

Registration Form Please register by the third month of pregnancy to ensure class placement and choice of date(s). To register for preparation classes, complete this tear-off form, enclose in an envelope with your check (payable to JFK Medical Center) and mail to:

Perinatal Education, JFK Medical Center
65 James Street, Edison, NJ 08818-3059

Or you may register on-line at:
<http://jfkmc.org/perinatal>

We will attend:

- | | |
|---|--------------|
| <input type="checkbox"/> Monthly Maternity Tour | Free |
| <input type="checkbox"/> Childbirth Class (5-night course) | \$100 |
| <input type="checkbox"/> One-to-One Childbirth Class (Private class) | \$175 |
| <input type="checkbox"/> Accelerated Childbirth Class (weekend) | \$125 |
| <input type="checkbox"/> Refresher Childbirth Class | \$50 |
| <input type="checkbox"/> Prep for Breast Feeding | \$25 |
| <input type="checkbox"/> Gestational Diabetes Counseling | Call for fee |
| <input type="checkbox"/> One-Day Infant Care Class (Saturday or Sunday) | \$60 |
| <input type="checkbox"/> CPR for Family & Friends | Call for fee |
| <input type="checkbox"/> Sibling Preparation Class | \$25 |
| <input type="checkbox"/> Grandparenting Class | \$20/\$30 |
| <input type="checkbox"/> Safe Sitter Babysitting Course | \$45 |
| <input type="checkbox"/> Breast Feeding Support Group | Call for fee |
| <input type="checkbox"/> Prenatal Yoga Class (5 Classes) | \$74 |

Enclosed is a check for \$ _____

This is my (NUMBER) _____ baby Date baby is expected _____

Mother _____
(NAME, FIRST/LAST)

(AGE/OCCUPATION)

Father _____
(NAME, FIRST/LAST)

(AGE/OCCUPATION)

Home Address _____

Home Telephone _____

Mother's Business Phone _____

Father's Business Phone _____

Physician's Name _____

Note: Perinatal Education office hours are Monday through Friday from 9:00 a.m. to 4:00 p.m. Phone (732) 632-1632. Call anytime. Leave message on voicemail.

Directions to JFK Medical Center

Take the Garden State Parkway (North or South) to Exit 132. Bear right off the exit onto Route 27 south. At the second major intersection (Dunkin Donuts is on the corner), turn right onto James Street. The medical center is one quarter mile on your left.

Or take the New Jersey Turnpike (North or South) to Exit 11 (Garden State Parkway North). Follow directions above.



For more information on childbirth preparation classes or maternity tours, call the Perinatal Education Department at (732) 632-1632 from 9:00 a.m. to 4:00 p.m. Monday through Friday.



**Hackensack
 Meridian Health**
 JFK Medical Center

Perinatal Education Department
 65 James Street P.O. Box 3059
 Edison, New Jersey 08818-3059
JFKMC.org/maternity



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CLASSES FOR THE Expectant Family



**Hackensack
 Meridian Health**
 JFK Medical Center

JFKMC.org

Our program of family-centered care at JFK Medical Center has been designed to help expectant parents prepare for and share one of the most important events in family life: The birth of their child.

The family suites at JFK provides specially trained nurses to care for both the mother and healthy infant as a family. Together with your nurse, you make decisions about your care, prepare for your new role and have the opportunity to learn how to take care of your baby.

Because of today's short length of stay in the hospital, doctors strongly advise you to prepare for your delivery by attending childbirth classes. JFK's classes will help you build your confidence, prepare for childbirth and become more informed parents. Our classes are taught by experienced, certified instructors. All of our courses should be taken in the last trimester of pregnancy.

Please register for all courses early in your pregnancy (3rd or 4th month) to ensure a choice of convenient scheduling dates.

JFK Medical Center promotes SKIN to SKIN and EXCLUSIVE BREAST FEEDING.

Maternity Tours Free monthly tours of the Family Suite at JFK are conducted for any expectant or prospective expectant parents. Please call or view website to register for a tour date.

