

# 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, 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 baby. Feeding the newborn, comforting baby, and transitioning into parenthood are also explored in this comprehensive childbirth education series.

### 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; and are aware and fully in control, yet relaxed throughout birth. A certified Hypnobirthing Practitioner introduces these relaxation techniques to assist the expectant moms and their partners for the birth they desire. Newborn care and comforting baby are also be covered.

### Birthing From Within

This childbirth education 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](http://www.birthingfromwithin.com).*

### One More Time: Preparing for Another Birth

This program is designed for women/partners 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 update on hospital care policies.

### Parent Preview Tour ▲

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

### Labor Support Class ▲

In addition to your childbirth class, you are welcome to attend an open discussion with a Family Place RN on creating your birth environment, comfort measures and positions for labor and birth as well as answers to your questions about your journey in parenthood.

**MEETS:** *First Tuesday of every month at 6 pm at The Family Place.*

### Amazing Newborns ▲

This open discussion time will be facilitated by a Family Place pediatrician and include topics on choosing your baby's doctor, newborn characteristics, learning skills to soothe baby as well as general wellness and safety topics.

**MEETS:** *Second Tuesday of every month at 6 pm at The Family Place.*

### Prenatal Breastfeeding

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

### Car Seat Safety Inspection

Certified technicians are available to help parents and caregivers make sure their car seat is installed correctly, or to help install a new car seat. *Call for an appointment.*

### Family & Friends CPR and First Aid for Children

This program teaches you how to administer CPR to an adult, child or infant. In addition, first aid basics for children are discussed. This program is for individuals who do not need a course completion card.

### 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.

### Prenatal Pool

This program held in 90-degree pool and promotes cardiovascular fitness, range of motion and support for women.

### Prenatal Yoga

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

### Pre- & Postnatal Yoga

Indulge in extreme self-care before and after the baby is born. This class is suitable for all levels of yoga experience.

### Baby Steps ▲

This new parents group offers helpful information and support regarding your baby's journey through growth and development. *Call for weekly topics. Babies welcome!*

**MEETS:** *Mondays, 10:30-Noon*

### Postpartum Depression Support Group

This group offers education and support about the background and healing process of postpartum depression. Topics of discussion include: Sleep issues, fatigue, anxiety, guilt, family dynamics, isolation and how to achieve balance in your new role.

**MEETS:** *Every Tuesday, 10:30 am-Noon at The Family Place Library*

**COST:** *Free*

### Breastfeeding Open Discussion ▲

Join our lactation consultant in an informal discussion session to answer your questions and concerns regarding breastfeeding your newborn.

**MEETS:** *Third Tuesday of every month at 6 pm at The Family Place*

### Reality Check; Life with Baby ▲

A Family Place RN will facilitate an open discussion. The arrival of a new baby brings joy, fear, confusion, exhaustion and love. Tips are presented on navigating through the first weeks at home with a newborn.

**MEETS:** *Fourth Tuesday of every month at 6 pm at The Family Place*

▲ *Free, preregistration required. Space is limited.*

**Call (603) 230-7300 to register today!**

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

 **CONCORD HOSPITAL**  
**Center for Health Promotion**  
[www.concordhospital.org](http://www.concordhospital.org)