

Welcome!

Register for a Group or Class Today!

Preparing for Your New Life Together



New England Prenatal & Family Education

is the prenatal education offering of

Lactation Services, LLC. We are UMass

Memorial's chosen provider of education for
expecting women, new moms, their families and

support persons. Lactation Services, LLC,

was founded in 2011 to provide Lactation

Professionals to UMASS Memorial Hospital's

Inpatient and NICU Moms.



NEW ENGLAND
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We offer Easy Online Registration at:

www.NewEnglandPrenatal.com

1-855-366-5221

Lactation Services, LLC doing business as
New England Prenatal & Family Education.

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Prepared Childbirth

Prepared Childbirth is an essential course for pregnant women and their birth partners to develop an understanding of the labor and birth process and begin practicing coping techniques. These techniques are useful at home for early labor as well as in the hospital during more active labor and most can be used whether you are planning on an epidural or natural childbirth. Coping skills include breathing, massage, positions for labor, relaxation exercises and more. You will learn about medical considerations such as epidural anesthesia, induction and Cesarean section. Postpartum care will also be reviewed and will include a brief overview of immediate newborn care and breastfeeding. Note: separate classes for newborn care and breastfeeding are offered for more detailed information.

Formats:

Available as a one day class (5.5 hours) or as a two-week series (2.5 hrs each session); the one-day class includes a 30 minute lunch break.

Instructions:

You should complete your class about 1 month before your due date (earlier for twins). On the day of class, wear comfortable clothes and bring two pillows, a blanket, a pen, water and snacks.

Fee:

\$163.00; Includes one pregnant woman and her birth partner

Breastfeeding

Breastfeeding offers many benefits for your baby (and you!) including skin-to-skin contact for better bonding. This prenatal breastfeeding class will help you get off to a good start. You will learn about the many benefits of breastfeeding, ways to read your baby's hunger signs, a variety of breastfeeding positions, steps to achieve a correct latch-on for your baby, methods to troubleshoot potential challenges and how to find a lactation consultant for ongoing breastfeeding support.

Format:

One day class (2.5 hours)

Instructions:

You should complete your class about 1 month before your due date (earlier for twins). On the day of class, bring a pen, water and snacks.

Fee:

\$63.00; Includes one pregnant woman and her birth partner

Newborn Care

Prepare for early parenthood through this engaging, hands-on Newborn Care class, a prenatal class to help you learn to care for newborns up to 6 weeks of age. Using a doll model, you will practice the basics of bathing, diapering, swaddling, umbilical cord and circumcision care, colic holds and gas relief techniques. You will learn proven techniques to soothe your crying baby, how to determine what is normal adjustment and what is not, the essentials of car seat safety and more.

Format:

One day class (2.5 hours)

Instructions:

You should complete your class about 1 month before your due date (earlier for twins). On the day of class, bring a pen, water and snacks.

Fee:

\$63.00; Includes one expectant parent and their support person

Infant CPR and Safety

The CPR and Safety class includes information and materials for parents and caregivers on safety topics for newborns and provides hands-on practice for infant CPR and choking. This course follows the guidelines of The American Heart Association but is not a certification course for professionals. Expectant family and friends are shown the Infant CPR video and then given the opportunity to practice 1:1 on an infant mannequin. Various scenarios are also given to the group to practice their response to safety situations and emergencies. Topics cover: what to include in your home and car first aid kit, emergency disaster plans, fire safety, water safety, poison prevention, choking prevention, information on proper car seat installation and how to introduce your infant to your pet.

Formats:

One day class (2 hours)

Instructions:

You should complete your class about 1 month before your due date (earlier for twins), or you can take it after you have your baby. On the day of class, wear comfortable clothes and bring a pen, water and snacks.

Fee:

\$63.00; Includes two caregivers

Infant Massage

The Infant Massage class involves nurturing touch and communication through hands-on practice and education allowing parents/caregivers to more deeply bond with their infants. The many other potential benefits of infant massage include development of trust and confidence, stimulation of circulatory and digestive systems, enhanced neurologic development, improved sleep and helping to soothe infant colic.

Formats:

One day class (2 hours)

Instructions:

On the day of class, bring water/snacks, wear comfortable clothes and bring a towel or soft baby blanket. Safe for baby massage oil will be provided.

Fee:

\$63.00 Includes one mother/female caregiver and one infant age 4 weeks through 4 months old.

Special Bundle Discount!

Register for Prepared Childbirth, Newborn Care, Breastfeeding and Infant CPR all at once and receive \$25 off!

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