Classes for Expectant Parents  
Offered by the Parenting and Childbirth Education Department  
At Hunterdon Medical Center

When you are expecting, learning about what’s to come is important! At Hunterdon, we have many classes to meet your needs, and we offer two types of childbirth education classes. You are invited to choose the classes that best meet the vision you have for your birth experience. The goal of our classes is to help families understand that ‘birth works’ and mothers have an inherent ability to birth their babies. All classes are held at Hunterdon Medical Center. Whether you desire medications, or wish an intervention and medication free experience, there are good reasons to take classes, and choose HMC for all of your educational needs:

- We have been offering quality programs to the community for more than 30 years!
- Our childbirth instructors are nurses who are all certified instructors or lactation consultants. Certification is an important way to verify that an instructor is competent.
- In our childbirth education classes, you will learn:
  - Anatomy of pregnancy,
  - The labor process,
  - A wide variety of comfort measures, including breathing and relaxation techniques, the use of touch, music, aromatherapy, water therapy, birthing balls and much more! Couples are encouraged to explore and practice what will help their labors based on personal preference,
  - The labor partner’s role during labor,
  - In Lamaze classes, interventions during labor, including medications, anesthesia, and cesarean birth are also discussed,
  - A tour of the Maternity Newborn Care Center, and lots more!
- Our classes are limited in size, which allows for personal attention to each couple in a comfortable and friendly environment. The fact that the members of our staff teach the whole variety of classes allows for couples to get to know us and to feel comfortable here at HMC.
- All of our instructors have either delivered or worked here at HMC, and so they have firsthand knowledge of our routines and procedures.
- We offer the choice of Lamaze or Hypnobirth© classes (choose one). Call for the flyers for a full description of each.
- We also offer a Refresher Lamaze class for those parents who have taken a Lamaze class with a previous pregnancy.

On the back of this sheet you will find a brief description of all of the other the classes we offer. Whether you are expecting for the first time or the fourth, we are sure to have a class to meet your needs! Please try to register by your 6th month.
For more information, class dates, and for registration materials please call 908-788-MOMS. And make sure you preregister with the hospital for your maternity stay as early as possible! Go online to www.hunterdonhealthcare.org, or call 908-788-6167. Important information is sent to you once you register!

Maternity Newborn Care Center Tours
Offered approximately twice monthly. A tour is included in our regular (not Refresher) Lamaze and HypnoBirth classes. Children are welcome on our tours. Tours fill quickly, so early registration is recommended. Please call to register for the tour.

Sibling Classes to prepare for becoming a big brother or sister! Children should be at least 2 and half years old at the time of class. A parent discussion is also a part of this class.

Hi, New Baby! (infant care classes) Everything you need to know about baby care, including diapering, feeding, bathing, cord care, illness, etc. Also covered are infants’ abilities, temperament and cues, to make it easy for parents to get to know their newborn.

Happiest Baby on the Block™ show parents a simple way to calm fussy babies under 3 months of age and help them sleep longer.

Hypnosis for Childbearing Families helps parents with stress management, fears, smoking, weight loss and more!

Breastfeeding Classes teach the advantages of breastfeeding as well as how to get started. For couples who have decided to breastfeed as well as couples seeking more information to make a decision about how to feed their babies.

What’s A Layette? Class, teaching what is essential to buy to get started, what can wait until later, as well as moneysaving tips. Can be attended at any point during a couple’s pregnancy.

And for after baby arrives:
- Lactation consultation during and after your hospital stay
- Working and Breastfeeding classes
- Breastfeeding support groups
- Infant Massage Classes
- Baby Signs Classes
- Babysteps, our mothers’ support groups (these can be attended before your baby arrives! Call for details!)
- The Rocking Horse Club, for women who would like some “Mom Time”, and those with postpartum depression.
- Telephone support 24 hours a day!