

Capital Health is committed to providing the finest family-centered care to the residents of central New Jersey and lower Bucks County. Our Maternal Child Health services, located on the Mercer Campus, offer state-of-the-art care for all of our “special deliveries.”

We provide a full range of prenatal, obstetrical, postpartum, neonatal, and pediatric options to make sure that your new family has the greatest chance for a healthy beginning. If you are pregnant, or thinking about having a baby, you naturally want the best-trained and most experienced doctors, midwives, and nurses.

From uncomplicated births to high-risk needs, the staff at Capital Health’s Regional Perinatal Center are the highly trained specialists that you can count on.

PREPARED CHILDBIRTH CLASS SERIES

This series consists of four weekly two-hour classes to prepare the expectant woman and her support person(s) for the labor and birth experience. Includes discussion of labor and birth, options and alternatives, Lamaze techniques and other labor coping skills, birth videos, and a tour of the Maternity Unit. You will be offered a series that is appropriate for your due date.

\$120 per family

CONDENSED PREPARED CHILDBIRTH - TWO SESSIONS

This intensive two weekday evenings of instruction includes abbreviated content from the Prepared Childbirth Class Series and a tour of the Maternity Unit. You will be offered a series that is appropriate for your due date.

\$130 per family

ONE-DAY CONDENSED PREPARED CHILDBIRTH

This intensive weekend day of instruction includes abbreviated content of the Prepared Childbirth Class Series and a tour of the Maternity Unit. You will be offered a series that is appropriate for your due date.

\$130 per family

REFRESHER PREPARED CHILDBIRTH CLASS

Two hours of prepared childbirth for parents who have previously attended prepared childbirth classes and wish to review labor coping skills. You will be offered a series that is appropriate for your due date.

\$30 per family

BABY CARE BASICS

This two and a half hour class helps prepare first-time expectant parents and prospective adoptive parents to care for their newborn. Discussion includes: sleeping, crying, comforting, bathing, diapering, and nurturing yourselves as parents.

\$35 per family

BREASTFEEDING PREPARATION CLASS

This two and a half hour class is to be taken before the birth of the baby. Discussion includes: getting ready for breastfeeding, getting started, milk production, avoiding early problems, and available support systems. Expectant fathers are encouraged to attend. Taught by a Capital Health lactation consultant.

\$35 per family

EXPECTANT GRANDPARENTS’ EVENING

This two-hour class welcomes expectant grandparents into part of the family birthing experience. Discussion includes new trends in maternity and infant care, the role of grandparents, infant safety, and what goes on in a prepared childbirth class.

\$15 per person

SIBLING PREPARATION CLASS

This one and a half hour class helps prepare children ages two and a half and older for the arrival of their new brother or sister. Includes a craft activity, discussion about babies, and a maternity tour.

\$20 per family

CHILDBIRTH & PARENT EDUCATION REGISTRATION FORM

NAME(S): _____

MAILING ADDRESS: _____

DAYTIME PHONE: _____

EVENING PHONE: _____

E-MAIL: _____

DOCTOR/MIDWIFE: _____

HOSPITAL: _____

BABY’S DUE DATE: _____

CHECK THE CLASS(ES) ON THE REVERSE SIDE FOR WHICH YOU WOULD LIKE TO REGISTER.

SEND THIS COMPLETED FORM ALONG WITH A CHECK MADE PAYABLE TO
CAPITAL HEALTH TO:

**CHILDBIRTH AND PARENT
EDUCATION PROGRAM
CAPITAL HEALTH
446 BELLEVUE AVENUE
TRENTON, NEW JERSEY 08618**

TO REGISTER ONLINE VISIT:
WWW.CAPITALHEALTH.ORG/CHILDBIRTH

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CLASSES DESIRED

- | CLASSES DESIRED | FEE |
|---|-------------|
| <input type="checkbox"/> PREPARED CHILDBIRTH CLASS 4-WEEK SERIES | \$120 |
| <input type="checkbox"/> CONDENSED PREPARED CHILDBIRTH - 2 SESSIONS | \$130 |
| <input type="checkbox"/> ONE-DAY CONDENSED PREPARED CHILDBIRTH | \$130 |
| <input type="checkbox"/> REFRESHER PREPARED CHILDBIRTH CLASS | \$ 30 |
| <input type="checkbox"/> BABY CARE BASICS | \$ 35 |
| <input type="checkbox"/> BREASTFEEDING PREPARATION CLASS | \$ 35 |
| <input type="checkbox"/> EXPECTANT GRANDPARENTS' EVENING | \$15/PERSON |

NAME(S) AND ADDRESS(ES) OF THOSE ATTENDING: _____

- | | |
|--|-------|
| <input type="checkbox"/> SIBLING PREPARATION CLASS | \$ 20 |
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NAME(S), AGE, AND SEX OF CHILD(REN) ATTENDING: _____

HAVING YOUR BABY AT CAPITAL HEALTH

Maternity unit orientation and tours are available. For more information or to register, call the Childbirth and Parent Education Program at (609) 394-4140.

NEW PARENT MORNINGS

This program is held in the conference room at Capital Health in Hamilton (for directions call 609-588-5050). This is a discussion group for new parents and their babies (birth to eight months) facilitated by a Capital Health nurse/lactation consultant. Feel free to come when you can on Tuesdays, 10:30 a.m. – noon. Expectant parents are also welcome. No pre-registration is required. For information, call the Childbirth and Parent Education Program at (609) 394-4140.
\$5 per session, payable at the door

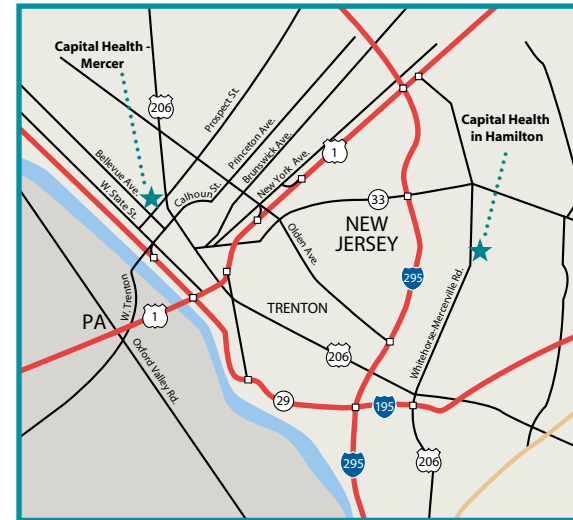
CONTACT INFORMATION

For more information about our Childbirth and Parent Education Services, please call (609) 394-4140.

DIRECTIONS

Capital Health - Mercer
446 Bellevue Avenue
Trenton, NJ 08618

Capital Health in Hamilton
1445 Whitehorse-Mercerville Road
Hamilton, NJ 08619



CHILDBIRTH AND PARENT EDUCATION



capitalhealth

Minds Advancing Medicine

609.394.4140
www.capitalhealth.org



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