



2019 Childbirth Education Schedule

All Childbirth Education classes and tours have a limited number of seats available. Please contact the Department of Childbirth Education by phone at 551-996-2189 or by email at ChildbirthEd@hackensackmeridian.org to check availability and to reserve a seat. A completed registration form and payment must be received at least 10 days prior to the start of the class to confirm your seat. Dates listed are subject to change.

Prepared Childbirth Class			
<i>Weeknights: \$175 per couple; Weekends: \$200 per couple</i>			
Series	Day	Date(s)	Time
2 - day	Sunday	January 6 and 13	10 a.m. – 4 p.m.
4 – day	Monday	January 7, 14, 21 and 28	7 p.m. – 10 p.m.
4 – day	Monday	February 4, 11, 18 and 25	7 p.m. – 10 p.m.
2 – day	Sunday	February 10 and 17	10 a.m. – 4 p.m.
4 – day	Monday	March 4, 11, 18 and 25	7 p.m. – 10 p.m.
2 – day	Saturday	March 23 and 30	10 a.m. – 4 p.m.
4 – day	Monday	April 1, 8, 15 and 22	7 p.m. – 10 p.m.
1 – day	Sunday	April 14	9 a.m. – 6 p.m.
2 – day	Saturday	April 27 and May 4	10 a.m. – 4 p.m.
4 – day	Monday	April 29, May 6, 13 and 20	7 p.m. – 10 p.m.
2 – day	Saturday	June 1 and 8	10 a.m. – 4 p.m.
4 – day	Monday	June 3, 10, 17 and 24	7 p.m. – 10 p.m.
2 – day	Saturday	July 13 and 20	10 a.m. – 4 p.m.
2 – day	Sunday	July 14 and 21	10 a.m. – 4 p.m.
4 – day	Monday	August 5, 12, 19 & 26	7 p.m. – 10 p.m.
2 – day	Saturday	August 10 and 17	10 a.m. – 4 p.m.
4 – day	Monday	September 9, 16, 23 and 30	7 p.m. – 10 p.m.
2 – day	Saturday	September 14 and 21	10 a.m. – 4 p.m.
1 – day	Sunday	September 15	9 a.m. – 6 p.m.
4 – day	Monday	October 7, 14, 21 and 28	7 p.m. – 10 p.m.
2 – day	Saturday	October 19 and 26	10 a.m. – 4 p.m.
4 – day	Monday	November 4, 11, 18 and 25	7 p.m. – 10 p.m.
2 – day	Saturday	November 9 and 16	10 a.m. – 4 p.m.



Prepared Childbirth Class (continued)			
Series	Day	Date(s)	Time
4 – day	Monday	December 2, 9, 16 and 30	10 a.m. – 4 p.m.
2 - day	Saturday	December 7 and 14	10 a.m. – 4 p.m.

Sibling Preparation Class <i>\$40 per child</i>		
Day	Date	Time
Sunday	January 13	10 a.m. – 11:30am.
Sunday	February 3	10 a.m. – 11:30am.
Sunday	March 3	10 a.m. – 11:30am.
Sunday	April 7	10 a.m. – 11:30am.
Sunday	May 5	10 a.m. – 11:30am.
Sunday	June 2	10 a.m. – 11:30am.
Sunday	June 30	10 a.m. – 11:30am.
Sunday	August 18	10 a.m. – 11:30am.
Sunday	September 8	10 a.m. – 11:30am.
Sunday	October 6	10 a.m. – 11:30am.
Sunday	November 10	10 a.m. – 11:30am.
Sunday	December 1	10 a.m. – 11:30am.

The Happiest Baby on the Block™ Class <i>\$60 per couple</i>		
Day	Date	Time
Tuesday	January 22	7:30 p.m. – 9:30 p.m.
Tuesday	March 5	7:30 p.m. – 9:30 p.m.
Monday	May 6	7:30 p.m. – 9:30 p.m.
Tuesday	July 23	7:30 p.m. – 9:30 p.m.
Monday	September 23	7:30 p.m. – 9:30 p.m.
Wednesday	November 6	7:30 p.m. – 9:30 p.m.



