Having a baby is a very special event. To help you prepare for the birth experience, Forbes Regional Hospital offers a variety of educational programs.

These programs are designed to prepare you physically and mentally for childbirth and parenting, and to acquaint you with our staff and facilities.

Nationally certified childbirth educators, registered nurses and other healthcare professionals teach the classes.
All-in-One-Day Childbirth Class - Weeks 30 to 37

All of the birth information from the four-week Childbirth Education Series is covered in this class taught by nationally-certified Childbirth Educators. It includes a tour of the Women’s and Infants Care Center. Class size is limited to a maximum of ten (10) couples. Registrants should plan to attend the Baby Basics and Breastfeeding Classes. Class time is 9 a.m. to 5 p.m. on a Saturday. Class fee is $150.00/couple* plus $10.00 if an additional person is necessary.

*This class qualifies for insurance reimbursement.

January 14
March 10
May 5
July 14
September 15
November 10

* Couples are encouraged to register for the Baby Basics and Breastfeeding Classes.

This class covers the basics of the birth process in a few hours. Topics include signs of labor, the labor process, common medical procedures and Cesarean Birth*. Instructors are nationally-certified Childbirth Educators. Class time is 9 a.m. to 12:30 p.m. on a Saturday. (We must have 3 registered couples to run this class.) Class fee is $60.00/couple**.

No yoga experience is required! Our yoga classes are designed specifically for pregnancy and helpful with recovery in the postpartum period. Modifications are made to accommodate all stages of pregnancy/postpartum so you can attend any class. Yoga classes include stretching, breathing and some poses that will tone and strengthen your body and increase relaxation. A certified Prenatal Fitness Instructor – Yoga Trained will lead the class. Wear loose clothing and bring a mat if you have one. (We can provide mats.) We love your babies but please do not bring them to the class. You must register and have physician/midwife sign consent to attend. Classes run in six-week cycles beginning January 3, 2012. Classes are on Tuesday beginning at 7 p.m. and last about one hour. Classes are $5.00 each. Sign up for 5 at $25.00 and your 6th class is free.

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Sibling Class

Preparing older children for the arrival of the new baby is very important. The class explores the feelings siblings share and helps them understand what life will be like with a new brother or sister. The 90-minute program is designed for soon-to-be siblings ages 3 to 8. Plan to attend in the last three months before birth. Bring your favorite doll or stuffed animal for practice.

Breastfeeding Class - Weeks 32 to 37

Designed for expectant parents who have decided to breastfeed or who are considering breastfeeding, we recommend this class. A board-certified Lactation Consultant will provide you with useful information and answer questions about breastfeeding. Topics include the benefits of breast milk, establishing milk supply, positioning the baby, proper latch, preventing problems when returning to work and much more. Class time is from 7 to 9:30 p.m. The cost is covered for registrants in the Childbirth Education Series and All-in-One-Day Childbirth Class. The fee is $30.00/couple for others.

January 23 (Monday)
February 22 (Wednesday)
March 21 (Wednesday)
April 19 (Thursday)
May 17 (Thursday)
June 27 (Wednesday)
July 30 (Monday)
September 10 (Monday)
October 18 (Thursday)
November 19 (Monday)

Yoga - Pregnancy and Postpartum

September 20 (Thursday)
November 12 (Monday)
October 10 (Wednesday)
December 20 (Thursday)

What's Happening To Me? (Puberty)

This class provides an in-depth approach to recognizing and accepting puberty. Classes are taught on Tuesday evenings taught by Wom en’s and Infant Care Center personnel.

March 2
May 15
November 9

For boys – Tuesday evenings taught by Forbes Family Practice.

March 13
October 16

Infant/Child CPR for Family & Friends

An American Heart Association Course in Infant/Child Cardiopulmonary Resuscitation (CPR), this class is recommended for all parents, especially those who care for infants and children. Emergency care of a choking infant/child, CPR techniques for infant/child and safety for the infant/child are covered. CPR techniques are demonstrated and practiced. This course is designed for family members and friends who DO NOT need a course card. Class size is limited. Class time is 7 to 9 p.m. Class fee is $20.00 for a single attendee or $30.00/couple.

February 1 (Wednesday)
March 7 (Wednesday)
April 2 (Monday)
May 30 (Wednesday)
July 9 (Monday)
August 30 (Thursday)
October 4 (Thursday)
November 9 (Monday)

Early Pregnancy Class - Weeks 6 to 20

Especially designed for expectant mothers and their partners during the early months of pregnancy, parents-to-be can learn about nutrition, fetal development, prenatal care and testing, common discomforts of pregnancy, pre-term labor, prenatal fitness and relaxation exercises. All first-time parents are encouraged to attend. The rest of the childbirth classes will follow later in the pregnancy. Class time is 7 to 9:30 p.m. There is no fee for this class, but please call to register.

January 9 (Monday)
March 19 (Monday)
May 31 (Thursday)
August 8 (Wednesday)
October 11 (Thursday)
December 6 (Thursday)

Children Education Series - Weeks 28 to 34

This series of four (4) classes develops in-depth knowledge of the childbirth process to help you achieve an optimal birth experience. Content includes signs of labor, stages of labor, comfort and coping strategies and breathing and relaxation techniques. A tour of the Women’s and Infants Care Center is included. The price also includes Baby Basics and Breastfeeding Classes. Instructors are nationally-certified Childbirth Educators. Series fee is $135.00/couple* plus $10.00 if an additional person is necessary. Class time is 7 to 9:30 p.m.

*Some insurance providers partially reimburse for childbirth class.

January 4, 11, 18, 25 (Wednesday)
February 6, 13, 20, 27 (Monday)
March 8, 15, 22, 29 (Thursday)
April 9, 16, 23, 30 (Monday)
May 2, 9, 16, 23 (Monday)
June 4, 11, 18, 25 (Thursday)
July 11, 18, 25, Aug 1 (Monday)
August 2, 9, 16, 23 (Thursday)
September 5, 12, 19, 26 (Wednesday)
October 1, 8, 15, 22 (Monday)
November 7, 14, 21, 28 (Wednesday)
November 26, Dec 3, 10, 17 (Monday)

Refresher Class - Weeks 32 to 37

Attend the second and third class of the Childbirth Education Series and any or all of the large group classes. Class fee is $60.00/couple.

January 12 (Thursday)
March 12 (Monday)
May 21 (Monday)
July 12 (Thursday)
February 9 (Thursday)
April 11 (Wednesday)
June 13 (Wednesday)
August 13 (Monday)

Parent/s attends with their child. All classes are on Saturday from 10 to 11:30 a.m. Class maximum is 10 children. Cost is $15.00/child and $10.00 per additional child in a family. Fee must have 4 children registered to run this class.

February 4
May 12
August 11
November 17

Infant/Child CPR for Family & Friends

An American Heart Association Course in Infant/Child Cardiopulmonary Resuscitation (CPR), this class is recommended for all parents, especially those who care for infants and children. Emergency care of a choking infant/child, CPR techniques for infant/child and safety for the infant/child are covered. CPR techniques are demonstrated and practiced. This course is designed for family members and friends who DO NOT need a course card. Class size is limited. Class time is 7 to 9 p.m. Class fee is $20.00 for a single attendee or $30.00/couple.