



Childbirth and Family Education

2008 PROGRAM SCHEDULE





Congratulations and welcome to Cooper

There are many times in our lives that we remember as special.

Perhaps none is more special than that of bringing a new baby into your life. The journey from pregnancy to childbirth and beyond is a very special one. During this time, the staff at Cooper University Hospital is ready to assist you with your educational needs. At Cooper, we truly feel honored to be a part of this new chapter in your life and are excited to work with you as part of a team in assisting you in your childbirth experience.

We have designed educational programs that will help you make the best decisions for you and your baby. All of our classes will enhance your birthing experience and assist you in becoming comfortable with the setting and personnel you will meet.

Cooper provides many specialty services to meet all of your childbirth needs. The obstetricians, perinatologists, neonatologists, and pediatricians, as well as the nurse managers, educators, lactation consultant and staff feel that there is no safer or more supportive environment than Cooper in which to bring a new child into the world. Our philosophy of family-centered care makes us committed to working in a partnership with families such as yours that will meet your needs and exceed your expectations.

We hope the educational programs outlined in this brochure will only be the beginning of a long partnership between your family and Cooper University Hospital. We wish to congratulate you in advance for choosing us and pledge to work with you in providing care that assists you and your new family in making the best start possible.

If you have any questions please call me at (856) 342-3283.
Pre-registration is required for all classes at (800) 826-6737.

Deborah E. Schoch RNC, MSN. IBCLC, CCE, CPST
Lactation Consultant/Coordinator of Childbirth Education
Cooper University Hospital

Childbirth Preparation Series

Two, Three-hour classes • 6 PM – 9 PM
\$100 per couple • Parking is provided.

Childbirth preparation classes are designed to increase your knowledge of the labor and delivery experience. They will also increase your confidence and assist you in making choices that provide the best care for you and your infant during this time. Topics include the stages of labor, comfort

measures, care after delivery, and how

to care for yourself and your

new baby. A tour of all our

facilities will familiarize

you with our units so that

you are comfortable

upon entering the hospi-

tal in labor.

Classes are taught by staff working at Cooper University Hospital. This will tie you to a familiar face when you come in to deliver.

We recommend you take this class **early** in the last trimester of your pregnancy.

Registering early will ensure your getting the date of choice as our classes fill quickly.



DATES FOR 2008

January 9, 16

February 14, 28

March 4, 11

April 1, 8

May 20, 27

June 16, 23

July 14, 21

August 7, 14

September 8, 15

October 8, 15

November 13, 14

December 8, 15



One-Day Childbirth Preparation Class

One Saturday per month • 9 AM – 3 PM

\$100 per couple • Parking and a lunch pass is provided.

The all day class is designed for the couple who cannot attend the weeknight class or prefer to complete the class in a shorter period of time.

The all day Saturday class provides the same information as the weeknight classes. It also offers a tour of all our facilities.

The class is taught by staff working at Cooper University Hospital. This will tie you to a familiar face when you come in to deliver.

We recommend you take this class **early** in the last trimester of your pregnancy. Registering early will ensure your getting the date of choice as our classes fill quickly.

DATES FOR 2008

January 5
February 9
March 1
April 12
May 3
June 28
July 26
August 23
September 27
October 4
November 8
December 6





Big Brother/Big Sister Class

One, two-hour class • Saturday • 10 AM – NOON
\$30 per family • Parking is provided.

Preparing your child for the birth of a new brother or sister is just as important as preparing for your first child. Through story telling, art, video and doll play, your child will learn the important role they will play and what to expect when the new baby arrives. This informative class will also give your child a tour of our facilities so they will be familiar with the sights and sounds of the hospital. Please have your child bring a doll or stuffed animal to class.

DATES FOR 2008

February 23
April 19
June 7
August 30
October 25

Classes are taught by staff working at Cooper University Hospital. This will tie you to a familiar face when you come in to deliver.

Registering early will ensure your getting the date of choice as our classes fill quickly.

Infant and Child CPR

This course is specially designed to teach parents the latest techniques approved by the American Heart Association for resuscitating an infant or child. For a schedule and more information, please call (856) 342-2009.

Breastfeeding: An Introduction

One, two-hour class • 6 PM – 8 PM
\$50 per family • Parking is provided.

Breastfeeding offers many benefits for both the mother and the baby. The American Academy of Pediatrics recommends breastfeeding for the first 6 months of life and as desired by the mother and infant until 1 year of age. This class is designed to give you the basic tools you will need to successfully begin breastfeeding.

Classes are taught by registered nurses who are board-certified lactation consultants or certified as breastfeeding peer counselors.

We recommend you take this class **early** in the last trimester of your pregnancy. Registering early will ensure your getting the date of choice as our classes fill quickly.

DATES FOR 2008

January 17
March 27
May 29
July 24
September 25
November 6



Car Seat Safety Class

Saturday • 10 AM – NOON

No fee • Registration is required.

Did you know that one out-of-four car seats is installed incorrectly? Did you know that children in N.J. must be in a safety restraint appropriate for their age and weight until they are 8 years or 80 pounds?



Cooper University Hospital is pleased to partner with Safe Kids of South Jersey based in Camden and within the hospital. The **free** car seat class we provide will help ensure the safety of your baby.

CAR SEAT CLASSES ARE HELD AT:

Cooper's Community Health Education Center
Town Square Building
931 Centennial Boulevard
Voorhees, NJ 08043

This class is for anyone who will or may be transporting your child.

Certified child passenger safety technicians will provide information and assist in the proper installation of your child's car seat.

To register, please call (856) 968-8687.