Childbirth Preparation Five weekly classes from 7:00 to 9:30 pm. Topics include anatomy and physiology of childbirth, breathing, relaxation and comfort techniques, body mechanics and exercise, birth partner support, signs of labor, complications of pregnancy and labor, pain relief options (medications and anesthesia) available if desired or needed during labor and Cesarean Section delivery. Course also covers Newborn Care, Breast Feeding and Post Partum Care. Included will be a Childbirth Workbook, videos, handouts and a tour of the Family Suite at JFK.

Fee: \$100/couple.

4-Hour, Flexible-Time, One-to-One Childbirth Education Class Crazy work schedule? Come to JFK Medical Center's Childbirth Education Program. One couple per instructor for "private lessons." Maternity tour and viewing of a childbirth video will be arranged. See Childbirth Prep course above for covered topics. **Fee: \$175/couple.**

Accelerated Weekend Childbirth Education Class This fast-tracked Childbirth Education class is offered in one weekend: Friday from 7:00 to 9:30 p.m. and Saturday from 9 a.m. to 4 p.m. Childbirth information will be mailed prior to the course to read and prepare for class. See Childbirth prep course above for covered topics. **Fee: \$125/couple.**

Refresher Class This class meets weekly for three weeks from 7:00 to 9:30 p.m. This class is recommended if your last delivery was more than 3 years ago. **Fee: \$50/couple.**

Preparation for Breast Feeding This one-time course runs from 7:00 to 9:30 p.m. This class, through the use of videos, lectures and discussions, provides mothers-to-be the opportunity to learn more about the art and science of breast feeding. **Fee: \$25.**

Managing Gestational Diabetes... Your Guide to a Healthy Baby Individualized instruction provides education, support and hands-on experience to those women recently diagnosed with gestational diabetes. A written prescription for instruction from the doctor can be submitted to the insurance company.

Call (732) 744-5944 for an appointment and fee information.

One-Day Infant Care Class This fast-track class is offered on Saturdays or Sundays from 9:00 a.m. to 4:30 p.m. Class includes lecture, videos and demonstrations. Topics include: bathing and caring for the baby, breast feeding, parenting, safety and first-aid. **Fee: \$60/couple.**

CPR For Family and Friends This hands-on, three-hour course offered in one session provides new parents with basic lifesaving skills for the infant and child. Topics include CPR plus obstructed airway procedures. Taught by certified CPR instructors. **Call (732) 379-2794 for dates and fees.**

Sibling Preparation Class This one-time class is held weeknights from 6:30 to 8:30 p.m. It is for children aged 3 to 11 and their parents to prepare for a new brother or sister. A lecture, video and tour of the Family Suite at JFK will be included. **Fee: \$25/family.**

Grandparenting Class This one-time class is offered to new grandparents on a weeknight from 7:00 to 9:30 pm. This is a "hands-on" safety class for the care of the infant and toddler with a review and update on infant care and infant products. Addresses the concerns of new grandparents and stresses the importance of "family support." The new mother or mother-to-be is invited to join the grandparent at no charge. **Fee: \$20/grandparent or \$30/grandparenting couple.**

Safe Sitter Babysitting Nationally certified one-day babysitting course for 11 to 14 year-olds. Learn basic training in first aid, in and outdoor safety, and how to handle household emergencies. Learn to market your babysitting skills. 8:45 a.m. to 2:45 p.m. on designated Saturdays. **Fee: \$45/student.**

Breastfeeding Support Group For all breastfeeding mothers. It is facilitated by a lactation consultant. Come and meet other breastfeeding mothers and bring your baby with you. The Group meets twice a month on Thursdays at mid-morning. **Please call the Breastfeeding Warm Line for a current list of dates and times: (732) 744-5982.**

Prenatal Yoga Class This 75 minute Prenatal Yoga session encourages a smooth pregnancy, labor and delivery, all while soothing pregnancy discomforts, keeping you and your baby happy and relaxed. Meets Thursdays from 6:45pm – 8:00pm. **Fee: \$74 for 5 classes. Pre-registration is required. Call (732) 632-1610 for dates and registration.**

For more information, and a complete list of dates, contact: **PerinatalEd@hackensackmeridian.org.**

Refund Policy

- Full refund for cancellations due to medical reasons, if received prior to start of class. A prorated refund will be issued for medical reasons after the start of class. Doctor's note is required.
- A prorated refund will be issued for other cancellations received prior to the start of class(es).
- No refund will be issued if parents begin, but do not complete, the class(es).