

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 woman's confidence in her ability to give birth.

Support Services

- ◆ Lactation & Support Service 340-3011
- ◆ Pregnancy & Infant Loss 340-2550
- ◆ Post-Partum Depression 340-3191

To register for any class, call
(570) 340-2334

For additional information, visit
www.mth.org



Moses Taylor Hospital

Childbirth Classrooms are located at:

748 Quincy Avenue
Sandy Furey Medical Office Building, Floor 3A
Scranton, PA 18510
(570) 340-2100
www.mth.org



2010

Education Classes



Call (570) 340-2334
or Visit www.mth.org

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.

Lamaze 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. 7	Jan. 28
Feb. 11	Mar. 4
March 18	April 8
April 22	May 13
May 27	June 17
July 1	July 22
Aug. 5	Aug. 26
Sept. 9	Sept. 30
Oct. 14	Nov. 4
Nov. 18	Dec. 16

Fee: \$90 for Lamaze only or add one Baby Basics and/or one Breastfeeding class for a complete package fee of \$100.

Lamaze 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.

Tuesdays or Wednesdays 6:30 - 8:30 PM

Start:	Finish:
Wed., Jan. 6	Wed., Feb. 10
Tues., Feb. 2	Tues., Mar. 9
Wed., Feb. 24	Wed., Mar. 31
Tues., Mar. 23	Tues., April 27
Wed., April 14	Wed., May 19
Tues., May 11	Tues., June 15
Wed., June 2	Wed., July 7
Tues., June 29	Tues., Aug. 3
Wed., July 21	Wed., Aug. 25
Tues., Aug. 17	Tues., Sept. 21
Wed., Sept. 8	Wed., Oct. 13
Tues., Oct. 5	Tues., Nov. 9
Wed., Oct. 27	Wed., Dec. 8
Tues., Nov 23	Tues., Dec. 28

Fee: \$90 for Lamaze only or add one Baby Basics and/or one Breastfeeding class for a complete package fee of \$100.

Lamaze 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 6, 7	August 7, 8
April 10, 11	October 9, 10
June 5, 6	December 4, 5

Fee: \$90 for Lamaze only or add one Baby Basics and/or one Breastfeeding class for a complete package fee of \$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 11, 18 July 12, 19
April 19, 26 October 18, 25

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

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. For children ages 2 - 10.

MONDAYS 6 - 7:30 PM

January 25 July 26
March 29 September 27
May 24 November 29

Fee: \$30 per family or combine with Refresher Class for \$60.



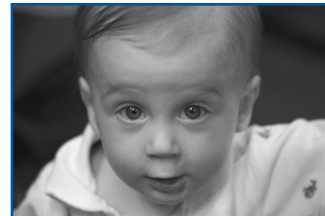
Infant and Child CPR

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 4 July 12
February 1 August 2
March 1 September 13
April 5 October 11
May 3 November 1
June 7 December 6

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-to's" of breastfeeding, common myths and prevention of problems are some of the topics covered by Board Certified Lactation Consultants in this class.

TUESDAY or THURSDAY 6:30 - 9 PM

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

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

Baby Basics

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 12, 20, 28 July 13, 21, 29
February 9, 17, 25 August 10, 18, 26
March 9, 17, 25 September 7, 15, 23
April 13, 21, 29 October 12, 20, 28
May 11, 19, 27 November 2, 10, 18
June 8, 16, 24 December 7, 15, 22

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

Childbirth Education

Videos & DVDs

You may rent video and/or DVD sets of Childbirth Education Classes. The sets are of a comprehensive childbirth education class intended for women who cannot attend classes due to work or medical reasons.

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

Fee: \$90 for seven days or add one Baby Basics and/or one Breastfeeding class for a complete package fee of \$100.

Classes Offered By Appointment

- ◆ Vaginal Birth After Cesarean (VBAC)
- ◆ Private Lamaze Classes
- ◆ Early Pregnancy
- ◆ Cesarean Birth

Infant Massage

Learn how to massage your infant from a certified infant massage instructor. Call the Family Birthing Suites at 340-3012 to schedule.

Payment

Due to limited class capacity, payment MUST be received at least two weeks prior to the start of your first class in order to guarantee your reservation.

Refund Policy

Space in our classes is limited! Refunds will be issued only in cases of medical necessity. The participant must notify us in advance and provide proper documentation from their physician.

Class Cancellation

Any class may be cancelled a week in advance, if less than three couples are signed up.

Tours

A tour of the Family Birthing Suites is included with the Lamaze and Sibling classes. You can also schedule a tour if you are not enrolled in a class by calling 340-2229.

