Birthing Class Offerings for 2020

WELCOME We encourage women planning to deliver at York Hospital to learn as much as possible about pregnancy, parenting and childbirth by participating in our birthing classes. The Family Care Team is pleased to offer the following educational opportunities for expectant families.

We offer: • Breastfeeding Class • Siblings Class • Childbirth Education

We recommend classes be completed by the 37th week of pregnancy, if possible. Classes are held in the Education Room at Miracles Family Center at York Hospital. These are relaxed sessions; dress comfortably and bring pillows for comfort if you would like. Also, you are welcome to bring refreshments, or food and beverages are available from the York Hospital cafeteria for purchase. Visit our online menu at:

https://www.yorkhospital.com/patients-and-visitors/dining-daily-specials/
or call 207-351-2368, if you would like to pre-order.

Please note class charges will be billed to your insurance company on the date of service. Please check with your insurance company, as not all insurance companies cover the cost of classes.

If you have questions about any class or wish to sign up, please call 207-351-2129 or e-mail: Linnea Stone at lstone@yorkhospital.com

You may also sign up for classes through the York Hospital website under Resources, then Classes & Events
https://www.yorkhospital.com/events/

miracles
Family Center at York Hospital

SEE OTHER SIDE FOR CLASS INFORMATION

Childbirth Preparation

This class is designed to provide information regarding the changes and discomforts of pregnancy, the stages of labor, and labor management techniques. You will learn about:

- Breathing, relaxation, massage, and positioning
- Various labor and delivery scenarios
- Medical interventions, medications, cesarean sections, and postpartum care
- Newborn care and procedures

Wednesday Evening classes: 6:00pm to 8:30pm, alternating months, as follows:

Jan 8 & 15	March 4 &11	May 6 & 13	July 1 & 8	September 2 & 9	November 4 &11

Saturday classes: 9:00am to 11:30am, alternating months as follows:

Feb 1 & 15	April 4 & 11	June 6 & 13	August 8 & 15	October 3 & 10	December 5 & 12

Class Fee: $111

Please e-mail Linnea Stone at lstone@yorkhospital.com if you have any questions or would like to sign-up for Childbirth Education, or call the Family Care Team at 207-351-2129.

Breastfeeding:

This one night class is for parents to learn about breastfeeding your baby. It is facilitated by a Lactation Consultant. The goals for this class are for expectant parents to:

- Understand infant feeding cues and behaviors
- Learn how to care for the breastfeeding mother
- Build confidence in caring for your baby

Evening class: 6:00 to 7:30pm, on Tuesday of every month, except for November as follows:

January 28	Feburary 25	March 24	April 28	May 26	June 23
July 28	August 25	September 22	October 27	December 22	

Class Fee: $35

Siblings Class:

Families with children aged 3 and up will visit the Miracles Family Center, watch a video, and talk about becoming big brothers and sisters. Kids learn to diaper and safely hold a baby.

Evening class: 6:00 to 7:00pm, 1st Monday of every other month, as follows:

Feburary 3	April 6	June 1	August 3	October 5	December 7

Class Family fee: $33