

Pregnancy and parenthood

Preparation classes

St. Charles Hospital Maternity Tour

General tour of Labor & Delivery, Maternity & NICU departments; if possible, viewing of a Maternity Department patient room. Questions are always welcome.

Meets first and third Saturday of each month, 10:30 am – 11:30 am

Location: Meet in hospital's main lobby

Prenatal Breastfeeding

Be prepared for all that your bundle of joy will bring you. Join Julie Ocon, RN, board-certified lactation consultant, to discuss a well-rounded and simple approach to breastfeeding success.

Meets first Monday of the month, 4:00 pm – 5:30 pm

Location: Call for details (631) 474-3700

Newborn Parenting 101

Class topics: postpartum recovery in the hospital setting; newborn care; car seat safety. Demonstrations: bathing, diapering, swaddling. We recommend taking this class one to two months prior to your due date.

Meets second Tuesday of the month, 5:00 pm – 8:00 pm

Location: Family Education Classroom (631) 474-3700
\$30.00 per couple

Childbirth Preparation

Class topics: pregnancy complaints; signs and symptoms of labor; labor coach; relaxation and breathing techniques; stages of labor and delivery; medications; pushing and birth; cesarean section; cord blood and tissue banking; postpartum; newborns; safety concerns.

Meets Saturday or Sunday, 9:00 am – 3:00 pm

Location: Call for details (631) 474-3700

No cost if delivering at St. Charles Hospital; otherwise, \$99.00 per couple

Lactation Support Group

Support group for mothers needing assistance in the early stages of breastfeeding. Listen to lactation consultant-led discussions weekly while enjoying the company of other mothers in a non-judgmental, friendly and relaxed setting.

Meets every Thursday, 2:00 pm – 3:15 pm

Location: Family Education Classroom

No need to be exclusively breastfeeding or have had delivered your baby at St. Charles Hospital.

Sibling Class

This class helps parents and siblings prepare for the new baby. Includes a craft, a story about becoming a big brother or sister, a demonstration of swaddling and holding a newborn, and a tour of the mother-baby unit.

Meets first and third Saturday of each month, 9:15 am – 10:15 am

Location: Family Education Classroom

Family & Friends CPR

Learn lifesaving skills for adults, children and infants including: hands-on CPR, adult CPR with breaths, child CPR with breaths, adult and child AED use, infant CPR, and mild and severe airway block for adults, children and infants. Skills taught in a dynamic group environment using the AHA's research-proven practices and methods.

Meets first Saturday of the month, 10:00 am – 1:00 pm

Location: St. Charles Hospital's Nursing Education Department
\$50.00 per person



For more information or to register, please call (631) 474-3700