

Childbirth Preparation Courses

All classes offered at Harrington Hospital, 100 South Street, Southbridge, MA

Courses are open to any expectant parent(s). You do not have to be scheduled to deliver at our Family Birthing Center to take classes. Many insurance providers offer reimbursements for childbirth classes. We offer discounts to Harrington HealthCare employees and MassHealth patients.

Four Week Comprehensive Class

(\$110 per couple – payment plans available)

This course offers an in-depth look at the entire childbirth process to make you and your partner feel comfortable. Topics covered include signs of preterm labor, what to bring to your birthing center, pain medication options, natural comfort techniques, Cesarean birth, postpartum, newborn care, and infant CPR. Courses are typically held Monday evenings from 6 – 8 p.m.

2017 Class Sessions:

(June 5, 12, 19, & 26) (July 31, August 7, 14, & 21) (Sept. 11, 18, 25, & Oct. 2)

The following class is flexible to accommodate your schedule.

Express Childbirth Class *(\$100 per couple – payment plans available)*

Two sessions, each three hours in length - a great option for those with busy schedules, or those needing a refresher course!

Please contact our instructor to discuss a time that suits your schedule!

Just the Facts! *(\$75 per couple)*

Perfect as a refresher! One 3-hour class. Call to set up a time!

Breastfeeding *(\$25 per couple)*

Highly recommended for first time breastfeeding mothers! Topics covered include latching, position techniques, managing difficulties, going back to work, and pumping/storing milk. Course typically held 6-8 p.m.

Sessions: May 22, July 10, August 28, October 16

Sibling Class *(\$25 per family)*

Help prepare your child(ren) for the arrival of their new sibling. Call to set up a time!

**For all questions and registration, contact instructor Rosanne Palumbo, RN, BSN, CLC
Phone: 508-765-2289 • Email: rpalumbo@harringtonhospital.org**