

MATERNAL CHILD HEALTH EDUCATION 2025 SCHEDULE

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

[For questions and to register call 845-368-5450](tel:845-368-5450)

Prepared Childbirth Class - Sundays from 10a – 4p

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 5	February 2	March 2	April 6
May 4	June 1	July 13	August 3
September 7	October 5	November 2	December 7

Breastfeeding Class Tuesdays 1p – 4p

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.

February 11	April 15	June 17
August 21	October 18 Saturday 1-4	December 13 Saturday 1-4

Newborn Care Class Thursdays 7:30p – 9:30p

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 16	March 20	May 15
July 17	September 18	November 13

Please note: there may be circumstances where class dates change