Breastfeeding Class <i>\$50 per couple</i>		
Day	Date	Time
Sunday	January 20	9:30 a.m. – 11:30 a.m.
Sunday	January 27	9:30 a.m. – 11:30 a.m.
Sunday	February 3	9:30 a.m. – 11:30 a.m.
Sunday	February 10	9:30 a.m. – 11:30 a.m.
Sunday	March 3	9:30 a.m. – 11:30 a.m.
Sunday	March 17	9:30 a.m. – 11:30 a.m.
Sunday	March 24	9:30 a.m. – 11:30 a.m.
Sunday	April 7	9:30 a.m. – 11:30 a.m.
Sunday	April 14	9:30 a.m. – 11:30 a.m.
Sunday	April 28	9:30 a.m. – 11:30 a.m.
Sunday	May 5	9:30 a.m. – 11:30 a.m.
Sunday	May 19	9:30 a.m. – 11:30 a.m.
Sunday	May 26	9:30 a.m. – 11:30 a.m.
Sunday	June 2	9:30 a.m. – 11:30 a.m.
Sunday	June 23	9:30 a.m. – 11:30 a.m.
Sunday	July 21	9:30 a.m. – 11:30 a.m.
Sunday	July 28	9:30 a.m. – 11:30 a.m.
Sunday	August 4	9:30 a.m. – 11:30 a.m.
Sunday	August 18	9:30 a.m. – 11:30 a.m.
Sunday	September 8	9:30 a.m. – 11:30 a.m.
Sunday	September 29	9:30 a.m. – 11:30 a.m.
Sunday	October 6	9:30 a.m. – 11:30 a.m.
Sunday	October 20	9:30 a.m. – 11:30 a.m.
Sunday	October 27	9:30 a.m. – 11:30 a.m.
Sunday	November 3	9:30 a.m. – 11:30 a.m.
Sunday	November 17	9:30 a.m. – 11:30 a.m.
Sunday	November 24	9:30 a.m. – 11:30 a.m.
Sunday	December 1	9:30 a.m. – 11:30 a.m.



Breastfeeding Class (continued)		
Day	Date	Time
Sunday	December 15	9:30 a.m. – 11:30 a.m.
Sunday	December 22	9:30 a.m. – 11:30 a.m.

Marvelous Multiples[®] Class <i>\$200 per couple</i>		
2-Session Days	Dates	Time
Sunday/Saturday	April 28 & May 4	12 p.m. – 4 p.m.
Sunday	September 29 & October 6	12 p.m. – 4 p.m.



Infant Care and Safety Class		
<i>\$50 per couple</i>		
Day	Date	Time
Friday	January 4	7 p.m. – 10 p.m.
Friday	January 18	7 p.m. – 10 p.m.
Thursday	January 24	7 p.m. – 10 p.m.
Sunday	January 27	12 p.m. – 3 p.m.
Friday	February 1	7 p.m. – 10 p.m.
Friday	February 15	7 p.m. – 10 p.m.
Thursday	February 28	7 p.m. – 10 p.m.
Friday	March 1	7 p.m. – 10 p.m.
Sunday	March 10	12 p.m. – 3 p.m.
Thursday	March 14	7 p.m. – 10 p.m.
Friday	March 22	7 p.m. – 10 p.m.
Friday	April 5	7 p.m. – 10 p.m.
Sunday	April 14	12 p.m. – 3 p.m.
Thursday	April 18	7 p.m. – 10 p.m.
Thursday	April 25	7 p.m. – 10 p.m.
Thursday	May 2	7 p.m. – 10 p.m.
Friday	May 10	7 p.m. – 10 p.m.
Friday	May 24	7 p.m. – 10 p.m.
Sunday	June 9	12 p.m. – 3 p.m.
Thursday	June 13	7 p.m. – 10 p.m.
Friday	July 12	7 p.m. – 10 p.m.
Friday	July 19	7 p.m. – 10 p.m.
Thursday	July 25	7 p.m. – 10 p.m.
Sunday	August 11	1 p.m. – 4 p.m.
Thursday	August 15	7 p.m. – 10 p.m.
Tuesday	August 20	7 p.m. – 10 p.m.
Thursday	August 22	7 p.m. – 10 p.m.
Thursday	September 5	7 p.m. – 10 p.m.
Sunday	September 8	1 p.m. – 4 p.m.



