Infant CPR & Safety Classes

The American Heart Association Friends and Family Infant CPR course prepares you to keep your newborn safe during the first year of life and respond in the event of an emergency with your infant. You will practice each step of infant CPR with an experienced, certified instructor who will help you learn the proper techniques to handle life-threatening emergencies, for example, if an infant is choking or stops moving or breathing. You will also learn accident prevention and childproofing measures.

This two-hour class includes:

- Discussion of infant CPR techniques and choking skills
- Instructor demonstrations
- Hands-on skills practice with an infant mannequin
- An American Heart Association information booklet
- All classes are taught by a certified American Heart Association instructor.
- This class is perfect for all family members who will be caring for your newborn and will teach vital skills that turn a life-threatening situation into a lifesaving one.

About the Classes

Classes are held at Mass General and are open to all Mass General obstetrical patients who are at least 32 weeks pregnant or postpartum at the time of class, along with their partner or support person.

Class Dates

Classes listed in red are currently full. If the class you would like to attend is sold out, please email the organizer to be placed on the wait list.

- Saturday, October 3, 8:45 am - 11:00 am (in-person) **Status: full**
- Sunday, October 4, 12:00 pm -2:15 pm (in-person) **Status: full**
- Saturday, October 17, 12:00 pm -2:15 pm (in-person) **Status: full**
- Monday, October 19, 6:30 pm - 8:45 pm (in-person) **Status: full**
- Wednesday, October 28, 6:30 pm - 8:45 pm (in-person) **Status: full**
- Saturday, November 7, 12:00 pm – 2:15 pm (in-person) **Status: full**
- Wednesday, November 18, 6:30 pm – 8:45 pm (in-person)
- Thursday, November 19, 6:30 pm – 8:45 pm (in-person)
- Sunday, November 22, 12:00 pm – 2:15 pm (in-person) **Status: full**
- Monday, November 30, 6:30 pm – 8:45 pm (in-person)
- Wednesday, December 16, 6:30 pm – 8:45 pm (in-person)
- Monday, December 21, 6:30 pm – 8:45 pm (in-person)
- Sunday, December 27, 12:00 pm – 2:15 pm (in-person)
- Tuesday, December 29, 6:30 pm – 8:45 pm (in-person)

Registration

The registration fee is $100 per couple. One registration is for two people. If you are interested in any class date, please email smohammedkelly@mgb.org with your name, due date, name of your Mass General OB/CNM, mailing address, and which class and date you want to attend. If you have emailed and not received a response within 48 hours, please call 617-726-2000 pager #28533. Once the payment invoice is ready it will be emailed to you from the class organizer.

Infant CPR Class Cancellation Policy

A minimum of four couples are required to run the class. If this minimum is not met, we will cancel that class at least one week before the date. If your class is canceled, you may re-register for another class of your choice. If you need to cancel, you must do so by one week before your scheduled class or you will be charged a $50 cancellation fee. If you need to cancel due to a medical issue requiring hospitalization that precludes you from attending or because you have delivered your baby already, we will provide a full refund.