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 3 and 10
- July 10 and 17
- February 7 and 14
- August 14 and 21
- March 1 and 8
- September 6 and 13
- April 17 and 24
- October 9 and 16
- May 8 and 15
- November 6 and 13
- June 12 and 19
- December 4 and 11

Time: 6:30-8:30 pm
Room: D-603
Fee: $30 per couple/support person

Infant Care Classes

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:
- February 21
- August 28
- May 22
- November 20

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

Please complete the information below if you participate in Blue Shield of Northeastern NY, Medicaid or HMO Managed Medicaid only, and do not enclose payment.

Name of Insurance company _____________________
Subscribers name ______________________________
Policy number __________________________________
Group number __________________________________

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 both sides of registration form.

Program Date you wish to participate Fee
Open House Free
Childbirth Education Series $70
Cesarean Birth Class $15
Breastfeeding Series $30
Infant Care Series $30
Sibling Class $10/child
$15/family
Grandparent Update $15/family

Total fee enclosed $________________________

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Childbearing Family Education Programs for 2012

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 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

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.

Pregnant women and their partners wanting to learn more about labor, birth, and the early postpartum period are invited to attend this program. The classes occur once a week for five consecutive weeks. The staff of The Birth Place is followed by refreshments. Parents attend the program with their children.

Additional Information for Grandparent Class Only:

- Make check payable to: Albany Medical Center
- Program-c/o Perinatal Outreach
- 43 New Scotland Avenue, MC-90
- Albany Medical Center
- 518-262-8447
- Questions? Please email to:
- 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 latching on, positions and 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).

Additional Information for Sibling Class Only:

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 the sibling class 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 animaldoll to class.

Additional Information for Grandparent Class Only:

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- 518-262-8447
- Questions? Please email to:

Childbirth Education Series

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 5 August 30
March 15 October 4
May 17 November 29
July 26

Time: 6:30-8:30 pm
Room: D-603
Fee: $15 per couple/support person

Sibling Class

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- Albany Medical Center
- 518-262-8447
- Questions? Please email to:

Childbearing Family Education Programs for 2012

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 Sibling Class Only:
Child(ren) ____________________________
Name ____________________________
Age ____________ Sex: M/F ____________
Additional Information for Grandparent Class Only:
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

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