Infant Care and Safety Class (continued)		
Day	Date	Time
Friday	September 20	7 p.m. – 10 p.m.
Friday	September 27	7 p.m. – 10 p.m.
Friday	October 4	7 p.m. – 10 p.m.
Sunday	October 13	12 p.m. – 3 p.m.
Friday	October 18	7 p.m. – 10 p.m.
Thursday	October 24	7 p.m. – 10 p.m.
Friday	November 1	7 p.m. – 10 p.m.
Thursday	November 7	7 p.m. – 10 p.m.
Friday	November 22	7 p.m. – 10 p.m.
Sunday	December 8	12 p.m. – 3 p.m.
Thursday	December 12	7 p.m. – 10 p.m.
Friday	December 20	7 p.m. – 10 p.m.



2019 Childbirth Pavilion Tour

Childbirth Pavilion Tours have a limited number of seats available. A reservation is required. To reserve your seat, please contact the Department of Childbirth Education by phone at 551-996-2189 or by email at ChildbirthEd@HackensackMeridian.org. This two-hour tour includes an information session and a tour of the Childbirth Pavilion. The tour is limited to the expectant mother and her one guest; no children are allowed.

Childbirth Pavilion Tour Schedule		
<i>complimentary, no fee</i>		
Day	Date	Time
Wednesday	January 2	6 p.m. and 8 p.m.
Wednesday	January 9	6 p.m. and 8 p.m.
Thursday	January 10	6 p.m. and 8 p.m.
Saturday	January 12	12 p.m. and 2 p.m.
Sunday	January 13	1 p.m.
Wednesday	January 16	6 p.m. and 8 p.m.
Wednesday	January 23	6 p.m. and 8 p.m.
Sunday	January 27	12 p.m. and 2 p.m.
Wednesday	January 30	6 p.m. and 8 p.m.
Sunday	February 3	1 p.m.
Wednesday	February 6	6 p.m. and 8 p.m.
Saturday	February 9	12 p.m. and 2 p.m.
Wednesday	February 13	6 p.m. and 8 p.m.
Thursday	February 14	6 p.m. and 8 p.m.
Sunday	February 24	12 p.m. and 2 p.m.
Wednesday	February 27	6 p.m. and 8 p.m.
Sunday	March 3	12 p.m.
Wednesday	March 6	6 p.m. and 8 p.m.
Saturday	March 9	12 p.m. and 2 p.m.
Wednesday	March 13	6 p.m. and 8 p.m.
Wednesday	March 20	6 p.m. and 8 p.m.
Thursday	March 21	6 p.m. and 8 p.m.
Wednesday	March 27	6 p.m. and 8 p.m.



