

MATERNAL CHILD HEALTH EDUCATION 2023 SCHEDULE

Visit our website www.goodsamhosp.org/moms
to view our virtual Maternity Tour

[For questions, class registration or to schedule an in-person tour of the Birthing Center, call Dina, Good Samaritan Hospital Maternity Consultant at 845.368.5450. Dina is available Tuesdays, Wednesdays and Thursdays.](#)

All classes will be held in person in the Birthing Center classroom located on the 5th floor at Good Samaritan Hospital.

Prepared Childbirth Class on Sundays from 10 a.m. - 3 p.m.

This class prepares expectant parents for the Labor & Delivery experience. It is taught by a Labor & Delivery RN and covers the birthing process, comfort techniques, the role of the labor support person, relaxation and breathing techniques. You have waited 9 months for this day, let us help you achieve your goal of a safe well prepared delivery.

January 8	February 5	March 5	April 9
May 7	June 4	July 30	August 27
September 17	October 22	November 12	December 3

Breastfeeding Class on the 3rd Tuesday of each month from 1 p.m. - 4 p.m.

Breastfeeding is the best source of infant nutrition. It provides remarkable health benefits to the mother as well as the baby. Please join us for a class taught by our IBCLC Lactation Consultant as she focuses on practical information and tips to promote a positive breastfeeding experience.

Topics include what to expect during the first days after delivery, how milk is made, latch-on techniques, pumping and storage and proper positioning.

January 17	February 21	March 21
April 18	May 16	June 20
July 18	August 15	September 19
October 17	November 14 (2 ND TUESDAY)	December 19

Newborn Care Class on the 2nd Thursday of each month from 7:30 p.m. - 9:30 p.m.

This is a class designed for first time parents or caregivers. The basics of newborn care, holding, diapering, bathing, swaddling, safe sleep, infant feeding and comfort measures. Bring your questions, we have the answers.

January 12	February 9	March 9	April 20 (3 RD THURSDAY)
May 11	June 8	July 13	August 10
September 14	October 12	November 9	December 14