



FOR OFFICE USE ONLY
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CONF. MAILED:
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Congratulations on your pregnancy!

Learning about your pregnancy, birth, and early parenting is vital to the health of you and your baby. The Childbirth and Parenthood program at Penn State Health Milton S. Hershey Medical Center offers many learning opportunities. Please see the schedule for class dates. Be sure to enroll early, classes do fill quickly. If you have any questions, please call 717-531-6981.

To register, complete this form and return top copy with payment, payable to **HMC** (*note: any form of state medical assistance does not require payment up front, but you must submit a registration form to enroll in your classes), at your next prenatal visit **OR** mail to:

Childbirth and Parenthood Program
Women's Health HS01
Penn State Health Milton S. Hershey Medical Center
P.O. Box 850
Hershey, PA 17033

Last name:	First name:	Birthdate:	Partner's name:
Address:			
Home phone:		Alternate phone:	
Due date:	Children's Names/Ages (if signing up for Sibling Class)		

***PRICES LISTED ARE PER COUPLE.** Please list 3 choices for each class you wish to enroll in.

PREPARING FOR CHILDBIRTH			
Classes to take as you wait for the arrival of your baby. Encouraged to begin at 28-30 weeks.			
CLASS		1st choice	2nd choice
Breastfeeding Basics	\$11		
Prepared Childbirth One Day Saturday Class	\$63		
Prepared Childbirth Wednesday Series (3 week course)	\$63		
PREPARED CHILDBIRTH PACKAGE – If you take a Prepared Childbirth Class (Series or the One Day class) and the Breastfeeding Basics class, you pay the special package rate of \$63 for both classes!			

PARENTING CLASSES			
As you wait for your baby's arrival, learn about safety issues and care of your infant, or prep a big sister or brother for a new role.			
CLASS		1st choice	2nd choice
Infant Care Class	\$16		
Infant CPR and Safety	\$21		
EARLY PARENTING SERIES – If you take the Infant Care Class and Infant CPR and Safety Class, you pay the special package rate of \$32 for both classes!			
Sibling Class	\$11		

POSTPARTUM CLASSES/SUPPORT GROUPS	
These classes/support groups are available after your baby has arrived. There is no charge. Choose 1 date for Father's Class.	
Postpartum Breastfeeding Support Group	Tues. 10am-12pm at Ronald McDonald House – call 717-531-1298 to register
Postpartum Exercise/Breastfeeding Support	Thurs. 10am-12pm at University Fitness Center – call 717-531-1298 to register
Father's Class (See schedule for dates, for babies 2-8 months old)	Date:

Total amount enclosed: _____

Submit payment and top copy of this registration to address listed above. Payments cannot be accepted by instructors at the classes, they must be submitted in advance (as noted above, payment is not required for those with medical assistance). You will receive a confirmation letter for each class in which you are enrolled and a receipt for your payment by mail.