



## **Family Education Programs**

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### **Lamaze® Childbirth Education**

St. Joseph's Regional Medical Center's Lamaze® Childbirth Education classes instill confidence in expectant parents as they embark on their miraculous journey of becoming parents by supporting and protecting normal birth through education and advocacy.

This five consecutive Tuesday evening series (2-1/2 hours each evening) includes the following topics of discussion: changes in the body during pregnancy, comfort measures for coping with labor, positions for birth, breastfeeding, newborn care and postpartum expectations. A tour of the Labor and Delivery Suites and the Mother Baby Unit are included in these sessions. Private sessions (two sessions of 2-1/2 hours each) are available upon request for those who prefer the class in the comfort and privacy of their home. Registration during the 7<sup>th</sup> month of pregnancy is suggested. Classes are ongoing and are taught by Lamaze® Certified Childbirth Educators. For more information, contact Lou Ann Damsma at 973.754.3451.

### **Marvelous Multiples**

This class is offered for parents expecting multiple babies. Practical information is discussed with parents, which includes physical and emotional changes with a multiple pregnancy, expectations in the Labor and Delivery Unit, caring for multiple babies and the need for support and planning. A tour of the Labor and Delivery Suites, Mother Baby Unit and Neonatal Intensive Care Unit is included in this class. Parents are encouraged to register in their fourth month of pregnancy. Classes scheduled according to need. For more information, contact Lou Ann Damsma at 973.754.3451.

### **Breastfeeding Class**

This two-hour class presents the many benefits of breastfeeding for Mom and Baby, along with discussion of breastfeeding techniques. Topics discussed include effective breastfeeding, proper latch, pumping, returning to work and establishing a support system. Moms, Dads and Babies are all welcome! Classes offered monthly. For more information, contact Lou Ann Damsma at 973.754.3451.

### **Newborn Care Class**

This “hands on” class is offered for anyone caring for a newborn. Up to date information and basic skills for newborn care are discussed and demonstrated. Infant safety is also discussed. Classes offered monthly. For more information, contact Lou Ann Damsma at 973.754.3451.

### **Tour of Labor & Delivery Suites and the Mother Baby Unit**

We will provide guided tours for expectant parents of the Labor and Delivery Suites, along with the Mother Baby Unit accommodations. We will be happy to arrange a tour with parents for a time and date that is convenient. For more information, contact Lou Ann Damsma at 973.754.3451.

### **Sibling Class**

Our Sibling Class is designed for Big Brother or Sister to be, ages 3 to 9. The program will be age specific so each sibling's need can be addressed. A tour of the Mother Baby unit is included. Classes scheduled upon request. For more information, contact Lou Ann Damsma at 973.754.3451.

### **Infant Massage**

Research confirms the importance of nurturing touch in the healthy growth and development of a child. Infant massage has been proven to help relax and decrease stress for baby, relieve discomfort from gas, colic and constipation, normalize muscle tone, stimulate brain development, in addition to promoting bonding and attachment. Parents learn to understand and respond to their baby's cues and gain confidence in their ability to care for their baby.

This five-week (one hour session each week) course teaches parents nurturing touch through infant massage. Infants up to one year of age are welcome to attend with their parents. This course is taught by a Certified Educator of Infant Massage. Please call for course dates, contact Lou Ann Damsma at 973.754.3451.

### **New Mom's Support Group**

Come and gather with other new moms to discuss the most common challenges and joys of motherhood. This group is free, refreshments will be served and babies are welcome! Groups will meet Wednesdays from 10:00a.m. – 11:00a.m. on the following dates: September 16 & 30, 2009; October 7 & 21, 2009; November 4 & 18, 2009; and December 2 & 16, 2009. For more information, contact Lou Ann Damsma at 973.754.3451.

### **Boot Camp for New Dads®**

Boot Camp for New Dads® is a unique father-to-father, community based workshop that inspires and equips men of different economic levels, ages and cultures to become confidently engaged with their infants, support their mates and personally navigate their transformation into dads. This course can be brought to your location or can be held on our campus. For more information, contact Lou Ann Damsma at 973.754.3451.

### **Safe Sitter® Baby Sitter Training Course**

The Safe Sitter® Program consists of a specific curriculum designed for young people between the ages of 11 to 13. Safe Sitter® improves the welfare of young children by increasing the availability of young adolescents instructed in safe and nurturing childcare techniques. This program enhances the lives of young people by providing the opportunity to acquire competencies in rescue skills, basic first aid, and nurturing, safe childcare techniques. Young people who attend this course emerge as more confident, responsible and compassionate young adults. The instructors thrive on making a difference in the lives of these adolescents and the children entrusted to their care. This program is offered as a one or two day course. We will hold this course at a location that is convenient for your group or at our facility. For more information, contact Lou Ann Damsma at 973.754.3451.

### **American Heart Association Heart Saver CPR, Automated External Defibrillator (AED) and First Aid Course**

It may be the most valuable lesson a person can learn: How to save the life of a loved one, neighbor or friend by performing the simple steps of CPR, AED, treatment of severe choking (obstructed airway) and First Aid. We offer a variety of programs to meet the needs of the individual or group. All courses are taught by American Heart Association Certified Instructors. For more information, contact Lou Ann Damsma at 973.754.3451.

