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 childbirth 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 at 133 Littleton Road, Westford (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.

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

Fee: $50/couple

Where:

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.
Sibling Preparation
A special class to prepare youngsters ages 2 ½ 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.
   9–10:30 am for 4 to 6 year olds
   10:45–12:00 pm 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:

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:
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:  

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<tr>
<th>Class</th>
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<td>The Happiest Baby on the Block™</td>
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<td>Infant Massage</td>
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Total Amount Due: _______

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