

Insurance Coverage

Many private insurance companies will reimburse some or all of the cost of your childbirth education classes. Upon completion of classes, be sure to obtain a receipt from your childbirth educator and send it to your insurance company for reimbursement.

If you have Network Health Together, please include a copy of your Network Health card or your Network Health number: _____.

HealthAlliance Hospital will process the registration and obtain the fees from Network Health.

Please check off classes you are registering for:

Free Birthing Center Tour 6:30 pm 7:30 pm

Package Deal - \$125

Monday Wednesday Thursday Saturday

Prepared Childbirth Prepared Parenting
Breastfeeding (prenatal) Safe Baby 101
Birthing Center Tour

Individual Classes

Prepared Childbirth - \$100

Check Preference:

- Monday (evening)
- Wednesday (evening)
- Thursday (evening)
- Saturday (daytime)

Breastfeeding (prenatal) - \$15

Prepared Parenting - \$15

Safe Baby 101 - \$15

Prepared Childbirth – Refresher Class - \$35

Sibling Class - \$15 per child;

\$20 per family (maximum)

Names and ages of children enrolling for Sibling Class:

Our Family Education Philosophy

We strongly believe in promoting educational opportunities for your entire family. The goal of family education is to empower you and your family to make informed choices about your health care and the birth of your child.

Our certified educators work in partnership with you, your health care provider, and the Birthing Center staff to promote positive outcomes for you and your family.

THE BIRTHING CENTER
AT HEALTHALLIANCE
Celebrating birth in a family-centered setting

The Birthing Center at HealthAlliance Hospital celebrates birth in a family-centered setting. Our staff of obstetricians, family practice physicians, certified nurse-midwives and nurses are committed to promoting quality care and healthy outcomes for childbearing families.

Our attractive labor/delivery and postpartum rooms provide a home-like setting in which to give birth and become acquainted with your newborn.

As a UMass Memorial member hospital, HealthAlliance Hospital collaborates with the Neonatal Intensive Care Unit at the Memorial Campus to provide the region's highest level of intensive care for infants, as well as peace of mind for new parents.

 **HealthAlliance Hospital**
A Member of UMass Memorial Health Care

EXCEPTIONAL CARE FOR EVERYBODY

Leominster Campus
Childbirth and Family Education
60 Hospital Road
Leominster, MA 01453
978-466-2354

www.healthalliance.com

CHILDBIRTH AND FAMILY EDUCATION

Prepared Childbirth and Parenting Classes

 **HealthAlliance Hospital**
A Member of UMass Memorial Health Care

EXCEPTIONAL CARE FOR EVERYBODY

The experienced staff at HealthAlliance Hospital's Childbirth and Family Education Department knows every woman has different expectations about the birth of her child. We offer a wide selection of classes so you can make the best choices for you and your family.

PREPARED CHILDBIRTH CLASSES

Prepared Childbirth

We offer 5 two-hour evening classes or 1 eight-hour Saturday class. These classes will help you and your partner better understand pregnancy and the birth process. Topics include:

- Labor, delivery, and postpartum period
- Relaxation and breathing techniques with practice sessions
- Comfort measures and coping strategies
- Informed decisions
- Role of the support person
- Medication/anesthesia
- Cesarean births

Prepared Childbirth - Refresher Series

This one-time, three-hour class is designed for you and your partner if you are returning parents. The class explores:

- Labor and delivery
- Relaxation and breathing techniques
- Family/sibling adjustment

Tours of the Birthing Center

Tours of the Birthing Center are offered regularly. Please call the Childbirth and Family Education Department at 978-466-2354 to schedule a tour.

Breastfeeding

This one-evening, two-hour class covers the basics of breastfeeding, its benefits, how to overcome the obstacles, and how a breastfed baby grows. Ask about our breastfeeding center, *The Nursing Mom*, a special resource that offers everything you need from nursing bras to nursing pumps. Partners are encouraged to attend.

Classes are held at
HealthAlliance Hospital - Leominster Campus.
Husbands, partners and coaches are welcome to attend.

PARENTING CLASSES

Prepared Parenting

In this one time, two-hour class, the focus is on caring for a new baby and your role as parents. It also helps prepare your new family for discharge from the hospital and the transition to your home.

Safe Baby 101

This one-time, two-hour class covers SIDS, shaken baby prevention, baby proofing the home, choking prevention and response, choosing a daycare, how to recognize illness, introducing pets and infants, important emergency phone numbers, and car seat safety. *This class is appropriate before or after the birth of your baby.*

Sibling Class

This is a special one-time, one-hour class that helps to prepare prospective big brothers and sisters for the birth of a sibling. Classes include a tour, activities, and handouts. The sibling-to-be must be at least three years of age and be accompanied by an adult.

AFTER YOUR BABY'S BIRTH

Welcome to Motherhood

This weekly postpartum support group offers new moms the opportunity to find new friends, receive peer support, and get current information on infant development and nutrition. Topics include: returning to work, choosing childcare, breastfeeding support, relationship issues, baby products, basic parenting skills and having fun with your baby. Light refreshments served. For more information, call 978-466-2354 ext. 2.

From 10:30 am - 12:00 pm every Wednesday

Bring your baby to this free class!

4th Floor Childbirth Education/Diabetic Classroom

Breastfeeding Support Services

For information, please call our lactation consultants at 978-466-2365.

Registration

Classes fill early! Parents are encouraged to register for Prepared Childbirth classes by their *fourth* month of pregnancy.

Please fill out both sides of this form completely, detach it from the brochure, and mail it along with your payment. Once registration has been received, a letter of confirmation will be sent to you with class dates and times. **All class fees are due prior to first class.**

Placement will be determined according to your due date and class availability and size.

We accept cash, money order, and debit/credit cards.

Mail registration to:

Prepared Childbirth and Family Education
HealthAlliance Hospital – Leominster Campus
60 Hospital Road, Leominster, MA 01453

Or register by phone: 978-466-2354

Please provide following information:

Mother-to-be

Address

City/State/Zip

Day phone

Evening phone

Partner/support person

Physician/midwife

Due date

Credit Card #

Expiration date