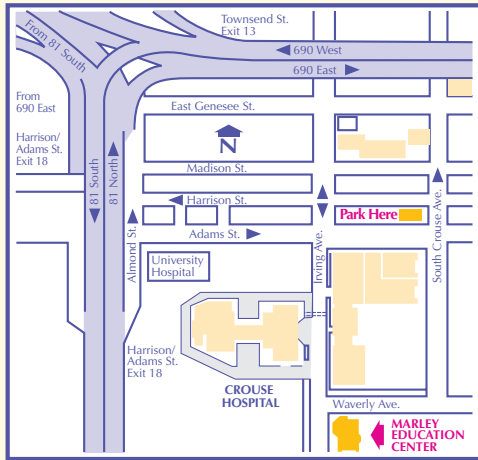


Location

Classes are held in the Marley Education Center at 765 Irving Avenue. It is located on the corner of Irving Ave. and Waverly Ave. (unless otherwise noted).



Marley Education Center

765 Irving Ave. • Syracuse, NY 13210

Additional classes held at the Baldwinsville and Liverpool YMCAs and Fayetteville Library.



First Steps
315/470-5716
crouse.org



Form #5472

First Steps

Pregnancy, Childbirth and Family Education Programs

315/470-5716



Crouse Hospital
Kienzle Family Maternity Center

crouse.org

Taking the First Steps...

Crouse Hospital offers a variety of educational programs for you and your growing family. You can start classes as early as 12 weeks. All classes are taught by registered professionals with clinical expertise in family-centered maternity care and education.


For information on any of our classes, to register or for our schedule, call First Steps at 315/470-5716. Payment can be made by check, VISA, Mastercard or Discover.

**Please call early in your pregnancy
as classes fill quickly.**

MATERNITY MONDAYS



@Crouse

'Like' Crouse Hospital on Facebook to get news on pregnancy, parenting and more every Monday! 

Pregnancy, Childbirth and Family Education Programs



Healthy Beginnings \$20

This two-hour class will cover nutrition and exercise for a healthy pregnancy; relief of common discomforts; what to expect; tests and procedures; and massage and relaxation for a healthier pregnancy and easier birth.

Pregnancy and Labor Massage \$45

This three-hour class, designed for pregnant women 13-40 weeks gestation, will teach basic massage strokes to be used throughout pregnancy and labor to help with the common discomforts of pregnancy and labor pain management.

Childbirth Preparation \$75

This five-week course (one 2.5 hour class each week) is designed to help prepare you for the birth experience. You'll learn about nutrition, exercise, the process of birth, relaxation, breathing techniques and pain management. The course includes Cesarean birth preparation and information to help you make informed choices about your childbirth options.

Weekend Childbirth Preparation Seminar \$110

For parents who can't attend the five-week Childbirth Preparation course, this seminar condenses the information into two sessions on a Friday evening (2.5 hours) and all day Saturday (7.5 hours).

Childbirth Preparation

\$45 (YMCA members)
\$55 (Non-Members)

(North Area & Baldwinsville
YMCA Locations)

This 4-session (2.5 hours each) course is designed to prepare you for the birth experience. Topics include breathing techniques, relaxation, pain management, Cesarean birth and the birth process.

Childbirth Refresher \$50

A three-session class (2.5 hours each) for parents who have had a previous birth and want to "refresh" their skills.

C-Section Class \$15

This one-session class (1.5 hours) is designed for mothers having a planned Cesarean section. It covers preoperative instructions, anesthesia, what happens during a C-section, role of the support person and post surgery recovery tips.

Breastfeeding Preparation \$20

Our one-session class (2.5 hours) is tailored to mothers who plan to breastfeed their babies and/or those who are uncertain about that choice and want more information. The physiology of breastfeeding, as well as practical how-to's will be discussed.

Baby Care Class \$30

A one-session class (3 hours) is offered to help prepare new parents and other caregivers (grandparents) for life with baby at home, including newborn care, signs/symptoms of illness, choosing a pediatrician and safety.

Family Birth Program Orientation Class No Fee

This one-session class is required for parents who wish to participate in our Family Birth Program, as agreed upon with your OB and pediatric providers. The instructor will help prepare you for early discharge from the hospital (24 hours after birth). As part of this program, a Registered Nurse will visit you at home to provide follow-up care for you and your baby.

Siblings at Birth Class No Fee

This two-hour class is designed to address issues and guidelines related to having children present during the birth. A certificate of completion from this class is required for each child you wish to be present at the birth. A tour of the Kienzle Family Maternity Center is included.

Two's, Three's & More \$30 (Pregnancy and Parenting with Multiples)

This three-hour class addresses medical issues associated with multiple gestations, delivery expectations/information, equipment and tips for caring for more than one new addition to the family.

Big Brother/Big Sister \$18 (Geared toward 3-10 year-olds)

A one-session class (2 hours) is a fun way to help prepare your other children for the arrival of the new baby—including a birthday party! Consider our Baby Sitter Training Course for children over 11.

Family & Friends CPR \$20/person (Infant, Child & Adult)

This two-hour class is designed for lay rescuers. Content includes pediatric health and safety information, infant and child CPR and first aid for the choking infant or child. Recommended for parents, family members and caregivers.

Pediatric First Aid \$20/person

This two-hour class offers general instruction on medical emergencies, injuries and environmental emergencies as well as prevention of injuries for children birth to 18 years. Recommended for parents, family members and caregivers.

Infant Massage \$65

This two-session class is for newborns up to crawlers. Parents will learn infant communication, tools to manage crying, baby's time out cues and comforting massage in order increase bonding between baby and parents. Private instruction also available.

Baby Signs Parent Workshop \$55

This 90-minute class provides an overview of the nationally acclaimed Baby Signs Program, tips for teaching babies to sign and many useful signs through the use of games, songs and fun activities. All materials for independent teaching at home are included. (\$40 value)

Class held at Fayetteville Library

Sign, Say & Play Class \$125

This 6-week series (45 min/class) is for parents and babies. You will learn 37 signs thorough play, song, books and activities while having fun with your baby. Parents will learn to support baby's intellectual development. Books and DVD's for home use are included (\$50 value).

Class is held at Fayetteville Library.