

◆ MOTHER & BABY GROUPS

Free group classes for all mothers in our community to provide support, encouragement and advice on parenthood and answer questions that arise after going home. Groups are facilitated by a Lactation Consultant/ Registered Nurse to support every woman's mothering experience. All aspects of mothering are discussed. Drop-ins welcome!

Mother & Baby Newborns: 0-6 Weeks

Wednesdays from 2:00pm-3:30pm in the Higgins Conference Room at Anna Jaques. For moms, grandmothers, and female caregivers, this support group is focused on adjusting to the first few months of parenthood to support new mothers and their babies.

Mother & Baby: Newburyport & Haverhill

Tuesdays-Newburyport: *Mindful Mothering* - 10:00am-11:45am at Anna Jaques.

Thursdays-Haverhill: 10:30am-12:00pm at 600 Primrose Street.

Guest speakers present periodically on topics such as car seat safety, infant nutrition, and infant growth and development. *Mindful Mothering* focuses on adjusting to motherhood in a positive and peer-supported manner.

Persist Group

A free support group for pregnant and parenting women in recovery from substance dependence. Join us with your baby for a group designed to provide a safe and supportive place to share your recovery led by our Social Work Navigator.

Details: Tuesdays at 1:00pm at WHC Haverhill, 600 Primrose Street. No registration needed.

◆ INFANT CPR ANYTIME®

For parents, grandparents, family members and anyone who wants to learn lifesaving infant CPR and choking skills but does not need a course completion card. This class includes everything needed to learn basic infant CPR and relief of choking.

Child Passenger Safety Instruction is included, covering: what to look for when purchasing a child seat; rear-facing only vs. convertible seats; height/weight limitations; rear-facing and forward-facing seats; properly adjusting five point harness; difference between L.A.T.C.H. and seatbelt installations.

Details: Wednesdays from 6:00pm-8:00pm in the Higgins Conference Room.

Date Options: January 9, February 6, March 6, April 10, May 8, June 5, July 10, August 7, September 11, October 9, November 13, December 11

Cost: \$25 per person

CLASS BUNDLE OPTION

- ✓ Children Education (in-house or online)
- ✓ Newborn Care Class
- ✓ Breastfeeding Class

- ✓ Infant CPR Anytime
- ✓ Infant Massage

Total Cost = \$250 per couple (\$320 value)

LOOKING FOR A PEDIATRICIAN?

Visit www.ajh.org. Use the Find a Doctor tool on the homepage and select "Pediatrics", "Family Medicine", or other specialties.

Find a Doctor

Doctor's Name _____ and / or _____

Pediatrics

Not sure where to start?
[BROWSE DOCTORS](#)

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CLASSES & RESOURCES 2018

For mothers, parents and families



We are committed to providing the highest level of care during your pregnancy while serving as a resource for patients and families.

Prenatal and family education classes are offered to help prepare mothers and partners for their journey through pregnancy and parenting.

**Birth Center tours are offered the first Wednesday of every month at 6:30pm.
RSVP with your name and due date to birthcenter@ajh.org.**

◆ CHILDBIRTH EDUCATION CLASS OPTIONS

For mothers and partners during the last trimester of pregnancy to learn skills needed for the childbirth experience such as breathing methods, relaxation techniques, and comfort measures.

Topics covered include: anatomy, labor and delivery, anesthesia and medications, vaginal delivery, cesarean section delivery, and expectations for your own care and your newborn's care while in the hospital. A tour of the Birth Center at Anna Jaques is also included in the class.

Please book your class when you are 4-5 months pregnant to ensure placement.

◆ **All-Day Workshop:** A full day of in-class learning, role playing, discussions, demonstrations, hands-on activities and a tour; Saturdays from 10:00am-5:00pm in the Higgins Conference Room at Anna Jaques.

Date Options: January 13, February 10, March 10, March 31, April 14, May 5, June 16, July 28, August 18, September 8, September 29, October 20, November 10, December 1

◆ **Online Class:** Complete an online learning experience then attend a one-time 3-hour in-class experience which includes role playing, discussions, demonstrations, hands-on activities and a Birth Center tour; Sundays from 9:00am-12:00pm in the Higgins Conference Room at Anna Jaques.

Date Options for Onsite: January 14, February 11, March 11, April 15, May 6, June 17, July 29, August 19, September 23, October 21, November 18, December 9

Cost: \$150 for WHC patients, \$200 for non-WHC patients (includes mom & support person)

◆ **Birthing With Hypnosis:** Relax, clear your mind, and experience the positive effects of self-hypnosis during pregnancy and birthing. Classes focus on easy and natural relaxation techniques. If your birth plan does not embrace a firm decision for an epidural, this is a great option for you and your partner. Recommended to take the class 4-6 weeks prior to due date.

Details: Saturdays from 10:00am-5:00pm.

Date options: January 20, March 24, May 19, July 21, September 22, November 11 (Sunday), December 15

Cost: \$175 per mom & support person

◆ NEWBORN CARE CLASS

This class will cover practical baby care that will help you to feel more confident in your ability to care for your newborn. Topics covered include: basic baby care, crying, sleeping, and bathing. You will have the opportunity to practice diapering, burping, feeding, and swaddling a newborn. The class is open to all types of caregivers (parents, grandparents, day care providers).

Details: Sundays from 9:00am-12:00pm in the Higgins Conference Room at Anna Jaques.

Date Options: January 7, February 4, March 4, April 8, May 13, June 24, August 12, September 16, October 28, December 2

Cost: \$50 per couple

◆ SIBLING PREPARATION CLASS

Offered to big brothers and sisters to learn about new babies and changes in the family. Class includes a tour of the Birth Center.

Topics Include: a newborn's appearance, needs and abilities; what to expect when a new brother or sister arrives; and the special role of the big sister or brother.

Please attend in the third trimester of pregnancy.

Details: Saturdays from 1:00pm-2pm.

Date Options: March 11, June 17, September 23, December 9

Cost: \$30 per family



◆ BREASTFEEDING CLASS

Taught by an Anna Jaques Lactation Consultant for mothers and their support person(s) to help you meet your breastfeeding goals.

Topics Covered Include: benefits to mother and baby; basic anatomy and physiology; myths vs. facts; positioning and latching-on; common concerns; pumping and storage of breast milk; and community resources and supports available once home.

Details: Offered in Newburyport and Haverhill.

Newburyport: Mondays from 7:00pm-9:00pm in the Higgins Conference Room at Anna Jaques.

Date Options: January 22, February 5, March 5, April 2, May 7, June 4, July 2, August 6, September 17, October 1, November 5, December 3

Haverhill: Mondays from 2:00pm-4:00pm or 7:00pm-9:00pm at 600 Primrose Street.

Date Options: January 22 (2pm), February 26 (7pm), March 19 (2pm), April 16 (7pm), May 21 (2pm), June 18 (7pm), July 16, August 20 (7pm), September 17 (2pm), October 15 (7pm), November 19 (2pm), December 17 (7pm).

Plan to attend when you are 7-8 months pregnant, but register early!

Cost: \$20 (includes mother and support person)



◆ INFANT MASSAGE

Come learn about the benefits of infant massage and practice hands-on demonstrations (using a baby doll) as taught by neonatal care nurses.

Details: Sundays from 1:00pm-2:00pm in the Higgins Conference Room at Anna Jaques.

Date Options: January 28, March 25, May 20, July 15, September 16, November 4

Cost: \$50 per couple