

# MATERNAL CHILD HEALTH EDUCATION 2022 SCHEDULE via ZOOM



**Visit our website [www.goodsamhosp.org/moms](http://www.goodsamhosp.org/moms)  
to view our virtual Maternity Tour**

**For questions and to register call Dina the Maternity Consultant  
on Tuesdays, Wednesdays or Thursdays at  
845-368-5450**

### **Prepared Childbirth Zoom Class      Sundays from 10a – 3p**

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 9	February 6	March 6	April 24
May 15	June 12	July 24	August 21
September 18	October 16	November 6	December 4

### **Breastfeeding Zoom Class 3rd Tuesday of each month    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.

January 25	February 22	March 8
April 19	May 17	June 21
July 19	August 16	September 20
October 18	November 15	December 20

### **Newborn Care Zoom Class    2<sup>nd</sup> Thursday of each month 11a – 1p**

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 13	February 10	March 10	April 14
May 12	June 9	July 14	August 11
September 8	October 13	November 10	December 8

**NURSING MOTHERS SUPPORT GROUP – REGISTRATION REQUIRED  
Second Tuesday of the Month via ZOOM  
12:30pm – 2:00pm  
Call 845-368-8270 to register**