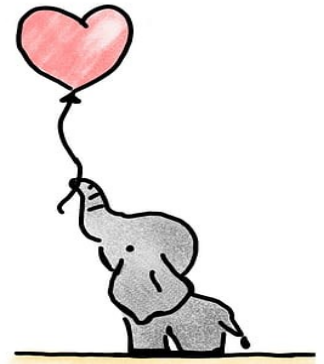


Birth & Baby Classes: Virtual and Online



To register, visit hcgh.org/babyclasses

For information, contact jstanto6@jhmi.edu or 410-740-7601

Childbirth Preparation: A Virtual & Online Class

Prepare for the birth of your baby using online and virtual instruction. *Understanding Childbirth* is an online course that includes videos, interactive activities and parent resources. After completing the online course, attend a virtual class at which a childbirth educator will discuss topics learned in the online course and breathing and relaxation techniques. \$75

Breastfeeding: A Virtual & Online Class

Understanding Breastfeeding is an online course using information, videos, and activities to support your successful breastfeeding. After completion of the online class, attend a virtual class taught by a lactation consultant. Learn about latching, positioning, breast pumps, partner support and signs baby is getting enough milk. \$40

Infant Care: A Virtual & Online Class

In the online class, *Understanding Your Newborn*, learn skills to care for your baby. During the instructor-led virtual course, learn about your newborn's appearance and behaviors; crying and comforting; bathing, nail care and dressing; feeding and sleeping; and signs of illness and newborn health and safety. \$65

New Mom's Online Support Group

Share experiences with other first-time new moms and babies up to 5 months old. Using zoom, meet for support, referrals and discussion of parenting topics. Free

Birthing Center Tour: Virtual

Take a virtual tour of the birthing center and learn about having a baby at Howard County General Hospital. Our nurse will lead the tour and answer your questions. Free

Online-Only Classes

Childbirth, Infant Care and Breastfeeding classes are also available in an online-only format that be available to you for nine months. Online-only courses do *not* include an instructor-led, virtual class. \$35

Ask a Nurse! Parents who register for virtual classes will have access to a Childbirth and New Parent Nurse Line. Our childbirth educator will answer your questions about online class content and about your delivery at Howard County General Hospital.