

Parent Education Classes

Registration Form



CHRISTIANA CARE
HEALTH SYSTEM

Women's Health Services

Mother's Name (*last, first*)

Soc. Sec. #

Father's Name (*last, first*)

Street

City

State

Zip

Home Phone

Cell or Business Phone

Physician

Date baby due

Mother's DOB

Previous childbirth classes? Yes No

Please check days you are not available

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

E-mail Address:

Grandparent Class Registration

Name (*last, first*)

Phone

Street

City

State

Zip

We wish to participate in...Call 733-2472 to register or for more information.

- Early Pregnancy FREE
- Parent Steps \$100
- Labor/Childbirth Condensed \$140
- Breastfeeding Class \$30
- CPR for Family & Friends \$20 per person
- Mother/Baby FREE
- Mother/Baby II \$30
- Mother/Baby III \$50
- Grandparenting \$10
- Maternity Tour FREE
- Happiest Baby on the Block (Dr. Harvey Karp) \$65
- Yoga \$40

Prices subject to change without notice. Cancellations following registration result in a \$10 processing fee. Refunds will not be issued later than 24 hours prior to the first session of the series.

Design Your Own Series

Choose any or all of the following. All classes are scheduled and charged separately.

- Labor Basics (Saturday class) \$60
- Labor Basics (Weeknight class) \$60
- Relaxation/Breathing \$40
- Newborn Steps \$40
- Breastfeeding Class \$30

Mail completed form with check made payable to Christiana Care:

Parent Education, Room 1924
Christiana Hospital
P.O. Box 6001
Newark, DE 19718

For more information and updates, visit
www.christianacare.org/parented.

Christiana Care Parent Education Classes

Taking Care of Yourself During Pregnancy

- **Yoga:** Learn yoga to improve circulation and help with many discomforts associated with pregnancy. **\$40**
- **Relaxation & Breathing:** Learn relaxation and stress relief techniques. **\$40**

Preparing for Labor & Delivery

- **Maternity Tour:** Enjoy an in-person tour, including labor and delivery room or view the virtual maternity tour, www.christianacare.org/virtualmaternitytour. **Free**
- **Parent Steps:** One weeknight for three weeks. This course teaches about signs of preterm labor, induction, labor, delivery and pain management. Other topics include anesthesia, c-section, postpartum care and transition to parenthood. A tour is included. Newborn care is not included. **\$100**
- **Labor Basics:** One weeknight. This is a condensed class which includes the topics covered in Parent Steps minus postpartum care and transition to parenthood. A tour is not included. **\$60**
- **Labor/Childbirth Condensed:** Two days (Friday evening and Saturday). This course includes all the information from Parent Steps class as well as a full Newborn Class. A tour is included. **\$140**

Caring for Your Baby

- **Newborn Steps:** Great for 1st time parents, adoptive parents and also serves as a refresher for experienced parents. Covers early infant care, diapering, umbilical cord care and infant safety. **\$40**
- **Breastfeeding Class:** This class teaches the benefits of breastfeeding, how to get started, role of support people, latching and positioning. Other topics include how to tell if your baby is getting enough milk, pumping, milk storage and returning to work. This class is taught by a certified lactation consultant. One support person is encouraged to attend with Mom. **\$30**
- **Happiest Baby on the Block:** Basics of Dr. Harvey Karp's program, based on his best-selling book, with step-by-step instructions on how to soothe a fussy baby and how to help your baby sleep longer. Includes CD and DVD. **\$65**



Get the Family Involved

- **Grandparenting:** Class covers current information and techniques for newborn care and safety. Learn how to support your children as they become parents. **\$10 per person.**

Classes for You and Your New Baby

- **Breastfeeding Support Group:** Moms helping other moms with the guidance of a lactation consultant. We can determine the need for a private lactation consultation. Every Monday, excluding holidays, in room 1932 from 2-3 p.m. **Free**
- **Mother/Baby 1:** For first time moms with babies up to 12 weeks old. Meet other moms and babies to have an open discussion about an array of topics including breastfeeding, adjusting to motherhood and ways to calm your baby. No registration required, every Monday (except standard holidays). 10-11:30 a.m. **Free**

Keeping Your Baby Safe

- **CPR for Family & Friends:** Learn child and infant choking and CPR (non-certifying). **\$20 per person.**
- **Child Safety Seat Inspection:** A certified technician will show you how to properly install your child safety seat. You will then be given a chance to install it yourself and have it checked to ensure that you have understood the proper technique. Please call to schedule at least 4-6 weeks before your due date. You will need to bring your infant car seat with you. This inspection takes about 20 minutes. **Call for pricing.**

Birthing Plan

Plan now for the birth of your child. A birth plan is an easy tool to help you think through your care options, decide which are right for you and share them with the health care team www.christianacare.org/birthplan. **Free**

To register call 302-733-2472

Classes not held on holidays or during severe weather.