

REGISTRATION FORM

NAMES ATTENDING: (PLEASE PRINT)

Address:

City: _____

State: _____ Zip: _____

Phone: _____

E-MAIL: _____

Physician's Name: _____

Due Date: _____

Childbirth Class Breastfeeding

Date of Class(es): _____

Total: _____

Method of Payment:

Check Check #: _____

Credit card Exp. Date: _____

Credit Card #: _____

MC AMEX DISC VISA+ 3 digits on back _____

Signature: _____

Breastfeeding Class

Breastfeeding is one of the most natural and beneficial activities for new mothers and their babies. However, in order to make it a happy experience for both, it's very important to have the correct knowledge about breastfeeding.

This 2 hour session includes information on:

- How to get started
- Benefits of breastfeeding
- Positioning
- The use of breast pumps
- Physical & emotional expectations

2010 COURSE DATES:

Jan 12 Feb 9 Mar 9 Apr 13
May 11 Jun 8 Jul 13 Aug 10
Sept 14 Oct 12 Nov 16 Dec 14

Meuser Auditorium
Corner of Lehigh & 20th St
7 p.m.-9 p.m.

Cost: \$30.00/mother \$20.00 if
taken with a childbirth class

Please include payment and mail
registration form to:

EASTON HOSPITAL
Attn: Patricia Reilly, MBA,BSN,RN-BC
Director, Nursing Education
250 South 21st Street
Easton, PA 18042
Phone (610) 250-4682
www.patricia_reilly@chs.net



Childbirth Classes 2010

*The Family Birth
Center*



PREPARED CHILDBIRTH COURSES

Preparing for the arrival of your baby can be a real learning experience for mom, dad, brothers, sisters, and even grandparents. Easton Hospital offers prenatal classes that are taught by certified childbirth educators offered in either one-day sessions or four-week sessions to help you prepare for the arrival of your little one. These informal, educational classes cover a wide range of topics from labor and delivery, through relaxation techniques and conditioning exercises and include a tour of the Maternal-Newborn Unit. Dress comfortably, and bring a pillow and blanket.

CLASSES INCLUDE INFORMATION ON:

- *Pain management*
- *Medication*
- *Vaginal birth after Cesarean Section*
- *Physical and emotional expectations*
- *Postpartum issues*

Childbirth One-day Session

One-day sessions include a continental breakfast & lunch for both mother and coach. Located on the 1st Floor via the Main Entrance in Kroner Auditorium.

COURSE DATES:

SATURDAYS, 8A.M.-4:30P.M.

January 23	February 20
March 20	April 17
May 15	June 12
August 21	September 18
October 2	November 6

Cost: \$100.00 for Mother & Coach

Take any Prepared Childbirth Course and receive the Breastfeeding class at 33% discount.



Childbirth Four-week Session

Four-week sessions include snacks for both mother & coach. Located on the 1st Floor via the Main Entrance in Kroner Auditorium.

COURSE DATES:

WEDNESDAYS, 7 - 9PM

January 6, 13, 20, 27
March 3, 10, 17, 24
April 21, 28, May 5, 12
June 2, 9, 16, 23
August 18, 25, Sept 1, 8
October 20, 27, Nov 3, 10

Cost: \$100.00 for Mother & Coach

Childbirth Refresher Session

This session reviews the information on labor and delivery for parents who have already participated in a childbirth class. *Not recommended for first time parents.*

COURSE DATES

7-9PM on the 2ND & 3RD nights of four-week sessions.

Cost: \$50.00 for Mother & Coach