

tender beginnings

Classes in preparation for the birth
of your baby



Welcome to the Emerson Hospital Tender Beginnings program.

Emerson Hospital offers courses in prenatal child-birth classes, infant care, breastfeeding and more. All courses require pre-registration.

All classes are held at an Emerson Hospital facility. There is limited space in the classes so we ask that you return your registration form with the fee within two weeks to reserve your space.

For dates of classes, to register, or for other information, please call 978-287-3268. We ask that you register by your fourth month, as classes fill quickly.

Cancellation policy

In order to receive a full refund, you must notify Tender Beginnings at 978-287-3268 four weeks prior to the class start date.

A 50% refund will be given up to two weeks prior to the class start date.

Refunds will not be given less than two weeks prior to class start date without medical authorization.

Emerson Hospital reserves the right to cancel any class due to insufficient enrollment.

Inclement weather

Call the hospital at 978-287-3268 to check the status of your course or program.

Insurance coverage

Insurance coverage for prenatal education classes varies widely depending on your health plan and on the benefits provided by an employer. Many plans will provide partial reimbursement. We encourage you to contact your insurance company for details. Your instructor will provide you with documentation to submit to your insurance company after your class is complete.

Directions

Donaldson Conference Room

Please park in lower lot D. Enter the John Cuming Building. The Donaldson Conference Room is located on level 1. Please follow posted signs.

Lovejoy Conference Room

Please park in the hospital garage. Enter through main entrance of the hospital. Go down long corridor; take first bank of elevators on your left to level 4. Please follow posted signs to Lovejoy Conference Room. (First door on right before Critical Care Unit.)

McPhillips Conference Room

Please park in the hospital garage. Enter through main entrance of the hospital. Continue down main corridor; the McPhillips Conference Room is located on the right-hand side of the corridor just beyond the Gift Shop.

North Assembly Room A and B

Please park in the hospital garage. Enter through main entrance of the hospital. Go halfway down long corridor; conference room on left before ATM machine.

Emerson Hospital is located on Route 2 between Route 62 and Route 126.

Emerson Hospital Health Center—Westford

is located on Route 110, exit 32 off of Route 495.

***Please save this brochure
for your reference.***



Group tours

Free tours of the Birthing Center are given on a regular basis. For more information and to register, please call 978-287-3268. *Registration is required for tours.*



Classes

Prenatal Childbirth

This five week class helps pregnant women and their partners make informed decisions about childbirth. Topics include information about relaxation breathing, realistic labor options, and understanding the process of labor. (Also offered in Westford.)

- Who:** Women in their last trimester and their partner.
(Please register by your 4th month.)
- When:** Weekday evenings.
Please call for current times.
- Fee:** \$150/couple (tour included)
- Where:**

Wear comfortable clothing and bring two pillows.

Prenatal Childbirth—Weekend

A prenatal class for expectant parents who find it difficult to attend evening classes. Topics and information covered will be the same as the evening prenatal class.

- Who:** Women in their last trimester and their partner.
(Please register by your 4th month.)
- When:** Saturday and Sunday, 8:45 am–3:00 pm
- Fee:** \$160/couple (tour included)
- Where:** McPhillips Conference Room

Bring two pillows, a snack and lunch, or you may purchase lunch in the hospital café.

Prenatal Childbirth—One Day

This condensed childbirth education class in a fast-paced teaching environment is designed to prepare couples for their labor and birth experience.

- Who:** Women in their last trimester and their partner.
(Please register by your 4th month.)
- When:** Saturday, 9:00 am–4:30 pm
- Fee:** \$155/couple (tour included)
- Where:** McPhillips Conference Room

Bring two pillows, a snack and lunch, or you may purchase lunch in the hospital café.

Hypnobirthing

This class will teach expecting parents deep relaxation techniques that help in having a more calm and peaceful—and less stressful—birthing experience. These techniques have been shown to shorten labor and reduce fatigue. (Also offered in Westford.)

- Who:** For expectant parents.
(Please register by your 4th month.)
- When:** Please call 978-287-3268 for more information.
- Fee:** \$225/couple
- Where:**

Prenatal Childbirth—Refresher

An overview of the labor and delivery process, this class includes information about relaxation breathing and realistic expectations of labor the second time around. The Refresher class will cover both cesarean and vaginal deliveries.

- Who:** Women and their partner who have experienced childbirth.
(Please register by your 4th month.)
- When:** Offered monthly
- Fee:** \$50/couple
- Where:**

Sibling Preparation

A special class to prepare youngsters ages 2 1/2 to 6 for the arrival of a sibling. Siblings will be encouraged to talk about what babies are like and how it feels to be a big brother or sister. This class will include a child-oriented tour of the birthing center.

- Who:** For 2 ½ to 6 year old children who will become a sibling soon.
- When:** Offered on a Saturday.
9–10:30am for 4 to 6 year olds
10:45–12:00pm for 2 ½ to 3 ½ year olds
- Fee:** \$20 for one child
\$25 for two or more children
- Where:**

Your child should bring:

- A baby picture of himself or herself.
- A small doll or stuffed animal.

We ask that a parent attend class with their child or children.

Bed Rest Loaner Kit

If your obstetrician has prescribed bed rest, we have a bed rest loaner kit available for you. It includes childbirth preparation videos and books, and a follow-up home visit with a childbirth instructor to review the material. Call 978-287-3268.

Fee: \$145 (includes books and home visit)

Infant Care

This class will provide an opportunity to learn infant care and parenting skills including bathing, diapering, and holding. Information about normal infant characteristics, when to call the pediatrician, infant feeding, and approaches to parenting will be discussed.

