



## 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. All classes are free of charge except the online childbirth class but all require pre-registration. Class attendees will need to pay standard parking fees while attending all Upstate Best Beginnings classes.

## How to Register

To see class dates, class locations and to register, visit [www.upstate.edu/bestbegin](http://www.upstate.edu/bestbegin)

**UPSTATE**  
FAMILY BIRTH CENTER  
COMMUNITY CAMPUS

## Locations for classes

**Upstate University Hospital, Community Campus Centering & Patient Education, Physician Office Building - South 2A (POB-S 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.

**University Health Care Center 5th Floor Conference Room (UHCC-5th Fl), 90 Presidential Plaza Syracuse, NY 13202**

*Directions:* Park in the UHCC parking lot. Take elevator up to the fifth floor of UHCC Building. Turn right when you exit the elevators on the fifth floor. Go through first set of doors and make right. The Conference Room will be on your right.

## Upstate Cord Blood Bank

One of the happiest times — the birth of a baby — could also help another family during a difficult time. After delivery, the placenta and the umbilical cord is typically considered medical waste and thrown away. However, umbilical cord blood is a rich source of therapeutic stem cells that can provide life-saving treatments for more than 80 diseases.

The Upstate Birth Center is pleased to offer you the opportunity to donate your cord blood. Cord blood donation is free, safe, and there is no pain to you or your baby. Let your OB care provider know that you would like to donate your cord blood.

To learn more about cord blood donation visit our website at [www.upstatecordbloodbank.com](http://www.upstatecordbloodbank.com) or call 315-492-2600 / 1-855-492-2600 (toll free).

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# UPSTATE BEST BEGINNINGS: CHILDBIRTH & NEW FAMILY CLASSES



**ALL ARE WELCOME TO SIGN UP FOR THESE CLASSES**

To register, visit [www.upstate.edu/bestbegin](http://www.upstate.edu/bestbegin)

For specific class questions, contact the Best Beginnings Coordinator at [ChildBirthEd@upstate.edu](mailto:ChildBirthEd@upstate.edu) or call (315) 492-5153.

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# UPSTATE BEST BEGINNINGS CHILDBIRTH AND NEW FAMILY CLASSES

**The Family Birth Center recommends the following classes be taken during your pregnancy:**

## **Childbirth Classes**

Certified Registered 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. We recommend that you register for classes early and complete all classes at least three weeks prior to your due date.

## **Choose One Childbirth Class Option:**

### **Evening Class Series with Hospital Tour – FREE**

Scheduled Wednesdays for 4 weeks, 6:30 p.m.–8:30 p.m.  
Community Campus Location

### **Daytime Class Series – FREE**

Scheduled Wednesdays for 3 weeks, 10:00 a.m.–12:00 p.m.  
University Health Care Center location

### **Saturday Class with Hospital Tour – FREE**

Scheduled Saturdays 8:30 a.m.–4:30 p.m.  
Community Campus Location

### **Refresher Class – FREE**

For those who have had a baby previously and just want a refresher. First three classes of the Evening or Daytime weekly series or the first ½ of the Saturday class.

### **Online Class – \$50 Fee**

Self-paced, interactive online program that can be completed at home anytime.



## **Hospital Orientation and Tour – FREE**

This class will provide a tour of Upstate University Hospital's Community Campus and the Jim and DeDe Walsh Family Birth Center. Learn where to go when you arrive at the hospital to give birth. Tour will conclude with a mini-practice session of labor comfort measures. This class is not needed if you are taking the Childbirth Classes held at the Community Campus Location.

Scheduled Wednesdays, 5:00 p.m.–6:30 p.m. and Sundays, 3:00–4:30 p.m.  
Community Campus Location

## **Newborn Care – FREE**

Open to all caregivers, Newborn Care covers how to care for a newborn and is for new parents, aunts, uncles, or new grandparents. This class will focus on all who will be caregivers in some way to your newborn. You will learn about newborn appearance, behavior, feeding, care and current safety recommendations.

Scheduled Wednesdays, 6:30 p.m.–8:30 p.m.  
or Sundays, 1:00 p.m.–3:00 p.m.  
Community Campus Location

Scheduled Wednesdays 10:00 a.m.–12:00 p.m.  
University Health Care Center Location

## **Breastfeeding – Planning For Success – FREE**

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 class.

First Tuesday of each month, 6:30 p.m.–9:00 p.m.  
Community Campus Location

Scheduled Wednesdays 10:00 a.m.–12:00 p.m.  
University Health Care Center location

## **Online Breastfeeding Class**

Learn more about breastfeeding in this self-paced online education.

## **My New Sibling – FREE**

*(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 class focusing on the arrival of a new baby, positive changes to a family and the sibling's role in caring for the newborn.

Scheduled Saturdays, 10 a.m.–12:00 p.m.  
Community Campus Location

**The Family Birth Center recommends the following classes be taken after you give birth:**

## **Breastfeeding- Back To Work – FREE**

As you prepare to move to the next phase of returning to work or school as a breastfeeding mother, this class will help you ready your plan, supplies, knowledge and process. It is for pregnant and breastfeeding women returning to work or school who plan to continue to provide breast milk for your baby. Babies are welcome to attend this class. It is best to attend a few weeks before you return to work.

2nd Tuesday of each month 12:00–2:00 p.m.  
Community Campus Location

## **Baby & Me – Three Week Series – FREE**

Congratulations on your new baby! You may now have more questions regarding new parenthood and caring for your growing baby. For new parents and caregivers with their babies ages 2 weeks to 6 months covering 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.

Scheduled Thursdays for 3 weeks, 10:00 a.m.–12:00 p.m.  
Community Campus Location

## **Drop-In Education/Support Sessions – NEW**

No time for a class? Stop in for informal education and support. Visit [www.upstate.edu/bestbegin](http://www.upstate.edu/bestbegin) for days/times.

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