

# Parent-Child Education Classes



MOUNT AUBURN HOSPITAL

## How to Register for a Class:

- Go to our website [www.mountauburnhospital.org](http://www.mountauburnhospital.org).
- On the crimson bar across the top of the page, click on Classes and Events.
- On the next page, scroll down to click on Pregnancy and Childbirth. From there you will be taken to a list of classes.
- Click on the name of the class for which you wish to register and follow the instructions. There is also a calendar on that page. If you hover over a particular date, you will see which class or classes are scheduled for that date.
- Please note you will need a credit card to register.
- Meet the Midwives and Meet the Doctors are free of charge and do not require registration. Bain Birthing Center Tours and tours associated with Meet the Midwives are also free of charge but do require registration since we are able to accommodate a limited number of people on each tour.

## Prepared Childbirth

Approach labor and delivery with confidence by learning what to expect during childbirth in this one-day class Mount Auburn Hospital. You'll get the information you and your partner need to make the choices that are right for your family.

Learn about:

- Physical changes during pregnancy
- Signs and stages of labor
- Available interventions, such as labor induction
- Pain relief options
- Breathing techniques
- Effective labor positioning and pushing
- The role of the support person
- Cesarean birth
- Postpartum changes and emotions

This class includes a tour of the Bain Birthing Center. This class meets on a Saturday or Sunday from 9 a.m. to 5 p.m.

**Cost:** \$180 per couple

## Natural Childbirth

This one-day course is designed for expectant parents who want to learn coping skills for labor that will help them avoid or minimize the use of medication. You'll discover ways to break the Fear-Tension-Pain cycle in order to allow the body to work as nature intended.

In this interactive class, you'll learn about and practice:

- Positioning and movement that increase comfort for mother and encourage baby to pass more easily through her pelvis
- The use of labor massage and pressure techniques
- Breathing techniques drawn from yogic, Bradley®, and Lamaze® practice
- Coping mechanisms such as visualization, aromatherapy, and hydrotherapy to reduce stress and help the uterus work more efficiently

You'll learn about the stages of labor, postpartum changes, and what to expect from your newborn in the first hours and days of life. Your instructor will also review interventions available to you, should they become medically necessary, such as cesarean birth, induction of labor, and medication options.

This class includes a tour of the Bain Birthing Center. This class meets on a Saturday or Sunday from 9 a.m. to 5 p.m.

**Cost:** \$180 per couple

## Having Your Baby Your Way Series

This three-week course will give you the knowledge you want to approach labor with confidence. It will give you the information you need to partner with your physician or midwife so that, together, you can make the choices that are right for you and your baby.

Topics include an overview of normal labor and birth, what happens if labor doesn't go quite as planned, available interventions, medications, anesthesia, cesarean birth, and the immediate newborn and early postpartum period. You'll be introduced to relaxation, breathing, positioning, and pushing techniques, and you'll have time to get your questions answered.

This class includes a tour of the Bain Birthing Center. This course is offered on Wednesday evenings; each class lasts three hours.

**Cost:** \$180 per couple

## HypnoBirthing®—The Mongan Method

Learn mind-body relaxation techniques to help you achieve a calm, safe and gentle birth free of unnecessary interventions.

You'll learn:

- How your body is built for birth
- Self-hypnosis
- Relaxation and visualization
- Breathing techniques
- Light touch labor massage
- How your partner can offer support during labor
- Positions for labor and birth
- Early family bonding practices

This class includes a tour of the Bain Birthing Center. This series meets weekly for five weeks; each class lasts two-and-a-half hours.

**Cost:** \$235 per couple

## Sibling Class

The arrival of a new brother or sister can be both exciting and confusing for little children. Help your child (2 years & 9 months or older) prepare for his or her new role as a big brother or sister. In this parent-child class you will learn ways to help your child adjust to the new arrival, and your child will have the opportunity to practice baby care. A guided tour of our maternity unit is included.

**Cost:** \$35 for two children accompanied by up to two adults

## Mindfulness-Based Childbirth & Parenting

Having a baby is one of the most transformative experiences in a person's life. Learning mindfulness during your pregnancy - that is, the awareness that comes from purposefully and non judgmentally paying attention in the present moment - can help you immensely during the birth process. Whatever your intention around the use or non-use of pain medication during childbirth, Mindfulness-Based Childbirth & Parenting (MBCP) provides skills for the mind and body to support you and your partner as your unique birth unfolds, moment by moment.