DATES FOR 2008

January 12
February 9
March 8
April 12
June 14
July 12
September 13
October 11
November 8
December 13





Tours of the Obstetrical Units at Cooper University Hospital

No fee

Parking is provided • Registration is required.

Complementary tours are given by staff who work within the obstetrical units. This will make you feel comfortable with your surroundings and familiarize you with policies and procedures that will make your stay comfortable.

DATES FOR 2008

First and fourth
Wednesday of the
month at 11 AM
and 6 PM

PLEASE NOTE: Tours are also provided in our childbirth classes held at Cooper University Hospital.



One-Day Childbirth Preparation Class

Cooper for Women

1011 Main Street Promenade

Voorhees, New Jersey 08043

Designated Saturdays • 9 AM – 3 PM

\$100 per couple

Parking is free and a lunch pass is provided

This one-day class is being taught at our new Cooper for Women facility in Voorhees, New Jersey. Come, relax and enjoy childbirth education in a quiet setting away from the hospital. This class **DOES NOT** include a tour of the hospital.

We recommend you take this class **early** in the last trimester of your pregnancy. Registering early will ensure your getting the date of choice as our classes fill quickly.

DATES FOR 2008

January 12

February 2

March 8

April 5

May 10

June 21

September 20

November 15

December 20





Breastfeeding: An Introduction

Cooper for Women

1011 Main Street Promenade

Voorhees, New Jersey 08043

One two-hour class • Tuesdays • 6 PM – 8 PM

\$50 per family • Parking is free

Enjoy breastfeeding education in the quiet setting of the Cooper for Women facility in Voorhees, New Jersey. A board-certified lactation consultant will assist you in understanding the basics of breastfeeding and the importance of breast milk for you and your new baby.

We recommend you take this class **early** in the last trimester of your pregnancy. Registering early will ensure your getting the date of choice as our classes fill quickly.

DATES FOR 2008

January 8
February 5
March 4
April 1
May 6
June 3
July 1
August 5
September 2
October 7
November 4
December 9

Baby 101: An Introduction to Newborn Care and Characteristics

Cooper for Women

1011 Main Street Promenade

Voorhees, New Jersey 08043

Designated Saturdays • 9 AM – 11 AM

\$50 per family • Parking is free

This two hour class will enable you to understand newborn characteristics and care prior to the delivery of your baby. A qualified childbirth educator will assist you in beginning the transition into parenthood. Come and join other soon to be parents in understanding newborns and their needs.

We recommend you take this class **early** in the last trimester of your pregnancy. Registering early will ensure your getting the date of choice as our classes fill quickly.

DATES FOR 2008

February 9

March 1

April 12

May 3

June 28

September 27

November 8



Cooper : for Women



Please call and inquire about these other prenatal and post-delivery opportunities for yourself and your new baby at our new

Cooper for Women

1011 Main Street Promenade

(856) 673-4949

Voorhees, NJ 08043

Prenatal Yoga

Women in their second trimester or third trimester of pregnancy can increase flexibility, focus, strength, and awareness through Prenatal Yoga.

Breastfeeding Support Groups

This group is to support the breast feeding mother after delivery. By joining others you can exchange ideas as well as get assistance and advice from a board-certified lactation consultant. Don't forget to bring baby too!

Baby Boot Camp

This is a post delivery group for mothers and their infants that promotes exercise and healthy living.

All classes, unless otherwise designated,
are held at:

**Cooper University Hospital
One Cooper Plaza
Camden, NJ 08103**

Please be specific about which childbirth class you wish to attend since there are several that run on the same day and time.

Parking for all classes and tours at Cooper University Hospital is in the Camden County Improvement Authority Parking Center between Benson Street, Broadway and Stevens Street.

Directions to Cooper University Hospital, its affiliated parking facility, and Cooper for Women can be found at **www.cooperhealth.org**

Childbirth and Family Education

2008 PROGRAM SCHEDULE

Please register by calling **(800) 826-6737**
or mail this form to:

Deborah E. Schoch, RNC
Childbirth and Family Education
Cooper University Hospital
One Cooper Plaza • Dorrance 332
Camden, NJ 08103

Please call if you have questions or
need more information: **(856) 342-3283**

NOTE: Please complete the appropriate information for
the class(es) for which you are registering. You will
receive a letter or phone call to confirm registration.

NAME _____

ADDRESS _____

CITY _____

STATE/ZIP _____

HOME PHONE NUMBER _____

WORK OR CELL PHONE NUMBER _____

NAME OF PHYSICIAN _____

EXPECTED DELIVERY DATE _____

CLASS	COST	START DATE
Cooper University Hospital Classes (Camden):		
One-Day Childbirth Preparation Class	\$100	_____
Big Brother/Big Sister Class	\$30	_____
Childbirth Preparation Series	\$100	_____
Breastfeeding: An Introduction	\$50	_____
Cooper For Women Classes (Voorhees):		
One-Day Childbirth Preparation Class	\$100	_____
Breastfeeding: An Introduction	\$50	_____
Baby 101: An Introduction to Newborn Care and Characteristics	\$50	_____

Enclosed please find check or money order for \$ _____
payable to **"Cooper University Hospital."**

ALL CANCELLATIONS REQUIRE SEVEN DAYS NOTICE TO RECEIVE A REFUND.



Cooper
University Hospital

One Cooper Plaza
Camden, New Jersey 08103

We're committed to serious medicine and customer service.

George E. Norcross, III
Chairman

Joan S. Davis
Vice Chairman

Christopher T. Olivia, M.D.
President and CEO