





# THE MATERNITY CENTER AT MONTEFIORE NYACK HOSPITAL

## CHILDBIRTH + INFANT CARE EDUCATION CLASSES

### MATERNITY CENTER TOUR

**Sunday, 12:00 PM and Wednesday, 8:00 PM**




Tour the Montefiore Nyack Hospital Maternity Center.

-  Free of charge
-  Registration required
-  Please call 845-348-2660 the day of to confirm tour.
-  Sundays: 3/3, 3/10, 3/17, 3/24  
Wednesdays: 3/6, 3/13, 3/20, 3/27

### BREASTFEEDING BASICS

**Wednesday, 7:00 PM – 9:00 PM**






Prepare for the first days and weeks of breastfeeding your baby. Learn the benefits and basics of breastfeeding, including positioning, nutrition, storage, pumping, milk storage, using and maintaining breastfeeding equipment and strategies for returning to work.

-  \$50 per couple
-  Registration required **download form here.**
-  3/13, 4/17

### NEW MOMS CIRCLE SUPPORT GROUP

**Saturday, 11:00 AM – 12:15 PM**




Bring your child, ages 0 – 18 months and join a supportive and respectful group discussion led by a registered nurse and lactation consultant on various newborn and infant topics.

-  The Prenatal Center at Montefiore Nyack Hospital,  
258 High Street, Nyack, NY 10960
-  Free of charge
-  Registration required **download form here.**
-  For additional information, call 845-348-7505.
-  3/16, 4/13, 5/11, 6/1, 7/13

### TRADITIONAL LAMAZE COURSE

**Tuesday, 6:30 PM – 9:00 PM**

This five week course prepares expectant parents for the labor and delivery process. Topics include relaxation, breathing, and coaching techniques. Participants will also tour the Maternity Center.





-  \$175 per couple
-  Registration required **download form here.**
-  4/23, 5/28

### WEEKEND ACCELERATED LAMAZE CLASS

**Saturday 10:00 AM – 4:00 PM**

**Sunday, 9:00 AM – 3:00 PM**

This class is ideal for the couple with limited time to attend childbirth classes. Class will cover relaxation and breathing methods, coaching techniques, and a tour of Montefiore Nyack Hospital's Maternity Center.

-  \$175 per couple
-  Registration required **download form here.**
-  For additional information, call 845-348-2004.
-  3/23 and 3/24, 4/27 and 4/28, 5/18 and 5/19

**The Maternity Center at Montefiore Nyack Hospital**

160 North Midland Avenue  
Nyack, NY 10960  
845-348-2639

[montefiorenyack.org/maternity](http://montefiorenyack.org/maternity)

# THE MATERNITY CENTER AT MONTEFIORE NYACK HOSPITAL

## CHILDBIRTH + INFANT CARE EDUCATION CLASSES

### INFANT CARE AND NUTRITION CLASS

**Wednesday, 6:30 PM – 9:00 PM**

This class is designed for first-time parents. Topics include the basics of holding, diapering, bathing, swaddling, sleeping patterns, infant feeding basics, choosing a pediatrician, infant safety, and pet issues.



\$65 per couple



Registration required **download form here.**



For additional information, call 845-348-2639.



4/24, 5/22

### INFANT CPR

**Thursday, 7:30 PM – 9:30 PM**

A two-hour course to help family members perform Cardiopulmonary Resuscitation (CPR) on children, ages newborn to 12 months.



\$50 per couple



Registration required **download form here.**



For additional information, call 845-348-2639.



3/28, 4/15