

## Infant Massage ~

Learn how to massage your infant from a certified infant massage instructor. Call the Family Birthing Suites at 340-2334 to schedule.

## Payment ~

Must be received two weeks prior to scheduled class to reserve your place in the class.

## Support Services ~

- ♦ Lactation & Support Services 340-3011
- ♦ Pregnancy & Infant Loss 340-2550
- ♦ Post-Partum Depression 340-3191
- ♦ Perinatal Massage 340-3013

To register for any class, call  
**340-2334**



700 Quincy Avenue ♦ Scranton, PA 18510  
(570) 340-2100  
www.mth.org



THE FAMILY BIRTHING SUITES  
At Moses Taylor

2008

## Education Classes



Call (570) 340-2334

## Philosophy of Perinatal Education

The birth of a child is a milestone in your family's life. As perinatal educators, we believe that birth is normal, natural, and healthy. Our goal is to empower women through education to make informed choices and gain trust in her inner wisdom. This, along with a strong support system, will increase a women's confidence in her ability to give birth.



## Lamaze® International Approved Provider

At Moses Taylor Hospital, we are one of only a handful of approved Lamaze providers that adhere to all Lamaze standards.

Lamaze International is a well-known organization that sets the standard of excellence in childbirth preparation classes. The Lamaze name continues to be trusted and known for promoting normal, natural, healthy birth and fulfilling childbirth experiences for women and families around the world.

Lamaze is a registered trademark of Lamaze International, Inc.



## Six-Week Series ~

This is an informative, personal, and interactive six-week course preparing women and their families for childbirth. Topics include: relaxation, breathing techniques, massage, labor and birthing positions, and information on labor and birth. Total time is twelve hours of instruction.

### Tuesday or Wednesday 6:30 - 8:30 PM

Start:	Finish:
Wed., Jan. 2	Wed., Feb. 6
Tues., Jan. 8	Tues., Feb. 12
Wed., Feb. 20	Wed., Mar. 26
Tues., Feb. 26	Tues., April 1
Wed., April 9	Wed., May 14
Tues., April 15	Tues., May 20
Wed., May 28	Wed., July 2
Tues., June 3	Tues., July 8
Wed., July 16	Wed., Aug. 20
Tues., July 22	Tues., Aug. 26
Wed., Sept. 3	Wed., Oct. 8
Tues., Sept. 9	Tues., Oct. 14
Wed., Oct. 22	Wed., Nov. 26
Tues., Oct. 28	Tues., Dec. 2

**Fee:** \$90 or purchase a package of Baby Care Basics and/or Breastfeeding Basics for \$100.

## Four-Week Series ~

This is a sister class of the six-week lamaze series covering the same material over four evenings. Total time is twelve hours of instruction.

### Thursdays 6:30 - 9:30 PM

Start:	Finish:
Jan. 3	Jan. 24
Feb. 7	Feb. 28
March 13	April 3
April 17	May 8
May 22	June 12
July 10	July 31
Aug. 14	Sept. 4
Sept. 18	Oct. 9
Oct. 23	Nov. 13
Nov. 20	Dec. 18

**Fee:** \$90 or purchase a package of Baby Care Basics and/or Breastfeeding Basics for \$100.

## Weekend Childbirth ~

A two-day course designed to fit into a busy schedule. This course is fun, interactive and informative. Provides the same information found in the six & four week course and may be taken by new moms or women who have given birth. Total time is twelve hours of instruction.

### **SATURDAY & SUNDAY 9 AM - 4 PM**

February 2, 3      August 2, 3  
April 5, 6      October 4, 5  
June 7, 8      December 6, 7

**Fee:** \$90 or purchase a package of Baby Care Basics and/or Breastfeeding Basics for \$100.

## Refresher Class ~

This two-evening course is a fun, informative way to acquire up-to-date information on comfort measures and skills for your birth. Topics include: relaxation techniques, breathing techniques, and an overview of the birth process. This class is intended for women who have previously taken a complete Lamaze series and/or given birth.

### **MONDAYS 6:30 - 8:30 PM**

January 14, 21      July 14, 21  
April 14, 21      October 13, 20

**Fee:** \$50 or combine with Sibling Class for \$60.



## Early Pregnancy ~

A one evening course that covers nutrition, exercise, the growing baby, and the emotional changes for early pregnancy. This is intended for newly pregnant women up to 16 weeks of pregnancy.

### **MONDAYS 6:30 - 8:30 PM**

February 18      August 18  
April 7      October 27  
June 23      December 15

**Fee:** \$30.

## Cesarean Birth ~

One evening course in preparation for the planned Cesarean Birth.

### **MONDAYS 6:30 - 8:30 PM**

February 25      August 25  
April 28      October 27  
June 30      December 22

**Fee:** \$30.

## Sibling Class ~

This fun and interactive one-evening class will provide a special way to introduce a new baby into your family. Sibling class promotes family bonding and decreases your child's anxiety. The big brother/sister will leave happy and confident in this new role. A tour of the Family Birthing Suites will be completed at the conclusion of class.

### **MONDAYS 6 - 7:30 PM**

January 28      July 28  
March 31      September 29  
May 19      November 24

**Fee:** \$30 per family or purchase with Refresher Class for \$10.

## Infant and Child CPR ~

This class is designed to teach those responsible for infant and child care about infant/child safety issues and CPR.

### **MONDAY 6:30 - 8:30 PM**

January 7      July 14  
February 4      August 4  
March 3      September 8  
April 7      October 6  
May 5      November 3  
June 2      December 1

**Fee:** \$20 per person.

## Breastfeeding Basics ~

While breastfeeding is a natural, healthy way to feed a baby, new mothers often need guidance and support. The "how-tos" of breastfeeding, common myths, and prevention of problems are some of the topics covered by Board Certified Lactation Consultants in this class.

### **TUESDAYS or THURSDAYS 6:30 - 9 PM**

January 3, 15      July 3, 15  
February 7, 19      August 7, 19  
March 6, 18      September 4, 16  
April 3, 15      October 2, 21  
May 1, 20      November 6, 18  
June 5, 17      December 4, 16

**Fee:** \$30 or purchase this class as part of a package.

## Exercise Classes ~

Learn how to exercise safely. Prenatal & Postnatal exercise classes taught by a Certified Prenatal Instructor. Call the Family Birthing Suites at 340-2334 to schedule.

## Baby Care Basics ~

What do we do now? This is a frequent question parents ask when arriving home with their wonderful newborn. This one evening course is an interactive, exciting way to increase your skills and knowledge and help prepare you for the care of your child. A must for all parents-to-be!

### **6:30 - 9 PM**

January 8, 16, 24      July 8, 16, 24  
February 12, 20, 28      August 12, 20, 28  
March 11, 19, 27      September 9, 17, 25  
April 8, 16, 24      October 14, 22, 30  
May 13, 21, 29      November 4, 12, 20  
June 10, 18, 26      December 2, 10, 18

**Fee:** \$30 or purchase this class as part of a package.

## Childbirth Education Videos ~

You may rent a video set of Childbirth Education Classes. The video set is a comprehensive childbirth education class including Baby Basics and Breastfeeding Basics and is intended for women who cannot attend class due to work or medical reasons.

MasterCard or Visa must be used as a deposit for the video set.

**Fee:** \$100.00 for seven days.

## Classes Offered By Appointment ~

- ◆ Vaginal Birth After Cesarean (VBAC)
- ◆ Private Lamaze Classes
- ◆ Perinatal Massage