

# Childbirth Education Classes and Support Groups 2024

**Birth & Beyond: A Family Experience** A *SERIES* of 4 classes before the birth of your baby for those 6 to 8 months pregnant. Learn about the labor and birth process, comfort techniques, pain management, cesarean birth, breastfeeding and immediate newborn care. Class includes a tour of the Family Birthplace at Cape Cod Hospital and hospital orientation. \$65

**Coping and Comfort** Explore alternative approaches to pain relief during labor. Learn and practice comfort techniques such as relaxation, breathing and massage. \$25

**The Basics of Baby Care** Parents, grandparents and caregivers learn the basics of newborn care including recommendations from the American Academy of Pediatrics. Explore topics such as family adjustment, soothing techniques, bathing and swaddling a newborn, baby safety, sleep, normal newborn appearance and when to call the pediatrician. \$25

**Labor Essentials** This is a one-time prenatal class for those unable to attend our Birth & Beyond series or if a “refresher” class is needed. Topics include the labor and birth process, hospital procedures, pain management options, cesarean birth, and the postpartum period. A tour of the Family Birthplace at Cape Cod Hospital and hospital orientation are included. \$65

**Infant and Child CPR** You will learn the lifesaving skills of infant and Child CPR and choking relief; newborn to puberty. We will be using the American Heart Association’s research-proven practice-while-watching technique, including hands-on CPR practice. Basic infant safety recommendations are also discussed. ***This course is for parents and caretakers and does NOT offer certification.*** \$35 per PERSON

**The Early Bird: 1 to 4 months Pregnant** Learn what you need to know for a safe and healthy pregnancy. We will discuss fetal growth and development, nutrition, exercise, early concerns and warning signs. \$15

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**I'm Going To Be A Big... Brother or Sister!** This class is for siblings welcoming a new baby into the family. Class includes hands on experience with our practice babies, we will explore feelings about becoming an older sibling, and engage in age-appropriate discussion about baby's arrival. *(Must be attended with a parent or caregiver)*  
NO FEE

**Dads, Babies and Pizza** Why not?! Learn tips and tricks of being a new dad and bring baby so they can meet up with their friends! NO FEE

**Scheduled Tours of The Family Birthplace** Join us for a tour of The Family Birthplace. We will bring you to Maternity and share the details of our unit, an environment that supports parent-baby bonding designed with comfort and safety in mind. NO FEE

## **CLASSES BY APPOINTMENT:**

**Vaginal Birth After Cesarean (VBAC)** Learn the facts about a VBAC, including an overview of labor and delivery, pain management and discussion of statistical data for parents who have previously delivered by C-section. During this supportive class we will also discuss coping skills to help you find peace with whatever your birth experience may bring. \$25

**Cesarean Birth** Whether this is your first C-section for medical reasons or you are scheduled to for a repeat cesarean, this class will prepare you for the process and procedure including partner support. We will discuss tips for recovery, breastfeeding after a cesarean and more. \$25

\*For current schedule and registration: **Cape Cod Healthcare website *Classes & Events*** and then ***Childbirth & Parenting Education and Support Groups***. All fees include pregnant person plus one support person, except CPR is a per person fee.

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