- Who:** For expectant parents.
(Please register by your 4th month.)
- When:** Weekday evenings and weekends.
Please call for current times.
- Fee:** \$45/couple
\$35 if you are also taking any of the prenatal childbirth classes.
- Where:**

Breastfeeding

This class covers the benefits and challenges of breastfeeding. Special consideration is given to techniques, common early concerns, and how to successfully incorporate breastfeeding into your lifestyle. (Also offered in Westford.)

- Who:** Expectant mothers and their partners who are interested in breastfeeding.
(Please register by your 4th month.)
- When:** Weekday evenings or Saturday.
Please call for current times.
- Fee:** \$45/couple
\$35 if you are also taking any of the prenatal childbirth classes.
- Where:**

Infant/Child CPR

Includes one rescuer CPR, obstructed airway management, and child safety issues for infants and children up to age eight. There is no written examination and no certification for this three hour class that is offered every month.

- Who:** Anyone who has exposure to an infant.
- When:** Saturday. Please call for current times.
- Fee:** \$40 per person
- Where:**

Getting Ready for Multiples

This class addresses the special concerns of a pregnancy for multiples. Topics include preterm labor, pregnancy discomfort, delivery, managing feedings and options, organization and resources. Please note this is not a prepared childbirth class.

- Who:** Parents expecting twins, triplets, or more. Ideally in the second trimester, but can be taken in the third trimester.
(Please register by your 4th month.)
- When:** Weekday evenings and weekends.
Please call for current times.
- Fee:** \$60/couple
- Where:**

The Happiest Baby on the Block™

Are you ready to be a parent? Sleepless nights, crying baby, marital stress. Learn an extraordinary approach to calm your baby. New and expectant parents will learn step-by-step how to help your baby sleep longer and how to soothe even the fussiest baby in minutes.

Who: Expectant parents, new parents and grandparents.

When: Weekday evenings.
Please call for current times.

Fee: \$45/couple

Where:

Infant Massage

Infant massage plays an important role in baby and parent bonding, helping to soothe and relax the baby and reduce the risk of maternal post-natal depression. Massage aids in better sleep, relieves gas and constipation, and helps strengthen the digestive, circulatory, respiratory and immune systems. (Also offered in Westford.)

Who: Parents and baby from birth to pre-crawling.

When: Please call 978-287-3268 for more information.

Fee: \$20/session

Bring two baby blankets and a towel.

Prenatal Exercise— Exercise for a Healthier Pregnancy

A special exercise class for mothers-to-be. You'll learn how to prevent injury with proper posture, body mechanics, and techniques to accommodate your changing body. You will also strengthen and tone your muscles, learn relaxation techniques and meet other expectant mothers. Led by an Emerson Hospital physical therapist. Please call 978-287-3777 for more information and a physician consent form.

Postnatal Exercise—

Don't miss this great opportunity to get back into shape and meet other new moms and their babies! This exercise class is designed for new moms that are at least 6 weeks post delivery and for their infants. In a relaxed, informal setting with other new moms and babies, you will learn key exercises that will help you regain your strength and energy level. The class is taught by an Emerson Hospital physical therapist who is specifically trained in prenatal and postnatal exercise. She utilizes her skills as a physical therapist to modify and accommodate exercises to meet the needs of all participants. Please call 978-287-3777 for more information.

Support groups

Lactation Consultation

Emerson Hospital offers outpatient visits with a certified lactation consultant. These visits can be very helpful in resolving difficulties you may be having with breastfeeding. Some insurance plans cover lactation consultation. Please check your plan for specific coverage information. For more information about Emerson Hospital's Lactation Consultation, please call 978-287-3317.

Mothers Offering Mothers Support

The journey into motherhood is an exciting time. Sometimes even the most prepared new mother facing these new changes and challenges can sometimes feel anxious, overwhelmed and alone. Emerson Hospital has experienced volunteer MOMS who are available to offer support and to share with you the new experiences of motherhood. A MOMS volunteer will contact you by phone within the early weeks of discharge. For more information, please call 978-287-3176.

New Mothers Group

The New Mothers Group is a place for new mothers to come with questions and concerns or to just meet and share experiences with other mothers. Join other new mothers and their babies who are also facing the challenges of these early months. For more information about this support group, please call 978-287-3176.



Registration form

Please complete form and mail to:

Emerson Hospital
Perinatal Education/W3

133 Old Road to Nine Acre Corner, Concord, MA 01742

Name: _____

Address: _____

Phone H: _____

W: _____

Support Person: _____

Sibling(s) Name: _____ Age: _____

Name: _____ Age: _____

Due Date: _____

Hospital for Delivery: _____

Class:	Cost:	Date:
Prenatal Childbirth Class	\$150	_____
Prenatal Childbirth Class—Weekend	\$160	_____
Prenatal Childbirth Class—One Day	\$155	_____
Hypnobirthing Class	\$225	_____
Prenatal Childbirth Class—Refresher	\$50	_____
Sibling Prep— <i>for one child</i>	\$20	_____
Sibling Prep— <i>two or more children</i>	\$25	_____
Bed Rest Loaner Kit	\$145	_____
Infant Care	\$45	_____
Infant Care <i>with Prenatal</i>	\$35	_____
Breastfeeding Class	\$45	_____
Breastfeeding <i>with Prenatal</i>	\$35	_____
Infant/Child CPR	\$40	_____
Getting Ready for Multiples	\$60	_____
The Happiest Baby on the Block™	\$45	_____
Infant Massage	\$20	_____

Total Amount Due: _____



Please make checks payable to Emerson Hospital.
Employee discounts are available.



Emerson Hospital
133 Old Road to Nine Acre Corner
Concord, MA 01742
www.emersonhospital.org