



CHILDBIRTH EDUCATION PROGRAM 2019

encouraged to begin your classes at 28-30 weeks (please register before that time!)

Prepared Childbirth Classes - offered as a 3 week series or one day option

Prepared Childbirth Wednesday Series - 3 weeks

6:00-8:30 PM at Mohler Senior Center, 25 Hope Drive, Hershey

	<u>Class 1</u>	<u>Class 2</u>	<u>Class 3</u>
Start date Jan 16	16-Jan	23-Jan	30-Jan
Start date Feb 27	27-Feb	6-Mar	13-Mar
Start date April 24	24-Apr	1-May	8-May
Start date June 12	12-Jun	19-Jun	26-Jun
Start date July 24	24-Jul	31-Jul	7-Aug
Start date Sept 4	4-Sep	11-Sep	18-Sep
Start date Oct 23	23-Oct	30-Oct	6-Nov
Start date Dec 4	4-Dec	11-Dec	18-Dec

**when registering, list choice by 'start date'; a snow cancellation extends session by 1 week*

You may bring snacks/drinks; dress comfortably

Prepared Childbirth One Day Saturday Class

9:00 AM-4:00 PM at Main Hospital (you will be notified of room location)

12-Jan <i>(snow day 1/19)</i>	13-Jul
9-Feb <i>(snow day 2/16)</i>	10-Aug
9-Mar <i>(snow day 3/16)</i>	14-Sep
6-Apr	12-Oct
4-May	9-Nov
1-Jun	7-Dec

You may bring towel or yoga mat, snacks/drinks; dress comfortably

Lunch is on your own for this class - you may bring a lunch or purchase in cafeteria

REGISTER EARLY!

For more information call 717-531-6981

Other Prenatal Parenting Classes & Sibling Class

Breastfeeding Class - 2nd Tuesday of the month

6:00-8:30 PM Mohler Senior Center

Dates: 1/8, 2/12, 3/12, 4/9, 5/14, 6/11, 7/9, 8/13, 9/10, 10/8, 11/12, 12/10

Infant CPR & Safety - 3rd Tuesday of the month

6:00-8:30 PM Mohler Senior Center

Dates: 1/15, 2/19, 3/19, 4/16, 5/21, 6/18, 7/16, 8/20, 9/17, 10/15, 11/19, 12/17

Infant Care Class - 4th Tuesday of the month

6:00-8:30 PM Mohler Senior Center

Dates: 1/22, 2/26, 3/26, 4/23, 5/28, 6/25, 7/23, 8/27, 9/24, 10/22, 11/26

For the big brother or sister:

Sibling Class - Quarterly class

prep a big brother or big sister for a new role - room to be announced

Dates: 3/5, 6/4, 9/3, 12/3

After arrival of your newborn, we offer:

Postpartum Breastfeeding Support (Mothers & Babies)*

Tues/Thurs - Hershey Public Library

10:00 AM-12:00 PM

1st & 3rd Monday of the month - Mohler Senior Center

5:15 PM-7:00 PM

**please call 717-531-1298 before your first meeting to schedule/confirm*

Father's Class (Fathers & Babies) - three classes per calendar year

6:30-7:30 PM Mohler Senior Center

Dates: 4/2, 8/6, 11/5