



## Childbirth and New Parent Education

Visit: [www.bmsch.org/events-childbirth](http://www.bmsch.org/events-childbirth)

### Maternity Tours (Free)

Expectant parents, this complete maternity experience will guide you through what to expect from your first steps into the hospital until you leave our maternity unit with your beautiful baby. Two tours offered each month. Registration required. *The tour is free. For details and to register call 1-888-637-9584.*

### Childbirth Experience

A class which prepares expectant parents to effectively participate in: delivery, anesthesia, analgesia, breathing and body conditioning, and recognizing signs of postpartum depression. One day, 6-hour session, includes a maternity tour. Offered once a month. Registration required. *There is a fee for this class. For details and to register call 1-888-637-9584.*

### Preparing and Caring For Baby

A class which prepares new parents to care for their newborn; safety, growth and development, bathing and feeding are a few of the topics covered. One day, 6-hour session. Offered once a month. Registration required. *There is a fee for this class. For details and to register call 1-888-637-9584.*

### Breastfeeding 101

Get expert advice from our certified lactation consultant on beginning your breastfeeding journey with your newborn. Find out how to tell if things are going well and when to get help. Offered once a month. Registration required. *There is a fee for this class. For details and to register call 1-888-637-9584.*

### The Start of a Beautiful Friendship

A family packet, designed to prepare parents and soon-to-be big brothers and sisters for the arrival of a new sibling. Parents will learn tips to help manage their growing family. Big-brothers and sisters-to-be will receive an interactive workbook to express their feelings about the new sibling. For ages 3-10. To request your "Start of a Beautiful Friendship" family packet, call 732.846.0131 or email [Kathleen.johnson@rwjuh.edu](mailto:Kathleen.johnson@rwjuh.edu). *The packet is free.*

**New Moms – New Babies Weekly Support Group.** Join other Moms as you discuss topics like lack of sleep, body image issues, staying at home or working outside the home, child care issues, and how to balance the needs of a baby and the needs of the family. *The group is free. For details call 732-253-3871.*

**For a list of car seat inspection stations in your county (locations, dates and times) visit [www.njsaferoads.com](http://www.njsaferoads.com); for information about proper use of car seats please call 732.418.8026.**