Infant Care Classes

If you want to learn the basics of infant care—bathing, newborn behaviors, immunizations, safety issues, and parenting tips—join us for this two-week program. This class meets twice and is taught by a Experienced Childbirth Educator.

We recommend you attend the class anytime after your 5th month of pregnancy. Family members are welcome to attend.

Classes at Albany Medical Center Hospital:

Dates: January 10 and 17
February 7 and 14
March 19 and 26
April 11 and 18
May 16 and 23
June 13 and 20

Time: 6:30-8:30 p.m.

Room: A-332
Fee: $30

Class at Albany Medical Center - Interval Medicine/Pediatrics, 724 Watervliet-Shaker Rd,
Latham, NY:

Dates: January 23 and 30
March 6 and 13
May 1 and 8

Time: 5:30-7:30 p.m.

Fee: $30 per couple / support person.

Grandparent Update

Class includes a discussion of obstetrical practices and changes in infant care, feeding and safety that have occurred during the last several years. This class is designed for grandparents-to-be to provide updated information.

Class meets once and is taught by a Experienced Childbirth Educator.

Dates: January 15
April 16

Time: 6:30-8:30 p.m.

Room: A-332
Fee: $15 per family
Childbearing Family Education Programs for 2013

The staff of The Birth Place at Albany Medical invites you and your family to participate in our educational programs. The programs have been developed to assist you and your family in preparing for the birth of your baby.

Registration is required for all programs. However, our programs fill up quickly and space is limited. Please pre-register EARLY by calling (518) 262-8447 before mailing in your registration form.

If you would like to check on program dates and their availability and/or have any questions regarding our programs, please call (518) 262-8447 or check our web site at http://www.amc.edu/calendar/.

Childbirth Education Series

Pregnant women and their partners wanting to learn more about labor, birth, and the early postpartum period are invited to attend this class. The class meets once a week. It is taught by an International Childbirth Education Association certified childbirth educator. A tour of The Birth Place is included. Classes are limited to ten couples per class. Please wear comfortable clothes, bring two pillows to class and an exercise mat/blanket.

Dates:

Wednesday Series (6:00-8:45 p.m.)
- January 16 - February 6
- March 27 - April 17
- May 1 - 22
- June 5 - 26
- July 10 - 31
- September 4 - 25
- October 9 - 30
- November 6 - December 4 (no class 11/27)

Thursday Series (6:30-8:15 p.m.)
- August 8 - 29

Sunday Series (6:00-8:30 p.m.)
- January 15 - February 3
- April 7 - 28
- June 2 - 23
- September 8 - 29
- November 20 - November 10

Time:
- 6:30-8:30 p.m.
- 7:00-9:15 p.m.
- 6:00-8:30 p.m.

Room:
- Huyck Auditorium
- D-603

Fee:
- $70 per couple/support person

Breastfeeding Series

If you are interested in learning more about breastfeeding join us for this two part Breastfeeding Series.

Class One focuses on the advantages of breastfeeding, milk production and basics such as position, techniques and how to tell if your baby is feeding well.

Dates:
- January 8 and 15
- February 5 and 12
- March 5 and 12
- April 2 and 9
- May 7 and 14
- June 4 and 11
- July 9 and 16
- August 6 and 13
- September 3 and 10
- October 8 and 15
- November 5 and 12
- December 10 and 17

Time:
- 6:30-8:30 p.m.
- 6:00-11:15 a.m.

Room:
- A-332
- A-532

Fee:
- $30 per couple/support person
- $10/child; $15/family with two or more children

Cesarean Birth Class

Women and their partners who would like to learn more about a cesarean birth are invited to participate in this class. Topics discussed include indications for cesarean birth, anesthesia, the birth, the role of your partner, care of your baby and your recovery. The class meets once.

Dates:
- January 22
- March 19
- April 30
- June 25

Time:
- 6:30-8:30 p.m.

Room:
- D-603

Fee:
- $15 per couple/support person

Sibling Class

Children aged three to six years old are invited to participate in the sibling class. The program includes a discussion on family preparation for the birth of a new baby, what new babies look like, how they act, and ways in which siblings can interact with them. “We practice diapering and holding dolls. A tour of The Birth Place is followed by refreshments. Parents attend the program with their children.

Experienced Childbirth Educators conduct the program. The class meets once and enrollment is limited. Children should bring their favorite stuffed animal/doll to class.

Dates:
- February 2
- May 4

Time:
- 10:00-11:15 a.m.

Room:
- A-532

Fee:
- $30 per couple/support person
- $10/child; $15/family with two or more children

Questions?
- Call (518) 262-8447
- Free parking is provided in the hospital parking garage for all programs.

Additional Information for Grandparent Class Only:

Name of Grandparent(s):
- Name:
- Age:
- M/F:
- Relationship:
- Address:
- City State Zip:
- Telephone (home):
- Cell/Work:
- OB Physician:
- Baby’s due date:
- Partner’s Name:

Additional Information for Sibling Class Only:

Child(ren)
- Name:
- Age:
- M/F:
- Name (grandparents):
- Relationship:
- Address:
- City State Zip:
- Telephone:
- Additional Information:

Additional Information for Grandparents Class Only:

Name:
- Address:
- City State Zip:
- Telephone:
- Additional Information:

Please mail to: Childbearing Family Education Programs - c/o Perinatal Outreach
Albany Medical Center
43 New Scotland Avenue, MC-90
Albany, New York 12208-3478

Childbearing Family Education Programs for 2013

Be sure to complete both sides of registration form.

Name:
- Address:
- City State Zip:
- Telephone (home):
- Cell/Work:
- OB Physician:
- Baby’s due date:
- Partner’s Name:

Fee:
- Childbearing Family Education Programs for 2013

Additional Information for Grandparents Class Only:

Name:
- Address:
- City State Zip:
- Telephone:
- Additional Information:

Please mail to: Childbearing Family Education Programs - c/o Perinatal Outreach
Albany Medical Center
43 New Scotland Avenue, MC-90
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Questions?
- Call (518) 262-8447
- Free parking is provided in the hospital parking garage for all programs.