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

www.ajh.org • www.whcobgyn.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 a brief review of expectations for your own care and your stay 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 12, February 2, March 16, April 27, May 18, June 8, June 29, July 20, August 10, September 14, October 5, November 2, and December 7.

◆ **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 13, February 3, March 17, April 28, May 19, June 9, July 21, August 11, September 15, October 6, November 3, and December 8.

**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 attend one class type or the other (Childbirth OR Hypno), as they will be repetitive. Plan to take this class 4-6 weeks prior to due date.

**Details:** Saturdays from 10:00am-5:00pm in the Higgins Conference Room at Anna Jaques.

**Date Options:** January 26, March 30, June 1, August 3, September 21, October 26, and December 14.

**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). We recommend signing up for the Newborn Care Class and Infant Massage classes on the same date to take advantage of both learning opportunities!

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

**Date Options:** January 20, February 10, March 3, April 14, May 5 & 26, June 23, July 7, August 4 & 18, September 29, October 27, November 17 and December 15.

**Cost:** $50 per couple

Register for any class at birthcenter@ajh.org or call (978) 463-1079
◆ 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 12:15pm-1:15pm in the Higgins Conference Room at Anna Jaques.

**Date Options:** January 20, February 10, March 3, April 14, May 5 & 26, June 23, July 7, August 4 & 18, September 29, October 27, November 17 and December 15.

**Cost:** $50 per couple

◆ Breastfeeding Class

Taught by an Anna Jaques Lactation Consultant, for pregnant 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; positioning and latching-on; common concerns; pumping and storage of breast milk; and community resources and supports available once home.

**Mondays:** from 6:30pm-8:30pm in the Higgins Conference Room at Anna Jaques.

**Date Options:** January 7, February 4, March 4, April 1, May 6, June 3, July 1, August 5, September 9, October 7, November 4, and December 2.

**Fridays:** from 2:15pm-4:15pm in the Higgins Conference Room at Anna Jaques.

**Date Options:** January 18, February 15, March 15, April 19, May 17, June 21, July 19, August 16, September 20, October 18, November 15, and December 20.

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

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

◆ 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. We will also visit the Birth Center and maybe even see a real newborn baby!

Please attend in the third trimester of pregnancy.

**Details:** Sundays from 1:15pm-2:15pm.

**Date Options:** February 10, April 14, June 23, September 29, October 27, and December 15.

**Cost:** $30 per family

Dates/times of classes are subject to change, visit www.ajh.org for updates.
♦ MOTHER & BABY GROUPS

Free group gatherings for all mothers and their babies, grandmothers, and female caregivers 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.

All feeding types are welcome. Drop-ins only, no registration required.

**Mother & Baby Newborns: 0-6 Weeks**

Wednesdays from 2:00pm-3:30pm in the Higgins Conference Room at Anna Jaques.
Focused on adjusting to the first few months of parenthood to support new mothers and their brand new babies.

**Mother & Baby: Newburyport & Haverhill**

Tuesdays-Newburyport: 10:00am-11:45am in the Higgins Conference Room at Anna Jaques.

Thursdays-Haverhill: 10:30am-12:00pm at 600 Primrose Street, Haverhill.
Focused on supporting mothers and their babies throughout their journey into toddlerhood.

♦ 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 Patient Care Navigator.

**Details:** Tuesdays at 9:00am 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:** Tuesdays from 6:30pm-8:30pm in the Higgins Conference Room.

**Date Options:** January 8, February 12, March 12, April 9, May 14, June 11, July 9, August 13, September 10, October 8, November 12, and December 10.

**Cost:** $25 per person

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**CLASS BUNDLE OPTION**

- ✔ Childbirth Education (in-house or online)
- ✔ Newborn Care Class
- ✔ Breastfeeding Class
- ✔ Infant CPR Anytime
- ✔ Infant Massage

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

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**LOOKING FOR A PEDIATRICIAN?**