

BETH ISRAEL MEDICAL CENTER PARENT/ FAMILY EDUCATION PROGRAM

Schedule of Classes

July- December 2011

Open House Maternity Tours: FREE! Registration is required. Please call the Karpas Health Information Center for upcoming dates and to register: 212-420-4247. **You do not need to go on an Open House Maternity Tour if you are taking a childbirth preparation class with us.** Your instructor will provide one with your class.

SPECIAL OFFER:

Receive a \$25 DISCOUNT when registering for all three classes at once:
***Childbirth *Parenting/Baby Care *Breastfeeding**

PLEASE EMAIL biparented@gmail.com FOR A REGISTRATION FORM
AND ALLOW THREE BUSINESS DAYS FOR A RESPONSE

All prices are based on two people attending class. Some health insurance plans and most Flexible Spending Accounts allow reimbursement of some or all prenatal classes. Please check with your plan. We do not accept payments directly from insurance companies.

LAMAZE CHILDBIRTH PREPARATION

COMPREHENSIVE CHILDBIRTH EDUCATION IN A 5 WEEK SERIES

TAUGHT BY A LAMAZE CERTIFIED CHILDBIRTH EDUCATOR.
7:00 TO 9:30 PM CLASS SIZE IS LIMITED \$250

- **Thursdays: June 16, 23, 30, July 7 and 14**
- **Wednesdays: August 3*, 17, 24, 31 and September 7 (*skips August 10)**
- **Wednesdays: September 21, 28, October 5, 12, and 19**
- **Wednesdays: November 9, 16, 22*, 30, and December 7 (Tuesday instead of Wednesday due to Thanksgiving week)**

2-Weekend Alternative

A CONDENSED VERSION OF THE WEEKLY SERIES TAUGHT BY A LAMAZE CERTIFIED CHILDBIRTH EDUCATOR.

9:00 AM TO 1:00 PM CLASS SIZE IS LIMITED \$250

- Saturdays: July 9 and 16
- Saturdays: August 6 and 13
- Saturdays: September 3 and 10
- Saturdays: October 15 and 22
- Saturdays: November 5 and 12
- Saturdays: December 3 and 10

1-Weekend Alternative

SATURDAY AND SUNDAY IN THE SAME WEEKEND TAUGHT BY A LAMAZE CERTIFIED CHILDBIRTH EDUCATOR.

1:00 TO 5:00 PM CLASS SIZE IS LIMITED \$250

- Saturday July 9 and Sunday July 10
- Saturday August 6 and Sunday August 7
- Saturday September 10 and Sunday September 11
- Saturday October 15 and Sunday October 16
- Saturday November 5 and Sunday November 6
- Saturday December 3 and Sunday December 4

Refresher

FOR THOSE WHO TOOK A CHILDBIRTH CLASS FOR A PREVIOUS PREGNANCY. A GREAT REVIEW OF COMFORT MEASURES AND VITAL INFORMATION IS OFFERED DURING OUR TWO HOUR PRIVATE OR SMALL GROUP SESSION (\$125)

EMAIL: BIPARENTED@GMAIL.COM TO ARRANGE A TIME.

BABY CARE & PARENTING

TAUGHT BY AN EXPERIENCED EDUCATOR AND INTERNATIONAL BOARD CERTIFIED LACTATION CONSULTANT

7-9:30pm CLASS SIZE IS LIMITED \$85

- July (FULL)
- Monday, August 8
- Monday, September 19
- Monday, October 10
- Monday, November 14
- Monday, December 12
- Monday, August 1
- Monday, September 12
- Monday, October 3
- Monday, November 7
- Monday, December 5

BREASTFEEDING

TAUGHT BY AN EXPERIENCED INTERNATIONAL BOARD CERTIFIED LACTATION CONSULTANT

2:30 – 5:00 PM

CLASS SIZE IS LIMITED

\$75

- Sunday: July 17
- Sunday: September 18
- Sunday: November 13
- Thursday: August 4 (6:00-8:30 PM)
- Sunday: October 9
- Sunday: December 11

Private Breastfeeding Classes are also available for \$125 from
The Breastfeeding Center of Manhattan
Call 212-420-2093 or email rlevine@chpnet.org for an appointment

INFANT/CHILD CPR CERTIFICATION

TAUGHT BY AN EXPERIENCED CERTIFIED RED CROSS INSTRUCTOR.

This 3 hour class is limited to 10 per class and is taught in one meeting.

\$60 per person/\$100 per couple

To register contact Honey Shields directly at HShields@chpnet.org or 212-420-2429.

Sundays 11:00 AM – 2:00 PM or 2:15--5:15 PM

- May 15
- July 17
- September 11
- November 20
- June 19
- August 21
- October 16
- December 18, 2011

Monday evenings 6:00-9:00 PM

- May 9
- June 20
- August 8
- September 12
- November 7
- May 16
- July 11
- August 22
- October 10
- November 21
- June 6
- July 25
- September 5
- October 24
- December 5
- December 19

MEET THE DOULAS

A FREE INFORMATION SESSION

OUR COLLABORATIVE EFFORT BRINGS YOU A GREAT LABOR SUPPORT OPTION FOR YOUR LABOR AND BIRTH.

FOR MORE INFORMATION AND TO REGISTER, GO TO WWW.BIRTHFOCUS.COM OR CALL (917) 414-5595.

SIBLING PREPARATION

For soon to be big brothers and sisters age 3 years – 7 years

Please contact Marcia Graham at MGraham@chpnet.org or 212-420-4323

\$25 per child