

Childbearing Family Education Programs for 2010

Be sure to complete both sides of registration form.

Program	Date you wish to participate	Fee
Open House	_____	free
Childbirth Education Series	_____	\$70
Cesarean Birth Class	_____	\$15
Breastfeeding Class	_____	\$15
Breastfeeding and Returning to Work/School	_____	\$15 (\$10 if taking Breastfeeding Class)
Infant Care Series	_____	\$25
Sibling Class	_____	\$10/child \$15/family
Grandparent Update	_____	\$15/family
Total fee enclosed	\$ _____	

Confirmation of classes will be sent by mail upon receipt of completed registration form and payment of class fees.

*Please note that some insurance companies cover educational programs. Check with your insurance company for their reimbursement policy.

Please complete the information below, but please do not enclose payment if you participate in Blue Shield of Northeastern NY, Medicaid or HMO managed Medicaid.

Name of Insurance company _____
 Subscribers name _____
 Policy number _____
 Group number _____

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 Registered Professional Nurse.

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

Dates: January 5 and 12
 February 2 and 9
 March 2 and 9
 April 6 and 13
 May 4 and 11
 June 1 and 8
 July 13 and 20
 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 pm
Room: D-603
Fee: \$25

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 Registered Professional Nurse from The Birth Place.

Dates: January 6
 April 14
 June 2
 October 6

Time: 6:30-8:30 pm
Room: D-603
Fee: \$15 per family

The Birth Place at Albany Med
 Childbearing Family Educational Programs - c/o Perinatal Outreach
 43 New Scotland Avenue, MC-90
 Albany, New York 12208-3478

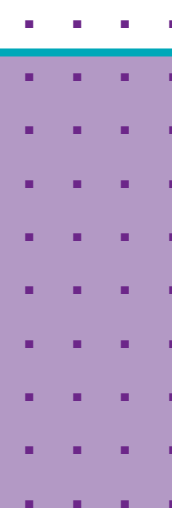
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Albany Medical Center

Childbearing Family Education Programs for 2010

The Birth Place at Albany Med



Childbearing Family Education Programs for 2010

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!

If you would like to check on program dates and their availability and/or have any questions regarding our programs, please call (518) 262-5162 or check our web site at http://www.amc.edu/patient/services/Birth_Place/Childbearing/index.cfm

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. Registered Professional Nurses from The Birth Place present the program, and take you on a tour of the units.

Dates: January 7 and 19 July 7 and 22
 February 7 and 17 August 5 and 18
 March 4 and 16 September 1 and 12
 April 7 and 20 October 7 and 20
 May 2 and 19 November 7 and 16
 June 3 and 15 December 1 and 9

Time: 7:00-9:00 pm weekdays,
 11:00am-1:00 pm Sundays

Room: C6 Classroom located by the "C" elevator on the 6th floor

Fee: None

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 program. The class meets once a week. It is taught by a ICEA (International Childbirth Education Association) certified childbirth educator. A tour of The Birth Place is included.

Classes are limited to eight couples per class. Please wear comfortable clothes, bring two pillows to class and an exercise mat/blanket.

Dates:

Tuesday Series

6:30-8:45 pm
 January 5 - February 2
 February 9 - March 16 (no class 2/23)
 March 30 - April 27
 May 4 - June 8 (no class 5/25)
 June 15 - July 20 (no class 6/29)
 August 3 - August 31
 September 28 - October 26
 November 9 - December 14 (no class 11/23)

Friday Series

6:30-8:45 pm
 February 5 - March 5
 April 23 - May 21

Thursday Series

6:30-8:45 pm
 January 14 - February 11
 March 4 - April 1
 May 27 - June 24
 October 14 - November 11

Sunday Series

6:00-8:15 pm
 January 17 - February 14
 March 7 - 28 (4 week series)
 April 11 - May 9
 August 22 - September 19
 October 17 - November 14

Room: Huyck Auditorium

Fee: \$70 per couple/support person

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 28 **Time:** 6:30-8:30 pm
 March 18 **Room:** D-603
 May 20 **Fee:** \$15 per couple/
 July 22 support person
 September 30
 December 9

Breastfeeding Class

If you are interested in learning more about breastfeeding, its advantages for you and your baby, some helpful techniques for getting started and an introduction to pumping, join us for this class.

The class can be taken any time during your pregnancy. This class is taught by an International Board Certified Lactation Consultant (IBCLC).

Dates: January 21 July 15
 February 18 August 19
 March 11 September 9
 April 15 October 21
 May 13 November 18
 June 17 December 16

Time: 6:30-8:30 pm

Room: D-603

Fee: \$15 per couple/support person

Breastfeeding and Returning to Work/School

Learn more about combining work outside of your home or returning to school while breastfeeding. Topics include milk production, negotiating flexible time, breast pumps, milk storage and helpful hints to care for yourself and your baby. We suggest you take this class about 6-8 weeks prior to returning to work. Class is taught by an IBCLC.

Dates: January 7 September 2
 March 4 October 28
 May 6 December 2
 July 8

Time: 6:30-8:30 pm

Room: D-603

Fee: \$15 per couple/support person; \$10 if you are also taking the Breastfeeding class.

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.

Registered Professional Nurses from the Birth Place conduct the program. The class meets once and enrollment is limited. Children should bring their favorite stuffed animal/doll to class.

Dates: February 6 June 12 November 13
 April 3 September 18

Time: 10:00-11:15 am

Room: D-603

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

Childbearing Family Education Programs for 2010

Be sure to complete both sides of registration form.

Name _____

Address _____

City _____ State _____ Zip _____

Telephone (day) _____
 (evening) _____

Physician _____

Baby's due date _____

Partner's Name _____

Additional Information for Sibling Class:

Child(ren) Name	Age	M/F
_____	_____	_____
_____	_____	_____

Additional Information for Grandparent Class:

Name of Grandparent(s) _____

Telephone _____

Make checks payable to: Albany Medical Center

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

Questions? Call (518) 262-5162

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