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.

Clases at Albany Medical Center Hospital:

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<th>Dates</th>
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<tr>
<td>January 4 and 11</td>
<td>July 11 and 18</td>
<td>February 1 and 8</td>
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<td>February 14 and 21</td>
<td>September 5 and 12</td>
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<td>March 14 and 21</td>
<td>October 5 and 10</td>
<td>April 4 and 11</td>
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<td>May 2 and 9</td>
<td>November 7 and 14</td>
<td>June 15 and 20</td>
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<td>June 13 and 20</td>
<td>December 9 and 12</td>
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Time: 6:30-8:30 p.m.

Room: A-332

Fee: $35 per couple/support person

Infant Care & Infant CPR Class

This one day class given on a Saturday covers the material covered in the 2 week Infant Care Class. You will learn the basics of infant care—bathing, newborn behaviors, immunizations, safety issues and parenting tips. There will be an infant CPR demonstration (no certification given). A tour of the Birthplace will also be given in this class. The class is taught by an experienced Childbirth Educator.

Dates: March 26
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<tr>
<td>May 14</td>
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<td>September 17</td>
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Time: 9:00 a.m.-5:00 p.m.

Room: A-352

Fee: $50 per couple/support person
Childbearing Family Education Programs for 2016

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 or check our website at www.amc.edu/calendar/programs, please call (518) 262-8447 or check our web availability and/or have any questions regarding our programs.

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 website 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 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 or blanket.

- Dates: Monday Series (6:00-8:45 p.m.)
  - January 4 - 25
  - April 2 - 23
  - July 6 - 27
  - October 2 - 23
  - February 1 - 25
- Dates: Wednesday Series (6:00-8:45 p.m.)
  - February 4 - 29, no class Feb. 8
  - May 2 - 23
  - August 1 - 22
  - November 7 - 28
- Room: Huyck Auditorium
- Fee: $75 per couple/support person

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 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 19
  - July 19
  - March 15
  - September 27
  - May 17
  - November 15
- Time: 6:30-8:30 p.m.
- 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 incubation 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 5 and 12
  - February 2 and 9
  - March 1 and 8
  - April 5 and 12
  - May 3 and 10
  - June 7 and 14
  - December 6 and 13
- Time: 6:30-8:30 p.m.
- Room: D-605
- Fee: $50 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: January 12
  - July 12
- Time: 6:30-8:30 p.m.
- Room: A-552
- Fee: $25 per family

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- Time: 6:30-8:30 p.m.
- Room: A-552
- Fee: $25 per family

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.

- Dates: January 12
  - July 12
  - April 12
- Time: 6:30-8:30 p.m.
- Room: A-552
- Fee: $25 per family

Childbearing Family Education Programs for 2016

Be sure to complete both sides of registration form.

Name __________________________
Address _________________________
City ___________________________ State ______ Zip ______
Telephone ______________________ (cell/ work) ______
OB Physician ____________________
Baby’s due date __________
Partner’s Name __________________
Email Address ____________________
Additional Information for Sibling Class Only: ________________________________
Child(ren) ______________________
Name __________________________ Age ______ 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
45 New Scotland Avenue, MC-90
Albany, New York 12208-3478

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