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 5 and 12
- February 2 and 9
- March 2 and 9
- April 13 and 20
- May 4 and 11
- June 1 and 8
- July 6 and 13
- August 3 and 10
- September 14 and 21
- October 5 and 12
- November 2 and 9
- December 7 and 14

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

Room: A-332

Fee: $35 per couple / support person

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

Dates:
- January 14 and 21
- April 8 and 15
- July 21 and 28
- October 20 and 27

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

Fee: $35 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 an experienced Childbirth Educator.

Dates:
- January 20
- April 8
- July 21
- October 6

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

Room: A-332

Fee: $25 per family
Childbearing Family Education Programs for 2015

The staff of The Birth Place at Albany Med invites you and your family to participate in our educational programs. The programs have been designed 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/

Open House for Expectant Parents

The Birth Place sponsors Expectant Parents Tours every month for families who would like to learn more about childbirth options at Albany Medical Center. Program dates are listed below. Experienced staff from Albany Medical Center present the program and take you on a tour of the units. Registration is required.

Dates:
- January 6 and 13
- July 7 and 14

Room: Hoyeck Auditorium

Fee: $35 per couple/support person

Additional Information for Expectant Parents

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

Telephone (home)

City
State
Zip

Telephone (cell/work)

Ob Physician

Baby’s due date

Partner’s Name

Email Address

Additional Information for Sibling Class Only

Children aged three to six years old are invited to join us for this two part 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 included. Experience Childbirth Educators conduct the program. The class meets once and enrollment is limited.

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.

Class Two discusses combining pumping while returning to work or school. This series can be taken any time during your pregnancy. Classes are taught by an International Board Certified Lactation Consultant (IBCLC).

Dates:
- January 6 and 15
- February 3 and 10
- March 10 and 17
- April 21 and 28
- May 12 and 19
- June 9 and 16
- July 7 and 14
- August 4 and 11
- September 1 and 8
- October 6 and 13
- November 5 and 10
- December 1 and 8

Room: D-605

Fee: $30 per couple / support person

Additional Information for Grandparent Class Only

Children should bring their favorite stuffed animal/doll to program. The class meets once and enrollment is limited. Participants attend the program with their children.

Experienced Childbirth Educators conduct the program. The class meets once. Grandparents are invited to attend this program. The class includes a tour of The Birth Place and a discussion on family preparation for the birth of a new baby, what new babies look like, how they act, and ways in which grandparents can interact with them. We practice diapering and holding dolls. A tour of The Birth Place is included.

Additional Information for Sibling Class Only

Children age three to six years old are invited to join us for this two part 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 included.

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

Experienced Childbirth Educators conduct the program that offers an introduction to breastfeeding. The class meets once and enrollment is limited. Participants attend the program with their children.

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.

Class Two discusses combining pumping while returning to work or school. This series can be taken any time during your pregnancy. Classes are taught by an International Board Certified Lactation Consultant (IBCLC).

Dates:
- January 17
- February 3 and 10
- March 10 and 17
- April 21 and 28
- May 12 and 19
- June 9 and 16
- July 7 and 14
- August 4 and 11
- September 1 and 8
- October 6 and 13
- November 5 and 10
- December 1 and 8

Room: D-605

Fee: $20 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.

Class Two discusses combining pumping while returning to work or school. This series can be taken any time during your pregnancy. Classes are taught by an International Board Certified Lactation Consultant (IBCLC).

Dates:
- January 6 and 13
- July 7 and 14
- August 4 and 11
- September 1 and 8
- October 6 and 13
- November 5 and 10
- December 1 and 8

Room: D-605

Fee: $20 per couple / support person

Childbearing Family Education Programs for 2015

Be sure to complete both sides of registration form.

Name

Address

City

State

Zip

Telephone

Email Address

OB Physician

Baby’s due date

Partner’s Name

Additional Information for Grandparent Class Only

Name of Grandparent(s)

Additional Information for Sibling Class Only

Name

Age

M/F

Telephone

Make checks payable to: Albany Medical Center

Questions? Call (518) 262-8447

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