



Parenting Programs

Complete Childbirth Preparation

Our six-week preparation program prepares couples for a positive birthing experience. You will need 75cm exercise ball, 2 pillows, and a floor mat. Couples should attend a class that begins early in the third trimester. Hospital tour of the Maternal Newborn Center is included in this course. **Fee \$150**

Childbirth Express

This condensed version will prepare couples for their labor and birth experience. Class is presented in lecture/video format. To enhance what you learn, hands-on instruction available by taking the Lamaze Techniques class. **Fee \$75**

Lamaze Technique

This program will explore ways women can find comfort during labor and birth. You will learn about breathing patterns, position changes, relaxation techniques, and massage. Both you and your partner will learn strategies that will enhance the progress of labor. You will need 75cm exercise ball, 2 pillows, and a floor mat. **Fee \$60**

Infant Care

This class is designed to give a complete head-to-toe look at how to care for your little one and provide you with hands-on experience. Topics include bathing, feeding, diapering, safety issues, and much more.

Fee \$30

Breastfeeding Basics

This course is designed to offer advice and support for breastfeeding mothers. A lactation specialist will discuss topics on the health-related benefits of breastfeeding, practical techniques, and getting off to a good start!

Fee \$35

Breastfeeding Support Group

Please join us at our free weekly Breastfeeding and New Moms Support Group. New moms can get answers to their questions about breastfeeding including is my baby getting enough, night-time feedings, pumping and storing milk, and returning back to work while continuing breastfeeding.

No registration required. Nursing babies welcome.

For more information or to register, visit [MedStarMontgomery.org/Classes](https://www.MedStarMontgomery.org/Classes) or call **301-774-8881**.