



Maternal-Child Health Education 2010

preparing for parenthood

Prenatal Class for Your Early Pregnancy

Free

Wednesday Class • 7–9 pm

Jan. 20, April 14, July 21, Oct. 13

For parents-to-be in the first three months of pregnancy. Learn about early stages of pregnancy and understand the physical changes, your baby's growth and easy ways to support your pregnancy.

Financial Planning

Free

Call for dates and times

Learn about the financial side of being a parent. Discussion will include the cost of raising children, employer benefits, taxes, college and how to make confident financial decisions.

Birthing Center Tour

Call 410-740-7601 *at least eight weeks prior to your due date* to schedule.

Free

A preview of our maternity services is available for expectant couples on select weekday evenings. We recommend you take the birthing center tour four to five weeks prior to your due date. This free tour is for mother and coach only. Siblings will not be allowed on this tour.

Sibling Tour

Call 410-740-7601 *at least eight weeks prior to your due date* to schedule.

Free

A tour for 4 to 12 year old siblings to prepare for the arrival of a new brother or sister.

Prepared Childbirth Program

Fee: \$100/delivering at HCGH • \$125/delivering elsewhere

This course prepares expectant couples for labor and delivery. Terms, stages and phases of labor, medical interventions, recovery, changes to expect after the baby arrives and non-medical pain management (relaxation, breathing patterns and coach's involvement) will be covered.

Monday Series • 7–9:30 pm

Jan. 4, 11, 18, 25, Feb. 1
Feb. 22, March 1, 8, 15, 22
April 5, 12, 19, 26, May 3
May 10, 17, 24, June 7, 14
(no class May 31)
July 12, 19, 26, Aug. 2, 9
Aug. 23, 30, Sept. 13, 20, 27
(no class Sept. 6)
Oct. 4, 11, 18, 25, Nov. 1
Nov. 15, 22, 29, Dec. 6, 13

Wednesday Series • 7–9:30 pm

Jan. 13, 20, 27, Feb. 3, 10
Feb. 24, March 3, 10, 17, 24
April 7, 14, 21, 28, May 5
May 12, 19, 26, June 2, 9
June 23, 30, July 7, 14, 21
Aug. 4, 11, 18, 25, Sept. 1
Sept. 15, 22, 29, Oct. 6, 13
Oct. 27, Nov. 3, 10, 17, Dec. 1
(no class Nov. 24)

Weekend Series • 10 am –4 pm

Sundays, unless otherwise noted

Jan. 9 & 16 (Sat./Sat.)
Jan. 10 & 17
Jan. 31 & Feb. 7
Feb. 6 & 7 (Sat./Sun.)
Feb. 21 & 28
March 6 & 13 (Sat./Sat.)
March 14 & 21
April 11 & 18
April 25 & May 2
May 8 & 15 (Sat./Sat.)
May 16 & 23
June 6 & 13
June 12 & 13 (Sat./Sun.)
July 11 & 18
July 24 & 25 (Sat./Sun.)
Aug. 1 & 8
Aug. 14 & 15 (Sat./Sun.)
Sept. 12 & 19
Sept. 25 & 26 (Sat./Sun.)
Oct. 3 & 10
Oct. 16 & 17 (Sat./Sun.)
Oct. 24 & 31
Nov. 6 & 7 (Sat./Sun.)
Nov. 14 & 21
Dec. 4 & 5 (Sat./Sun.)
Dec. 5 & 12

Bring your own lunch to weekend classes. There will not be time to purchase lunch.

Preparing for Parenthood: At Howard County General Hospital, we believe education is an important component in preparing for your baby's arrival. Our maternal child health education classes encourage the active participation of family members. Classes and tours are designed for expectant mothers, spouses or support persons and siblings-to-be. Grandparents and other care givers also are invited to update their skills by participating in infant care; adult, child and infant CPR; and baby signing classes. If you have questions, call us at 410-740-7601.



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Childbirth Essentials

Fee: \$65 if delivering at HCGH
\$90 if delivering elsewhere

This one-day course is a condensed version of our Prepared Childbirth Program for expectant couples. We will address topics to prepare expectant couples for labor and delivery.

Sunday Class • 10 am –4 pm

Jan. 17	July 11
Feb. 21	July 18
March 14	Aug. 1
April 11	Aug. 15
April 18	Sept. 19
May 16	Oct. 10
June 6	Nov. 7
June 27	

Choosing a Pediatrician

Preparing for your new baby should include finding a pediatrician before you deliver. Learn factors to consider and ways to promote health for your newborn. Presented by pediatricians on staff at Howard County General Hospital. Call for dates and times.

Baby Signing

Fee: \$40 per person, \$75 per couple
Learn 100 basic sign language skills to help your baby communicate. For parents, care givers and grandparents of babies up to 12 months old. A review DVD is included.

Saturday Class

(Call for additional dates and times)

Saturday, Feb. 13
Saturday, April 17

Adult, Child, Infant CPR

Fee: \$48 per person

We suggest taking this one-day class before the third trimester.

Learn CPR and techniques to remove airway obstruction. Upon successful completion, participants receive an American Heart Association card.

Weekday Class • 5:30–9 pm

Thursday, Jan. 7
Tuesday, Jan. 26
Thursday, Feb. 11
Thursday, Feb. 25
Monday, March 15
Thursday, March 25
Tuesday, April 13
Wednesday, April 26
Monday, May 10
Wednesday, May 26
Thursday, June 10
Tuesday, June 29
Wednesday, July 14
Tuesday, July 27
Thursday, Aug. 12
Monday, Aug. 30
Monday, Sept. 13
Tuesday, Sept. 28
Thursday, Oct. 14
Thursday, Oct. 28
Monday, Nov. 15
Tuesday, Nov. 30
Monday, Dec. 13

Infant Massage

Fee: \$20 per person

Call for dates and times

A certified infant massage instructor will teach techniques to parents and care givers. Babies ages 1 to 12 months are welcome.

