

Childbirth Preparation Courses

All classes offered at Harrington Hospital, 100 South Street, Southbridge, MA

Courses are open to any expectant parent(s). You do not have to be scheduled to deliver at our Family Birthing Center to take classes. Many insurance providers offer reimbursements for childbirth classes. We offer discounts to Harrington HealthCare employees and MassHealth patients.

Five Week Comprehensive Class

(\$110 per couple – payment plans available)

This course offers an in-depth look at the entire childbirth process to make you and your partner feel comfortable. Topics covered throughout the five week session includes signs of preterm labor, what to bring to your birthing center, pain medication options, Cesarean birth, postpartum, safe sleep, and infant CPR. Courses are typically held from 6 – 8 p.m.

2015 Class Sessions:
August 17 through September 21

The following classes may be flexible to accommodate your schedule. If the date or time of the course isn't quite right for you, please contact our instructor to discuss other arrangements.

Express Childbirth Class (\$100 per couple – payment plans available)

Two courses, both three hours in length - a great option for those with busy schedules, or those who need a refresher course!

July 20 and July 27 • 6-9 p.m.

or

September 10 and September 22 • 6:30-9:30 p.m.

Just the Facts! (\$75 per couple)

Perfect as a refresher! One 3-hour class. Call to set up a time!

Breastfeeding (\$25 per couple)

Topics covered include latching, position techniques, managing difficulties, going back to work, and pumping/storing milk. Course typically held 6-8 p.m.

Sessions: July 6 from 6-8 p.m. • August 27 from 6-8 p.m. • September 28 from 6-8 p.m.

Sibling Class (\$25 per family)

Help prepare your child(ren) for the arrival of their new sibling. Call to set up a time!

For all questions and registration, contact instructor Rosanne Palumbo, RN, BSN, CLC
Phone: 508-765-2289 • Email: rpalumbo@harringtonhospital.org