By learning and practicing mindfulness during your pregnancy, you will learn how to engage your mind to work with pain and fear and how to strengthen skills for managing stress in pregnancy, parenting, and daily life. By the end of this course, you will understand the mind/body connection of birth and how to optimize it by influencing your internal and external environment when possible and letting go when necessary.

During this nine-week course, you will learn to:

- Access your capacity for deep physical and mental relaxation
- Engage your mind to work with the sensations of labor
- Increase confidence and courage for the experience of labor and birth
- Practice prenatal yoga for strength and flexibility
- Develop skills for managing stress in pregnancy, parenting, and daily life
- Enhance partner communication skills
- Become more aware of your own approach to parenting

**Cost:** \$450 per couple, includes Nancy Bardacke's highly acclaimed book, *Mindful Birthing: Training the Mind, Body, and Heart for Childbirth and Beyond*, and a CD to help you in your mindfulness practice

## Tools for Natural Childbirth: a hands-on workshop

If you're looking forward to a natural childbirth, you'll want a "labor kit" full of tools and techniques that can help you achieve that goal. You'll also want guidance in how to use those techniques in various situations that might arise in labor. And you'll want to practice them in an unhurried setting. This three-hour workshop is taught by experienced educators who have coached countless women through successful labors and births without the use of medication.

This workshop is complementary to, but does not replace, a full-length childbirth class. We recommend that first-time parents take Prepared Childbirth, Natural Childbirth, or Having Your Baby Your Way before taking Tools for a Natural Childbirth since this hands-on mini-course will not cover the same material. This class is, however, appropriate for experienced parents who would like a refresher in natural childbirth techniques.

Workshop content includes:

- Encouraging optimal fetal positioning for labor and birth
- Use of props such as the birthing ball and the peanut
- Use of the Rebozo - a large traditional scarf - in labor
- Breath work and mindfulness practices
- Nourishment during labor
- Vocalization
- Counter-pressure and acupressure
- Support techniques for the labor partner
- Essential oils and homeopathic remedies

This class typically meets on a Saturday or Sunday at the Center for Women on the first floor of the hospital.

**Cost:** \$90 per couple

## Infant CPR for Family and Friends

This two-hour class will provide parents and caregivers of infants with the tools to be prepared for emergency situations, including those that may require the use of CPR (cardiopulmonary resuscitation). The class is taught by a certified CPR instructor in accordance with American Heart Association guidelines.

Topics covered include:

- Techniques for administering infant CPR
- Clearing an obstructed airway
- General infant safety

**Cost:** \$50.00 per couple (includes the American Heart Association publication Family & Friends™ CPR - Cardiopulmonary Resuscitation)

## Happiest Baby & Infant Care Essentials

After this three-hour class, you'll be ready to take your newborn home with increased confidence in your parenting skills. In the Happiest Baby portion of this class, discover proven techniques to soothe your baby and improve his or her sleep. You'll:

- Understand the “fourth trimester”
- Learn how to recognize and respond to your baby's moods
- Practice “The five S's” – simple, step-by-step soothing techniques developed by Harvey Karp, MD, a nationally renowned pediatrician and child development specialist
- Learn how to help your baby sleep better

During the Infant Care Essentials part of class, you'll review common newborn characteristics and behaviors and learn about:

- Bathing and hygiene, including umbilical cord care
- Diapering
- How to recognize signs of illness and properly take your baby's temperature
- Infant milestones
- Sleep safety

**Cost:** \$70 per couple, includes a “Happiest Baby on the Block” DVD valued at \$25.

## *Frequently Asked Questions:*

### **1. What is the difference between Natural Childbirth, Prepared Childbirth, and Having Your Baby Your Way?**

Natural Childbirth is a one-day class intended for parents who are primarily interested in laboring and giving birth without the use of narcotics or epidural anesthesia. Interventions and the use of medication are briefly covered. Prepared Childbirth is a one-day class designed to meet the needs of those who are likely to want to use medication or epidural anesthesia in labor and want more detailed information about other common interventions. Having Your Baby Your Way meets over three Wednesday evenings and works well for those who prefer having time between sessions to practice techniques and process information presented during class. The content is a mixture of both the Natural and Prepared Childbirth curricula. Because sessions spread out, group input about what material is emphasized can be more readily incorporated into the classes. Natural Childbirth, Prepared Childbirth, and Having Your Baby Your Way all include an overview of labor, what you can expect during each stage as labor progresses, the immediate newborn and postpartum periods, practices specific to Mount Auburn Hospital, and a tour.