Childbirth Pavilion Tour (continued)		
Day	Date	Time
Wednesday	April 3	6 p.m. and 8 p.m.
Sunday	April 7	12 p.m.
Saturday	April 13	1 p.m., 3 p.m. and 5 p.m.
Wednesday	April 17	6 p.m. and 8 p.m.
Wednesday	April 24	6 p.m. and 8 p.m.
Thursday	April 25	6 p.m. and 8 p.m.
Wednesday	May 1	6 p.m. and 8 p.m.
Saturday	May 4	1 p.m., 3 p.m. and 5 p.m.
Sunday	May 5	1 p.m., 3 p.m. and 5 p.m.
Wednesday	May 8	6 p.m. and 8 p.m.
Thursday	May 9	6 p.m. and 8 p.m.
Sunday	May 19	12 p.m. and 2 p.m.
Wednesday	May 22	6 p.m. and 8 p.m.
Wednesday	May 29	6 p.m. and 8 p.m.
Sunday	June 2	12 p.m.
Wednesday	June 5	6 p.m. and 8 p.m.
Saturday	June 8	1 p.m., 3 p.m. and 5 p.m.
Sunday	June 9	1 p.m., 3 p.m. and 5 p.m.
Wednesday	June 12	6 p.m. and 8 p.m.
Wednesday	June 19	6 p.m. and 8 p.m.
Sunday	June 23	12 p.m. and 2 p.m.
Wednesday	June 26	6 p.m. and 8 p.m.
Sunday	June 30	1 p.m.
Monday	July 8	6 p.m. and 8 p.m.
Saturday	July 20	1 p.m., 3 p.m., 5 p.m. and 7 p.m.
Sunday	July 21	12 p.m., 2 p.m., 4 p.m. and 6 p.m.
Thursday	July 25	6 p.m. and 8 p.m.
Sunday	July 28	12 p.m.



Childbirth Pavilion Tour (continued)		
Day	Date	Time
Tuesday	July 30	6 p.m. and 8 p.m.
Sunday	August 4	12 p.m. and 2 p.m.
Wednesday	August 7	6 p.m. and 8 p.m.
Saturday	August 10	12 p.m. and 2 p.m.
Wednesday	August 14	6 p.m. and 8 p.m.
Saturday	August 17	1 p.m., 3 p.m., and 5 p.m.
Sunday	August 18	12 p.m., 2 p.m., and 4 p.m.
Wednesday	August 21	6 p.m. and 8 p.m.
Wednesday	August 28	6 p.m. and 8 p.m.
Thursday	August 29	6 p.m. and 8 p.m.
Sunday	September 8	1 p.m.
Wednesday	September 11	6 p.m. and 8 p.m.
Saturday	September 14	1 p.m., 3 p.m. and 5 p.m.
Wednesday	September 18	6 p.m. and 8 p.m.
Thursday	September 19	6 p.m. and 8 p.m.
Sunday	September 29	12 p.m. and 2 p.m.
Wednesday	October 2	6 p.m. and 8 p.m.
Wednesday	October 9	6 p.m. and 8 p.m.
Wednesday	October 16	6 p.m. and 8 p.m.
Thursday	October 17	6 p.m. and 8 p.m.
Saturday	October 19	1 p.m., 3 p.m. and 5 p.m.
Sunday	October 20	1 p.m., 3 p.m. and 5 p.m.
Wednesday	October 23	6 p.m. and 8 p.m.
Wednesday	October 30	6 p.m. and 8 p.m.
Saturday	November 2	1 p.m., 3 p.m. and 5 p.m.
Sunday	November 3	1 p.m., 3 p.m. and 5 p.m.
Wednesday	November 6	6 p.m. and 8 p.m.



Childbirth Pavilion Tour (continued)		
Day	Date	Time
Sunday	November 10	1 p.m.
Wednesday	November 13	6 p.m. and 8 p.m.
Wednesday	November 20	6 p.m. and 8 p.m.
Thursday	November 21	6 p.m. and 8 p.m.
Sunday	November 24	12 p.m. and 2 p.m.
Tuesday	November 26	6 p.m. and 8 p.m.
Sunday	December 1	1 p.m.
Wednesday	December 4	6 p.m. and 8 p.m.
Saturday	December 7	1 p.m., 3 p.m. and 5 p.m.
Sunday	December 8	1 p.m., 3 p.m. and 5 p.m.
Wednesday	December 11	6 p.m. and 8 p.m.
Wednesday	December 18	6 p.m. and 8 p.m.
Thursday	December 19	6 p.m. and 8 p.m.