</b>	21-Oct	28-Oct	4-Nov
Start date <b>Dec 2</b>	2-Dec	9-Dec	16-Dec

*\*when registering, list choice by 'start date'; a snow cancellation extends session by 1 week*

*You may bring snacks/drinks; dress comfortably*

#### Prepared Childbirth One Day Saturday Class

9:00 AM-4:00 PM at Main Hospital (you will be notified of room location)

4-Jan <i>(snow day 1/11)</i>	11-Jul
1-Feb <i>(snow day 2/8)</i>	8-Aug
7-Mar <i>(snow day 3/14)</i>	12-Sep
4-Apr	3-Oct
2-May	7-Nov
6-Jun	5-Dec

*You may bring towel or yoga mat, snacks/drinks; dress comfortably*

*Lunch is on your own for this class - you may bring a lunch or purchase in cafeteria*

**REGISTER EARLY!** See other side for additional classes

For more information call 717-531-6981



## **Other Prenatal Parenting Classes & Sibling Class**

### **Breastfeeding Class - 2nd Tuesday of the month**

6:00-8:30 PM Mohler Senior Center

Dates: 1/14, 2/11, 3/10, 4/14, 5/12, 6/9, 7/14, 8/11, 9/8, 10/13, 11/10, 12/8

### **Infant CPR & Safety - 3rd Tuesday of the month**

6:00-8:30 PM Mohler Senior Center

Dates: 1/21, 2/18, 3/17, 4/21, 5/19, 6/16, 7/21, 8/18, 9/15, 10/20, 11/17, 12/15

### **Infant Care Class - 4th Tuesday of the month**

6:00-8:30 PM Mohler Senior Center

Dates: 1/28, 2/25, 3/24, 4/28, 5/26, 6/23, 7/28, 8/25, 9/22, 10/27, 11/24,

*For the big brother or sister:*

### **Sibling Class - Quarterly class**

*prep a big brother or big sister for a new role - room to be announced*

Dates: 3/3, 6/2, 9/1, 12/1

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*After arrival of your newborn, we offer:*

### **Postpartum Classes/Support**

#### **Postpartum Breastfeeding Support (Mothers & Babies)**

10:00 AM-12:00 PM

**Tues/Thurs - Hershey Public Library**

5:15 PM-7:00 PM

**1st & 3rd Monday of the month - Mohler Senior Center**

*\*please call 717-531-1298 before your first meeting to schedule/confirm*

## **Additional Classes**

*Due to high demand, we also offer these classes*

### **Prepared Childbirth One Day Sunday Class**

This is a condensed Childbirth Preparation Class. Less time is spent practicing positions for labor and breathing techniques. It does include a tour of Women's Health.

1:00-6:00 PM at Main Hospital, room T2500

1st Sunday of the month (exception is January 2019)

Dates: 1/5, 2/2, 3/8, 4/5, 5/3, 6/7, 7/12, 8/9, 9/13, 10/4, 11/8, 12/6

*You may bring a yoga mat or towel, snacks/drinks; dress comfortably*

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### **Specialties Combination Class- Infant CPR & Safety, Infant Care, Breastfeeding**

Most sessions 4th Monday of the month (see dates for exceptions)

9:00 AM-3:00 PM at 30 Hope Drive, room 2702 A/B

Dates: 1/27, 2/24, 3/30, 4/27, 6/29, 7/27, 8/24, 9/28, 10/26, 11/23

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## **Hospital Tours**

Not taking a Prepared Childbirth Class but desire a tour of Women's Health?

Tours are offered several times per month but you must be registered.

Tours are scheduled:

\*1st and 3rd Monday evening of the month

\*2nd Sunday of the month at scheduled times between 1:00 PM-4:00 PM

Select Thursdays at 1:30 PM

Please contact the Childbirth Education Dept. at 717-531-6981 to schedule  
*Please note: If you are taking Prepared Childbirth class, a tour is already included with that class, no need for you to schedule this tour.*