

***Congratulations on the upcoming birth of your child.***

The medical groups of Atrius Health offer a variety of classes designed to provide information and support to you throughout your childbearing years.

Inside, you will find a listing of all of our classes. It's wise to register for classes between sixteen and twenty weeks of pregnancy as many classes fill several months before they begin. If you have any questions or special needs, please feel free to call us toll free at 877-439-5465.



**Women's Health/OBGYN Departments**

Burlington 781-221-2940	Post Office Square 617-654-7280
Cambridge 617-661-5585	Quincy 617-774-0940
Chelmsford 978-250-6200	Somerville 617-629-6330
Copley 617-859-5250	Watertown 617-972-5500
Kenmore 617-421-1191	Wellesley 781-431-5245
Medford 781-306-5304	West Roxbury 617-541-6450
Peabody 978-977-4250	



**Harvard Vanguard OBGYN at Dedham Medical**

Dedham 781-329-1400	Norwood 781-329-1400
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**Atrius Health Women's Center**  
Weymouth  
781-682-8000

To register, please call  
Health Education and Promotion  
at 877-439-5465  
or click on "Other Classes"  
on the website at  
[www.harvardvanguard.org](http://www.harvardvanguard.org)

# Know What to Expect



## Childbirth Education Programs

Harvard Vanguard Medical Associates  
Dedham Medical Associates  
South Shore Medical Center



### **Prepared Childbirth Class**

This preparation for childbirth class meets for three hours on weeknights for four weeks and is designed for women expecting their first baby. The course includes information on late pregnancy, labor, delivery and postpartum, relaxation and breathing patterns, conditioning exercises, medication and anesthesia, cesarean birth, hospital procedures and the role of the support person.

### **Weekend Prepared Childbirth Class**

This class is designed for women who are not able to attend weeknight classes and is completed in one weekend. The course meets for six hours both Saturday and Sunday and includes the same information and practice of coping techniques as the traditional course.

### **One Day Prepared Childbirth Class**

This one day class is for motivated expectant parents seeking the same information as the traditional course, but in a condensed form. The class meets for seven hours with breaks.

### **Refresher Childbirth Class**

This class is designed for women expecting their second or subsequent baby who have previously attended a prepared childbirth course. It meets for one 4-hour weekend session. It includes information on differences between first and subsequent pregnancies, labors and deliveries, relaxation and breathing patterns, medication and anesthesia, hospital procedures and sibling issues.

### **Plus One**

This is a two-hour class for people who have attended a one day childbirth preparation or online class and want to enhance their learning experience by practicing comfort measures for their upcoming labor and birth. Participants will learn relaxation techniques, coping methods, and pain management and will have the opportunity to use these skills in a labor rehearsal. Participants are encouraged to bring their pillows and labor bag.

### **Natural Childbirth Class**

This class is for expectant parents who are interested in preparing for an unmedicated childbirth. It includes all of the information taught in the Prepared Childbirth Class, but with an emphasis on practicing those comfort measures that will teach you to strategize and work with your body and environment to improve your coping skills while birthing your baby. It meets for four weeks for three hours each class.

### **Hypnobirthing™ Childbirth Education**

This class for expectant parents focuses on late pregnancy, labor, delivery and the postpartum period. It differs from traditional childbirth preparation classes because of the addition of self-hypnosis techniques. This training will help you to feel calm, relaxed and in control during childbirth. The course meets for five weeks for 2½ hours each class.

### **Prenatal Yoga Class**

Improve your posture and alleviate some of the discomforts of pregnancy with Hatha yoga, a combination of breathing, concentration, meditation and relaxation techniques. The class meets 1½ hours a week for eight weeks.

### **Caring for Your Newborn**

This hands-on workshop demonstrates the normal appearance and behavior of the newborn, in addition to bathing, diapering, equipment and safety issues. It is designed to be taken before you have had your baby. It meets one time for three hours on weeknights or weekends.

### **Breastfeeding**

This one-session class, offered through most of the Ob/Gyn departments, will give you all the information you need to get off to a good start breastfeeding. It is intended for women and their partners who are considering breastfeeding as well as those who have decided to do so. We recommend that you take this class about four weeks before you're due.

### **Pediatric/Infant CPR**

This 4-hour course teaches CPR and choke save techniques for newborns to 8 year olds. It is recommended you take this course before your baby is born. This course is also recommended for people who may be providing childcare services for you.

### **Pediatric First Aid**

This course covers first aid procedures and safety issues for children of all ages. It can be taken before or after your baby is born. A National Safety Council illustrated text is included.

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For more information, class schedules and registration fees, please call Health Education and Promotion at 877-439-5465 or check the website at [www.harvardvanguard.org](http://www.harvardvanguard.org) and click on "Other Classes."

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Patients from other practices are welcome to take classes.