Breastfeeding

Fee: \$25 per person
\$40 per couple

This class is designed to prepare couples for a successful breast-feeding experience. A lactation consultant provides practical information for moms who will remain at home or return to work.

Weekday Class • 7–9:30 pm

Wednesday, Jan. 6
Thursday, Jan. 21
Monday, Feb. 8
Tuesday, Feb. 23
Wednesday, March 3
Thursday, March 11
Tuesday, March 23
Tuesday, April 13
Wednesday, April 21
Thursday, May 6
Tuesday, May 18
Thursday, June 3
Wednesday, June 16
Thursday, July 8
Tuesday, July 20
Wednesday, Aug. 4
Thursday, Aug. 19
Thursday, Sept. 2
Tuesday, Sept. 14
Thursday, Sept. 23
Monday, Oct. 4
Thursday, Oct. 21
Wednesday, Nov. 3
Tuesday, Nov. 16
Wednesday, Dec. 8

Maternal-Child Health Education 2010

Infant Care

Fee: \$50 per person/\$75 per couple

This two-part course is designed to prepare parents, grandparents and care givers for the care of an infant. Lecture, group discussion and “hands-on” practice are used to enhance learning. Topics include the newborn’s appearance, feeding, sleeping, crying, signs of illness, caring for a sick infant, infant stimulation and parenting roles.

Weekday Series • 7–9:30 pm

Tuesday/Thursday, Jan. 5 & 7	Wednesday/Wednesday, May 19 & 26	Tuesday/Thursday, Sept. 14 & 16
Wednesday/Wednesday, Jan. 20 & 27	Tuesday/Thursday, June 8 & 10	Wednesday/Wednesday, Sept. 22 & 29
Tuesday/Tuesday, Feb. 2 & 9	Tuesday/Tuesday, June 22 & 29	Thursday/Thursday, Oct. 7 & 14
Wednesday/Wednesday, Feb. 17 & 24	Monday/Wednesday, July 5 & 7	Wednesday/Wednesday, Oct. 20 & 27
Thursday/Thursday, March 4 & 11	Tuesday/Thursday, July 6 & 8	Tuesday/Thursday, Nov. 2 & 4
Wednesday/Wednesday, March 17 & 24	Wednesday/Wednesday, July 21 & 28	Thursday/Thursday, Nov. 11 & 18
Thursday/Thursday, April 1 & 8	Thursday/Thursday, Aug. 5 & 12	Tuesday/Thursday, Dec. 7 & 9
Tuesday/Thursday, April 20 & 22	Wednesday/Wednesday, Aug. 18 & 25	Tuesday/Thursday, Dec. 14 & 16
Tuesday/Tuesday, May 4 & 11	Tuesday/Thursday, Aug. 24 & 26	

Happiest Baby on the Block

Fee: \$50 per couple

Parents-to-be and parents of babies up to 3 months old will learn successful techniques that can quickly soothe a crying newborn and promote more restful sleep for the infant. Endorsed by the American Academy of Pediatrics. Parent kits included.

Weekday Class • 7–8:30 pm

Wednesday, Jan. 13
Tuesday, April 6
Wednesday, July 7
Tuesday, Sept. 7
Tuesday, Oct. 26

HCGH Wellness Center

10710 Charter Drive • Suite 100
in the Medical Pavilion at Howard County
410-740-7601 • 410-740-7990 (TDD)
www.hcgh.org

Take our virtual birthing center tour



Maternal-Child Health Class Registration Form 2010

It is recommended that you take your childbirth classes so that they end three to five weeks before your due date. Due to limited space, registration forms should be submitted as soon as possible.

Mother: _____

Mother's Birth Date: _____ Baby Due Date: _____

Phone: (Mother) (E) _____ (D) _____

Coach: _____

Phone: (Coach) (E) _____ (D) _____

Address: _____

City: _____ State: _____ Zip: _____

E-mail: _____

Hospital: _____ Obstetrician: _____

Check desired classes and preferred dates.

Prepared Childbirth Program: 5-week weekend

1st Choice Date _____ 2nd Choice Date _____

Childbirth Essentials: Date _____

Infant Care: Date _____ Mother Other

Breastfeeding: Date _____ Mother Other

CPR (Adult, Child & Infant): Date _____ Mother Other

Financial Planning: Date _____ Mother Other

Happiest Baby on the Block: Date _____ Mother Other

Choosing a Pediatrician: Date _____ Mother Other

Baby Signing: Date _____ Mother Other

Infant Massage: Date _____ Mother Other

Prenatal Class/Early Pregnancy: Date _____ Mother Other

Make check payable to HCGH and bring in or mail with completed registration form to: Howard County General Hospital Wellness Center, 10710 Charter Drive, Suite 100, the Medical Pavilion at Howard County, Columbia, MD 21044. Registration cannot be taken by phone. Registrations can be faxed to 410-740-7609. Call the Wellness Center for payment procedures for faxed registrations. You will not be registered for classes until full payment has been received. Registration will be made upon receipt of registration form and appropriate fee. You will receive confirmation by mail or e-mail. If a refund is requested, including for medical reasons, a \$25 fee will be charged. There is a \$25 fee for each returned check.

class registration form