

Prenatal Classes

Through Emerson

****Classes fill quickly. We recommend registering around 24 weeks of your pregnancy so you are about 32 weeks pregnant when you attend class. (Earlier if giving birth to twins)**

Breastfeeding Class- online

- This class covers the benefits of breastfeeding and how to get off to a good start nursing your new baby. Special consideration is given to techniques, common early concerns and how to successfully incorporate breastfeeding into your lifestyle.

Childbirth- online

- Our childbirth classes will provide you with a better understanding and confidence to make informed decisions about your upcoming childbirth experience.
- We offer two options for childbirth classes: a single session or a class divided into 2 parts. Content is the same for both formats and taught by certified childbirth instructors
- The one-day class meets for 7.5 hours on a Saturday, with a break for lunch
- The two-day class is divided into two 3-hour sessions
- Registration fee: \$165

Infant Care- in-person

- Prepare for the newest member of your family in this interactive class full of baby basics and behaviors, feeding cues, car seat and home safety, tips for soothing a fussy baby, when to call your baby's provider, time management and more. You will have the opportunity for hands-on practice in burping, diapering, swaddling, dressing and bathing
- Location- Steinberg Wellness Center for Mind and Body
- Registration fee: \$50

Infant CPR Anytime- in-person

- This introductory class provides information and practice of the skills needed to perform infant CPR and to relieve choking. Participants will receive the Infant CPR Anytime kit to use at home for future practice. This is a non-certification class. Infants cannot attend. Infant CPR may be taken before or after childbirth.
- Location- Steinberg Wellness Center for Mind and Body

[For questions regarding classes email emersonwellness@emersonhosp.org](mailto:emersonwellness@emersonhosp.org)

Other Classes

Concord OBGYN

- An intensive 5 hour class that will be led by our very own [Holly West, FNP-C](#).
- Recommend to take this class between 28wks-34wks of pregnancy (on the earlier side if you are giving birth to twins)
- Registration fee: \$150

Tiny Fingers Tiny Toes- Pediatrics West

- These informational, free, hands-on classes include the following topics:
 - Newborn Appearance: All about your newborn head to toe
 - Baby Care Basics: Caring for your newborn from swaddling, diapering, feeding, and common conditions
 - Safety: SIDS, car seats, household dangers, and Shaken Baby Syndrome
 - What to expect during visits with your pediatrician
- Classes Available at Groton and Fitchburg offices

Online Courses

We understand that everyone's schedules are very different. If you do not have time in your schedule to participate in these real-time classes, there are a few online course options you can complete on your own time. The downside to self-directed courses is making the time to complete them, so it is recommended you try to make time for real-time classes before signing up for these courses.

Lamaze International

- Established in 1960, Lamaze International is a non-profit organization and a trusted global leader, with a mission to advance safe and healthy pregnancy, birth and early parenting through evidence-based education and advocacy.
- They offer several self-guided courses, including:
 - Lamaze Labor, birth, and breastfeeding Bundle- \$95
 - Labor Confidence with Lamaze- FREE
 - Labor Pain Management: Techniques for Comfort and Coping- \$40
 - Safe and Healthy Birth: Six Simple Steps- \$40
 - Breastfeeding Basics- \$40

Explore Classes



UMass Memorial- Prepared Childbirth

- Prepared Childbirth is an essential course for pregnant women and their birth partners to develop an understanding of the labor and birth process and begin practicing coping techniques.
- You will learn about medical considerations such as epidural anesthesia, induction and Cesarean section. Postpartum care will also be reviewed and will include a brief overview of immediate newborn care and breastfeeding. Note: separate classes for newborn care and breastfeeding are offered for more detailed information.
- For more information or register, visit New England Prenatal & Family Education
- Registration fee: \$80

Johns Hopkins

- Johns Hopkins offers courses for those expectant parents who would prefer to work at their own pace. Your eClass registration includes online access for 9 months. Johns Hopkins uses the same Injoy presentation as UMass Memorial. The three programs are interactive, web-based class that uses videos, animations, and activities to teach essential information to prepare for parenthood. Classes offered:
 - Understnd Pregnancy
 - Understanding Newborn Care
 - Sibling Preparations
- Registration fee: \$50/each
- For questions, email: childbirthEdcares@jhmi.edu

Childbirth classes are partially eligible for reimbursement with a flexible spending account (FSA), health savings account (HSA), or a health reimbursement arrangement (HRA). Only the portion of the class that relates to the process of childbirth may be eligible. A Letter of Medical Necessity may be required to indicate what part of the expense is medical and therefore eligible.