

Newborn Care Classes

The Newborn Care Class will provide expectant parents with comprehensive, evidenced-based education and recommendations from the American Academy of Pediatrics to help you care for your newborn. This class will also prepare you as parents on what to be expect and how to feel confident in caring for your newborn. You'll get hands-on skill training in sponge bathing, holding, burping, swaddling and changing a diaper.

Class covers the following topics:

- Newborn Traits - appearance, reflexes and senses
- Newborn Behaviors - states of alertness and how to interact, newborn sleep and breathing patterns
- Crying & Comforting - newborn crying patterns and why babies cry, comfort techniques and coping with crying
- Feeding and Diapering - cues, supplies, stool and urine patterns, when to call your healthcare provider
- Bathing, Nail Care, & Dressing - tub bathing and water safety
- Newborn Health - cord care, circumcision care, well baby visits, jaundice, vaccines, hand washing and visitors, taking a temperature, when to call your healthcare provider

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 more (at 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.

- **Sunday, August 30, 9:00 am to 11:00 am (in-person), Status: Full**
- **Thursday, September 17, 6:30 pm to 8:30 pm (in-person), Status: Full**
- Sunday, September 20, 9:00 am to 11:00 am (in-person)
- Tuesday, September 29, 6:30 pm to 8:30 pm (in-person)
- Sunday, October 4, 9:00 am- 11:00 am (in-person)
- Saturday, October 17, 9:00 am- 11:00 am (in-person)
- Wednesday, October 21, 6:30 pm - 8:30 pm (in-person)

Registration

The registration fee is \$85 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](tel:617-726-2000) pager #28533. Once the payment invoice is ready it will be emailed to you from the class organizer.

Newborn Care 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 class is scheduled or you will be charged a \$40 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.

