CHILDBIRTH EDUCATION PROGRAM 2020

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

<table>
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<tr>
<th>Start date</th>
<th>Class 1</th>
<th>Class 2</th>
<th>Class 3</th>
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<td>Jan 8</td>
<td>8-Jan</td>
<td>15-Jan</td>
<td>22-Jan</td>
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<td>Feb 19</td>
<td>19-Feb</td>
<td>26-Feb</td>
<td>4-Mar</td>
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<td>April 1</td>
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<td>May 13</td>
<td>13-May</td>
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<td>June 17</td>
<td>17-Jun</td>
<td>24-Jun</td>
<td>1-Jul</td>
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<td>Aug 5</td>
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<td>12-Aug</td>
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<td>Sept 16</td>
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<td>23-Sep</td>
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<td>Oct 21</td>
<td>21-Oct</td>
<td>28-Oct</td>
<td>4-Nov</td>
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<td>Dec 2</td>
<td>2-Dec</td>
<td>9-Dec</td>
<td>16-Dec</td>
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*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)

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<th>Start date</th>
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<td>4-Jan</td>
<td>(snow day 1/11)</td>
<td>11-Jul</td>
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<td>1-Feb</td>
<td>(snow day 2/8)</td>
<td>8-Aug</td>
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<td>7-Mar</td>
<td>(snow day 3/14)</td>
<td>12-Sep</td>
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<td>4-Apr</td>
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<td>3-Oct</td>
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<td>2-May</td>
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<td>7-Nov</td>
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<td>6-Jun</td>
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<td>5-Dec</td>
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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! See other side for additional classes**
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: 1/14, 2/11, 3/10, 4/14, 5/12, 6/9, 7/14, 8/11, 9/8, 10/13, 11/10, 12/8

**Infant CPR & Safety** - 3rd Tuesday of the month
6:00-8:30 PM Mohler Senior Center
Dates: 1/21, 2/18, 3/17, 4/21, 5/19, 6/16, 7/21, 8/18, 9/15, 10/20, 11/17, 12/15

**Infant Care Class** - 4th Tuesday of the month
6:00-8:30 PM Mohler Senior Center

*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: 3/3, 6/2, 9/1, 12/1

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After arrival of your newborn, we offer:

**Postpartum Classes/Support**

**Postpartum Breastfeeding Support** (Mothers & Babies)
10:00 AM-12:00 PM
**Tues/Thurs** - Hershey Public Library

5:15 PM-7:00 PM
**1st & 3rd Monday of the month** - Mohler Senior Center

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

*Due to high demand, we also offer these classes*

**Prepared Childbirth One Day Sunday Class**
This is a condensed Childbirth Preparation Class. Less time is spent practicing positions for labor and breathing techniques. It does include a tour of Women’s Health.

1:00-6:00 PM at Main Hospital, room T2500
1st Sunday of the month (exception is January 2019)
Dates: 1/5, 2/2, 3/8, 4/5, 5/3, 6/7, 7/12, 8/9, 9/13, 10/4, 11/8, 12/6

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

**Specialties Combination Class** - Infant CPR & Safety, Infant Care, Breastfeeding
Most sessions 4th Monday of the month (see dates for exceptions)
9:00 AM-3:00 PM at 30 Hope Drive, room 2702 A/B

**Hospital Tours**
Not taking a Prepared Childbirth Class but desire a tour of Women’s Health?
Tours are offered several times per month but you must be registered.

Tours are scheduled:
* 1st and 3rd Monday evening of the month
* 2nd Sunday of the month at scheduled times between 1:00 PM-4:00 PM
  Select Thursdays at 1:30 PM

Please contact the Childbirth Education Dept. at 717-531-6981 to schedule

_Please note: If you are taking Prepared Childbirth class, a tour is already included with that class, no need for you to schedule this tour._