Beautiful Beginnings Childbirth Prep is a Lamaze childbirth preparation class, offering evidence-based information and strategies to prepare you for the birth of your baby.

Topics include:
- Stages of labor and signs of onset of labor
- Comfort measures and pain relief options
- Medical interventions and hospital routines
- Resources to support new parents

Childbirth Preparation Classes in a NEW location!

Sponsored by Hackensack Meridian Health Jersey Shore University Medical Center

Presented by Lamaze Certified Childbirth Educators

Four week series occurs

Tuesdays, 7 p.m. - 9 p.m.

and

Thursdays, 7 p.m. - 9 p.m.

We provide small class sizes, which are conveniently located with on-site parking.

For class dates and to register, please call 1-800-560-9990.
Beautiful Beginnings Childbirth Prep
$145.00 per couple
Offered as a weekly series or as a one-day weekend class.

Topics Include: Stages of labor, hospital routines, medical interventions, pain relief options and postpartum care taught by a Lamaze Certified Childbirth Educator.

Nursing Your Newborn
$50.00 per couple
A one-session class offering lots of strategies for getting breastfeeding off to a smooth start.

Topics Include: options for positioning and achieving a good latch, how to tell if your baby is getting enough milk, easing the transition back to work.

Baby Talk: Infant Care 101*
*Located at Hackensack Meridian Health Village at Jackson
27 S. Cooks Bridge Road, Jackson, NJ 08527
$50.00 per couple

Topics Include: Newborn care including bathing, feeding, diapering, sleep patterns, and soothing a crying baby are discussed with lots of hands-on practice using dolls. Safety issues and childproofing information are included, along with evidence-based practices from the American Academy of Pediatrics.

Call 1-800-560-9990 to register for classes and ask our team member about the special group class rate.