

Childbirth & Parenting Programs

Congratulations on your growing family.

Concord Hospital offers quality educational programs to help you on your journey through parenting. To accommodate busy schedules, classes are offered at a variety of days and times. All childbirth and parent educators are certified in their specialties. Call Concord Hospital Center for Health Promotion at (603) 230-7300 for specific dates and to register for any of the classes listed on back, unless otherwise specified. For additional parenting classes, ask for the latest edition of REACH Newsletter.

Expectations: Preparing for Your First Birth

This program prepares expectant moms and their partners for the journey of birth in a relaxed and supportive environment. Our certified childbirth educators cover the process of labor and birth, methods for relaxation, comfort measures, birthing positions, postpartum, and welcoming your baby. Feeding the newborn, comforting your baby, and transitioning into parenthood is also explored.

Hypnobirthing

The Hypnobirthing childbirth method is as much a philosophy of birth as it is a technique for achieving a satisfying, relaxing, and stress-free birth. Moms are not in a trance or a sleep state. You are aware and in full control, yet relaxed throughout birth.

Birthing From Within

This class combines modern medical knowledge and inner wisdom to prepare parents for birth and parenthood. Learn practical ways to cope with pain and unexpected events that are often a part of birth. For more information, visit www.birthingfromwithin.com.

One More Time: Preparing for Another Birth

This program is for women who have experienced a previous childbirth. Includes a review of the childbirth process and labor coping skills, including breathing and relaxation, labor support, pain-control options, and an update on Concord Hospital patient care policies.

Parent Preview Tour

Learn about Concord Hospital maternity services and programs as well as what to expect during your Concord Hospital stay. Take a guided tour of The Family Place, the maternity unit at Concord Hospital. *Free*

Prenatal Breastfeeding

Expectant mothers, fathers, and grandparents are invited to join an open discussion on breastfeeding with our lactation specialist. The advantages, necessary preparation, and impact on the family are discussed.

Prenatal Nutrition

Planning to expand your family in the near future? Would you like to optimize your nutrition ahead of time? Learn which foods to incorporate to give your baby the best start possible, which foods to limit or avoid, and which foods can help the expectant mom achieve overall health and wellness. It is most helpful to attend early in pregnancy, but you may come at any time. Those thinking about becoming pregnant are also encouraged to attend.

Breastfeeding Beyond the Newborn

Our lactation specialist provides an open discussion on pumping and storing milk, transitioning to work, and the importance of taking time away from your baby. Growth and development, introducing solid foods, and other questions are addressed. Babies are welcome!

Family & Friends CPR and First Aid for Children

Learn how to administer CPR to an adult, child, or infant. Additionally, we cover first aid basics for children. This program is for individuals who do not need a course completion card.

Car Seat Safety Class

This class, taught by a Certified Child Passenger Safety Technician, covers proper installation of car seats, when to switch car seats, safety points during driving, and hands-on demonstrations of installations. There will also be an open forum for questions and discussions of car seat safety issues.

Sibling Preparation Tour

This individually scheduled tour allows siblings to visit and become familiar with The Family Place at Concord Hospital before the arrival of their baby brother or sister. Ways to increase the sibling's participation are discussed.

Baby Steps

A new parents group offering helpful information and support regarding your baby's journey through growth and development. *Call for weekly topics.*

Meets: Mondays, 10:30-Noon

Cost: Free

Prenatal Yoga

This class incorporates stretches and movement to relax and strengthen your body in preparation for birth. Through breath awareness, deep relaxation, and guided visualization, yoga provides safe and effective support during the emotional and physical challenges of the childbearing years.

Prenatal Pool

This community-based program held in a 90-degree pool promotes cardiovascular fitness, range of motion, and provides a support group for women during pregnancy.

Call (603)230-7300 for dates and times.

www.concordhospital.org

Assistive hearing or visual devices and language interpreters are provided upon request.