Congratulations to you at this important time.

Upstate Best Beginnings: Childbirth and New Family classes are focused on preparing you, caregivers and all family members for the birth of your baby. Classes range from an overview of what to expect during labor and delivery to how to care for your newborn. Several classes focus on the whole family and their important roles in welcoming and nurturing a new family member.

How to Register
Registration, class choices and payment must be completed in advance of class date.

To pay by credit card, please call 315-464-2756.
To pay by check, please use the attached form and send a check or money order, payable to University Hospital.

Mail to:
Upstate University Hospital
Upstate Connect, 250HS-6
750 East Adams Street
Syracuse, New York 13210

Registration and payment must be received prior to the start of any class. A partial refund may be available for cancellations due to medical reasons. A fee is required for checks returned for insufficient funds.

Class fee assistance may be available for qualified individuals. Call 315-464-2756 to inquire. Class fee assistance is made possible by a grant from the Advocates for Upstate Medical University.

For a copy of the form, visit www.upstate.edu/women

LOCATION FOR ALL 2016 CLASSES
2016 classes are brought to you through a collaboration of Upstate Women’s Health, the Jim and DeDe Walsh Birth Center and Upstate Health Education Department and will be held at:
Upstate University Hospital, Community Campus
Physician Office Building South, Suite 2A
4900 Broad Road, Syracuse, NY 13215

Directions
Park in the garage and go to the second floor. Follow signs to the Physician Office Building South (POB South). Walk through the doorway to the right of the POB South elevator. Suite 2A is located directly ahead of you at the end of the hallway.

INDIVIDUAL CLASS OPTIONS

☑ NEWBORN CARE $20
Class date

☑ BREASTFEEDING $15
Class date

☑ HOSPITAL ORIENTATION TOUR Free
Class date

☑ MY NEW SIBLING $25 sibling and adult
Class date

☑ BABY & ME 3-Week Series $60
Class date

TO REGISTER
Return completed registration to:
University Hospital, Upstate Connect, 250HS-6
750 East Adams Street, Syracuse, NY 13210
Make checks payable to Upstate University Hospital
To pay by credit card: call 315-464-2756

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UPSTATE BEST BEGINNINGS:
PRENATAL, CHILDBIRTH & NEW FAMILY CLASSES

Upstate Best Beginnings: Expectant Parent Program (EPP)
Choose from: Four Week Class, Weekend Class or Refresher Class

Skilled nurse educators will guide the expectant mother and her labor support person through an overview of labor, relaxation and breathing techniques, medication options, interventions, hospital procedures and the role of the labor support person. The four-week class includes: a 4-hour core course, the Newborn Care class, and the Breastfeeding—Planning for Success class, and a Labor and Delivery tour (shown at right). The refresher class is for parents and runs for three weeks, for both evening and weekend class options; breastfeeding and newborn care are not included. Please wear comfortable clothing to class and bring two pillows for the exercise session.

We recommend that you complete all expectant parent classes at least three weeks prior to your due date.

Cost for expectant mother and support person:
$85 for evening classes
$95 for weekend classes
$15 for newborn care
$20 for breastfeeding
$60 for orientation and tour
$25 for baby and me class

2016 classes are held on Wednesdays, 6:30-8:00 p.m.: 2/10, 4/13, 6/8, 8/10, 10/12, 12/14 and Sundays, 3:00-4:30 p.m.: 1/24, 3/20, 5/15, 7/24, 9/18, 11/6

Breastfeeding—Planning for Success (Included in EPP)
Learn how and why breastfeeding is uniquely tailored to meet the needs of infants and babies. Parents learn the health benefits of breastfeeding for mothers and babies. Those who are uncertain about whether or not they will breastfeed have the opportunity to get more information and ask questions. Tools and techniques to promote confidence in the ability to breastfeed are taught in this one, two-hour class.

Cost: $15 (Included in the Expectant Parent Program).

2016 Classes are held on the first Tuesday of every month, 6:10-9:00 p.m.: 1/5, 2/2, 3/1, 4/5, 5/3, 6/7, 7/5, 8/2, 9/6, 10/4, 11/7, 12/6

Free Hospital Orientation and Tour
This class will provide a walking tour of Upstate University Hospital’s Community Campus and the Jim and DeDe Walsh Family Birth Center and Upstate Golisano After Hours Care. Learn where to go and what to expect when you arrive at the hospital to give birth and where you can receive care for your newborn if needed. Tour will conclude with a mini-practice session of labor comfort measures, breathing techniques and relaxation skills.

There is no charge for the orientation and tour. 2016 orientation and tours are held on Wednesdays, 6:30-8:00 p.m.: 2/10, 4/13, 6/8, 8/10, 10/12, 12/14 and Sundays, 3:00-4:30 p.m.: 1/24, 3/20, 5/15, 7/24, 9/18, 11/6

New My New Sibling
(for children ages 2-10 with a parent or caregiver)
Help siblings prepare for the birth of a new sibling. This is a child friendly interactive class focusing on the arrival of a new baby, positive changes to a family and the sibling’s role in caring for the newborn. Class includes the sibling and a parent or caregiver.

One, two-hour class.
Cost: $25

2016 Classes are held on Saturdays, 10 a.m.-12 p.m.: 2/6, 6/4, 8/6 or 12/3

New Baby & Me – Three Week Series
Congratulations on your new baby! You may now have more questions regarding newborn parenting and caring for your growing baby. Join our new parents and caregivers with their babies ages 2 weeks to 6 months to cover topics such as child development, sleep patterns, infant feeding, childhood immunizations, infant safety, infant care, play time and positive parenting strategies. Bring a blanket for you and your baby to play on during class.

(For baby and parent or other caregiver).
Cost: $50

2016 Classes are held on Tuesdays, 10 a.m.-12 p.m.: 3/8, 3/15, 3/22, or 6/7, 6/14, 6/21, or 9/9, 9/12, 9/20, or 11/29, 12/6, 12/13

New Upstate Best Beginnings: Online Education Program for Expectant Parents

You can prepare for the experience of childbirth in the comfort of your own home. Upstate realizes that this can be a busy time for the expectant mother and her labor support person. We offer mothers-to-be and their labor support partners a self-paced, interactive education program that can be completed from home. You also can attend classes in person if you like: Newborn Care, Breastfeeding, and Hospital Orientation and Tour classes are included in your fee. You can get the convenience of an online course, and the personal attention of our nurse educators before you give birth.

Costs for expectant mother and support person:
$85, offered year-round, anytime

Newborn Care, Breastfeeding – Planning for Success and Hospital Orientation and Tour classes are included and dates are listed in those course descriptions.