



UNIVERSITY of MARYLAND  
SHORE REGIONAL HEALTH



## University of Maryland Shore Regional Health 2022 Childbirth and Parent Education Programs



**The Birthing Center at UM Shore Regional Health** will be hosting three virtual classes related to childbirth and parenting.

**All three classes will be held from 6:30 - 8:30 p.m.**

### Labor and Delivery

Signs of labor  
Stages of labor  
Labor contractions  
Comfort techniques/pain management  
Positions  
Medical procedures  
Recovery

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

### Breastfeeding

Tips and techniques, latch and positioning, maintaining milk supply

- January 12
- March 9
- May 11
- July 13
- September 14
- November 9

Call **410-822-1000, ext. 5200** to register for classes. Please leave a message with your name, phone number, and the name and date of the class for which you would like to register.

### New Mom, New Baby

**Care for Baby** - Feeding, diapering, circumcision care, infant safety

**Care for Mom** - Postpartum care, emotions and stress, returning to work, birth control options

- February 9
- April 13
- June 8
- August 10
- October 12
- December 14

**The Birthing Center at UM Shore Regional Health**  
UM Shore Medical Center at Easton  
219 S. Washington Street, Fifth Floor  
Easton, MD 21601

[UMShoreRegional.org/birthing](https://UMShoreRegional.org/birthing)

**A better state of care.**

