

Parent-Child Education Programs

Bringing parents and
their children closer together



**Mount
Sinai
South
Nassau**

Parent-Child Programs:

Maternity Orientation

Information about the hospital, a slide presentation and a tour of the Mother-Baby Unit are included in this program.

Full-Day Saturday or Sunday Childbirth Preparation Class

This one-day class covers the labor and delivery process, relaxation, comfort techniques, pain management, and medical interventions. This program will prepare you for all steps of the labor and birthing experience.

Online Childbirth Preparation eClass

Our Online Childbirth Preparation eClass is the perfect alternative for expectant parents needing a flexible educational opportunity due to work schedules, time constraints, or medical conditions. This self-paced class, which can be taken at your convenience, is easy to follow with engaging videos, animation and activities that will teach all the essential information parents need to prepare for childbirth. Upon completion of the eClass, you will have an opportunity to attend an in-person questions and answers session with a childbirth educator.

Preparation for Breastfeeding Class

For expectant moms and their partners interested in breastfeeding their infants, and for those who have not yet decided, this informative class prepares you for the breastfeeding experience. The instructor is a board-certified lactation consultant.

Breastfeeding Support Groups

All mothers and their infants are welcome to attend these informal sessions. Mothers will be able to exchange ideas and share concerns. Led by a board certified lactation consultant.



Baby Care Class

During this two-hour class, you will learn about baby care in the first six weeks and beyond. Join us to start getting familiar with the newborn's habits, behaviors, crying, comforting, feeding, diapering, health, and safety. Plus, you will discover the importance of baby cues, early brain growth, and bonding. Grandparents are welcome to register.

Sibling Class

A fun and enjoyable session to help prepare big brothers-and-sisters-to-be for their new sibling's arrival. Class participation is encouraged. A tour of the Mother-Baby Unit is included. Open to children from 3 to 10 years of age.

Postpartum Support Group

A non-judgmental and confidential postpartum support group to support new mothers dealing with the challenges of motherhood. This group is a safe place to share experiences, to be heard, and to learn that you are not alone. All mothers and their babies are welcome to attend. Led by a trained postpartum support group facilitator.

Infant and Child CPR Course

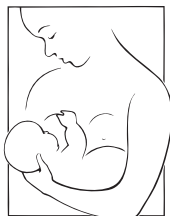
This course provides instruction in basic pediatric life support for the infant and child. Class content includes cardiopulmonary resuscitation (CPR), the obstructed airway (choking) and safety tips.

For more information about registration fees and program schedules, please contact Parent-Child Education: 516-377-5310



Maternity care, the very best for you and your baby

Our Baby-Friendly designated hospital has a highly skilled staff that includes certified labor & delivery nurses, mother-baby nurses and board-certified lactations consultants who will protect, promote and support your breastfeeding goals.



Designated Baby-Friendly USA
2016 – 2021



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