Any of these classes can be supplemented by Tools for a Natural Childbirth: a hands-on workshop, a three-hour class that focuses on an array of specific techniques that enable women and their partners to expand their capacity to labor and give birth with little or no medication. This class does not cover general information about labor, the immediate newborn and postpartum periods, or interventions. It can serve as a refresher class for experienced parents but is not designed as a stand-alone class for first-time parents.



**2. Do my partner and I need to register separately for classes? How about for tours?**

A woman and her labor partner are considered one registration for both classes and tours. It works best if registration is in the name of the mother-to-be and includes all the information requested for both her and her partner.

**3. The class I want is full. When do you post new classes?**

Classes are posted at least three months ahead on a rolling schedule. If want to register for a specific class that is full, please look for another date on which that class is offered. Sometimes there are cancellations. If your circumstances are such that you cannot find a suitable class and must attend class before the next month's classes are posted, please email us at [childbirthed@mah.harvard.edu](mailto:childbirthed@mah.harvard.edu) and we will do our best to help you find a class.

**4. Can I bring my newborn to the Infant CPR class?  
Can I bring a grandparent or caregiver?**

Non-mobile infants are welcome at our Infant CPR class. Unfortunately, we are not able to accommodate older babies. Each registration includes two adults. Additional adults need to register separately.

**5. Can I bring my older child on the Bain Birthing Center Tour?**

Bain Birthing Center Tours are designed for adults. They are about one hour long and space is limited. If you need to bring an older child on a tour, please contact us at [childbirthed@mah.harvard.edu](mailto:childbirthed@mah.harvard.edu).

## **6. The tour I want to take is full. Can I be added or just show up that day?**

Registration is required. Tours are usually posted on a monthly basis. Additional tours may be added at any time within a given month, so check back periodically if the tour you want is closed to registration. Tours are usually completely booked and unfortunately we are unable to accommodate walk-ins.

## **7. When is the best time to take a Childbirth Education class?**

It's best to have your Childbirth Education class completed between 34-36 weeks. Taking classes to prepare for labor and birth before 28-30 weeks is generally not advisable since, in most cases, too much time will have elapsed before your learning will be put to use. HypnoBirthing and Mindfulness-Based Childbirth and Parenting classes are the exceptions.

HypnoBirthing runs for five weeks and requires ongoing practice after you've completed it in order to get the greatest benefit from the course. Even so, starting HypnoBirthing at around 28 weeks will leave you lots of time to practice. Since Mindfulness-Based Childbirth and Parenting is a nine-week course, it can be started as early as 24 weeks.

## **8. Is it appropriate for me to bring my partner to the Breastfeeding Class?**

We welcome partners at Breastfeeding Class.

## **9. What should I bring to class? Will food be provided? What should I wear?**

You will get a detailed email the week before your class or classes are scheduled to start. In general, plan to bring two pillows to class. Most instructors will want you to have them.

Light snacks and bottled water are provided. Lunch is available for purchase in the cafeteria on the second floor. You are also welcome to bring your own food. Lunch break is usually 30-45 minutes long.

Women (and their partners) should wear loose, comfortable clothing that will allow them to move around and get down on floor mats.

## **10. How can I get reimbursed by my insurance company for a Childbirth Ed class?**

Some insurers reimburse for all or a portion of Childbirth Education classes; others do not. Please check with your insurer to find out if reimbursement is available. If your insurer does not offer reimbursement and you have a Medical Flexible Spending Account, you should be able to use those funds for childbirth preparation classes.

You will receive an email receipt from us for your payment. A signed Certificate of Attendance will be given to you at the end of your class. These two documents are your proof that you have paid for and attended class. Your insurer or Medical Flexible Spending Account administrator will need them to process reimbursement. Neither a procedure nor diagnosis code is required.

### **Cancellation Policy:**

Cancellations are accepted up to one day prior to the first class for a refund, minus a \$35 processing charge. There is no charge for changing the date of your class with one week's notice.

### **Contact:**

Call the Childbirth Education Department at 617-499-5121 or email us at [childbirthed@mah.harvard.edu](mailto:childbirthed@mah.harvard.edu)



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