

PREPARING FOR YOUR BIRTH EXPERIENCE



PRENATAL CLASSES

Prepare for childbirth and life after baby with fun and engaging prenatal classes and educational programs at White Plains Hospital. We offer a wide range of classes for expecting parents and family members that are taught by certified instructors. Please visit wphospital.org/about/news-events for class dates. Registration and questions can be directed to: wphmchfan@wphospital.org.

From Belly to Birth and Beyond. Come join us at White Plains Hospital for a fun and engaging childbirth education experience! Our Certified Childbirth Education instructors, who are all Labor and Delivery nurses at White Plains Hospital will provide you with the most current research based information on each topic while sharing stories and experiences. This class covers topics including anatomy of pregnancy, relaxation techniques, possible medical interventions, what to do when you go into labor, and more. We encourage your significant other to join this class with you. Please bring two pillows and a floor mat or towel to class. The class meets one Sunday per month, 11:00am-5:00pm. Cost is \$200/couple.

Baby Basics 101. Join other expectant couples in this interactive class and learn more about the basics of caring for your newborn in the first six weeks of life. This fun and engaging class is taught by White Plains Hospital maternity nurses. Topics covered include bathing, diapering, and newborn appearance and sleep patterns. We encourage your significant other to join you for this class. The class meets one Monday per month, 6:30p-8:30pm. Cost is \$50/couple.

Prenatal Yoga/Meditation with Prana Yoga. Beginner friendly! "Prenatal Yoga & Meditation" is a great way to connect with your baby, address the common physical symptoms associated with pregnancy, prepare for labor and birth, and relax and calm the mind. You will be led through a sequence of gentle yoga postures that are suitable for beginners as well as experienced students. The class includes breathing techniques, a short meditation practice, as well as guided visualization to help you deeply relax. For registration and more information about Prana Yoga classes please visit: pranayogaandmeditation.com.

Mama & Baby Yoga with Prana Yoga. Beginner friendly! "Mama & Baby Yoga" helps you stretch, strengthen and breathe while bonding with your baby and getting to know other new moms. We promote and nurture a beautiful community of like-minded

women. Our classes offer a mix of toning and stretching movement for moms and yoga poses done with your baby. The structure of the class is relaxed to allow you to feed and attend to your baby's needs. Bring a blanket for your baby, mats are provided. For registration and more information about Prana Yoga classes please visit: pranayogaandmeditation.com.

I'm the big kid now: A class for siblings. Becoming a sibling for the first time is a very special event. We have a class designed just for the big brother or big sister in your family. This fun and interactive class for children ages 3 and older teaches them what it is like to have a new baby in the home. Using demonstration dolls they will learn how to hold and diaper their new sibling. Each child will receive a certificate upon completion. The parent(s) attends with the child. The class meets for one Wednesday every month. Cost is \$25 first child, \$5 each additional child.

Understanding Birth: eClass. A unique learning experience that provides comprehensive information you can trust as you prepare for your upcoming birth. In this class, you'll learn all about the birth process and medical procedures through instructive video clips, animations, and interactive games. You'll also get a sense of what labor is really like as you watch several birth stories. Parents will receive an emailed invitation and can take the class from any device connected to the internet, including computers, tablets, and phones. White Plains Hospital's Certified Childbirth Instructors will be available to answer questions via email. Cost is \$200/course.

Breastfeeding Basics. Get your breastfeeding experience off to a good start by learning evidence based information. In this two hour class you will discuss the benefits of breastfeeding, proper positioning, establishing a good milk supply, and other common concerns. We welcome all who will be supporting you at this time. The class meets for one Monday per month, 6:30-8:30pm. Cost is \$25/family.