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 an 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 6 and 13 July 7 and 14
February 3 and 10 August 4 and 11
March 5 and 10 September 8 and 15
April 7 and 14 October 6 and 13
May 5 and 12 November 5 and 10
June 2 and 9 December 1 and 8

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

Fee: $30 per couple / support person

Room: A-532

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 an experienced Childbirth Educator.

Dates: January 14 July 15
April 22 October 7

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

Fee: $15 per family

Room: A-532

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

Dates: January 22 and 29 July 23 and 30
March 19 and 26 September 17 and 24
May 21 and 28 November 12 and 19

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

Fee: $30 per couple / support person

Room: A-532

Total fee enclosed $
Childbearing Family Education Programs for 2014

The staff of The Birth Place at Albany Med 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 www.amc.edu/calendar/.

Childbearing Education Series

Pregnant women and their partners wanting to learn more about labor, birth, and the early postpartum period are invited to attend this program. The class meets once a week. It is taught by an ICEA (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:

- Monday Series (6:00-8:45 p.m.)
  - January 6 - 27
  - March 5 - 24
  - May 5 - June 2 (no class 5/5/14)
  - July 7 - 28
  - September 8 - 29
  - November 3 - 24
  - December 1 - 22

- Wednesday Series (6:00-8:45 p.m.)
  - February 5 - 26
  - April 2 - 23
  - June 11 - July 2

- Sunday Series (6:00-8:30 p.m.)
  - January 19 - February 9
  - April 27 - May 18
  - September 21 - October 12

Fee: $70 per couple/support person

Room: Huyck Auditorium

Additional Childbirth Education Series may be added. Please check our website at www.amc.edu/calendar/ for additional classes.

Cesarean Birth Class

Women and their partners who would like to learn more about a cesarean birth are invited to participate in this program. 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:

- February 18:
  - April 15
  - August 19
  - October 21

- June 17

- December 30

Fee: $10 per couple/support person

Room: D-603

Sibling Class

Children aged three to six years old are invited to attend the sibling class. The class 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 included. The class meets once and enrollment is limited.

Fee: $30 per couple/support person

Room: Huyck Auditorium

Additional Information for Grandparent Class

- Only: 
- Name of Grandparent(s)
- Name Age M/F
- Baby's due date
- Partner's Name
- City
- State
- Zip
- Telephone (cell/work)

- Additional Information for Sibling Class
- Only: 
- Name of sibling
- Baby's due date
- Partner's Name
- City
- State
- Zip
- Telephone (cell/work)

- Additional Information for Breastfeeding Class
- Only: 
- Name of Child(ren)
- Age
- M/F
- City
- State
- Zip
- Telephone (cell/work)

Breastfeeding Series

This class focuses on breastfeeding. Topics include the mother's physical changes during pregnancy. Classes are taught by an International Board Certified Lactation Consultant (IBCLC).

Dates:

- January 7 and 14
- February 4 and 11
- March 4 and 11
- April 1 and 8
- May 5 and 15
- June 3 and 10
- July 1 and 8
- August 5 and 12
- September 2 and 9
- October 7 and 14
- November 4 and 11
- December 2 and 9

Fee: $10/child; $15/family with two or more children

Room: A-332

Additional Information for Childbearing Family Education Programs for 2014

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: 

Additional Information for Grandparent Class

- Name of Grandparent(s)
- City
- State
- Zip
- Telephone (cell/work)

Free parking is provided in the hospital parking garage for all programs.