

Childbirth and Parent Education Programs



The Birthing Center at UM Shore Regional Health's Shore Medical Center at Easton will host several in-person classes related to childbirth, parenting, breastfeeding and being a safe sibling. The Birthing Center team also offers ongoing breastfeeding support, as well as certified Safe Sitter courses for adolescent babysitters.

Understanding Labor

This course will provide information on the signs of labor, stages of labor and labor contractions. Skilled Birthing Center team members will discuss options for comfort techniques and pain management, laboring positions, medical procedures and recovery following delivery.

Time: 9 am–3 pm

2024 Dates: • January 6 • February 3 • March 2
• April 6 • May 4 • June 1 • July 6 • August 3
• September 7 • October 5 • November 2
• December 7 (first Saturday of each month)

New Mom, New Baby

This course will provide an overview of care for Mom, from the time of delivery to two weeks following delivery (postpartum). Our Birthing Center team members will talk about postpartum care, emotions and stress, intimacy and sexuality, returning to work and birth control options. Course participants will also learn about newborn care, including feeding, diapering, bathing, circumcision care and infant safety.

Time: 9 am–12 pm

2024 Dates: • February 10 • April 13 • June 8
• August 10 • October 12 • December 14

Breastfeeding

Birthing Center team members will discuss tips and techniques for successful breastfeeding, including latch and positioning, and maintaining milk supply.

Time: 9 am–12pm

2024 Dates: • January 13 • March 9 • May 11
• July 13 • September 14 • November 9

Ongoing Breastfeeding Support

Certified lactation consultants offer expectant and new mothers information about the benefits of breastfeeding for mother and baby, along with tips and techniques for successful breastfeeding.

For information regarding breastfeeding support offered by appointment via video-conference or in-person, contact Carol Leonard at 410-822-1000, ext. 5700, or ext. 5535.

Safe-Sibling

This course introduces children ages 2 to 8 to ways they can help newborns and parents by being a safe sibling. UM Shore Regional Health nurses will work with children to introduce them to safety issues, ways they can engage with their newborn siblings that are safe, and offer tips and tricks for parents to encourage a healthy bonding experience. This class includes a snack, story time and tour of the Birthing Center at UM Shore Medical Center at Easton.

Time: 9–11 am

2024 Dates: • February 10 • April 13 • June 8
• August 10 • October 12 • December 14

Safe Sitter

This program is designed for youth ages 11 to 13 and will teach them how to be safe babysitters. The cost for this course is \$50. Registration is encouraged early as program participation is limited.

Time: 9 am–3 pm

2024 Dates: • January 20 • April 20 • June 15
• October 19

Location:

Nick Rajacich Health Education Center

UM Shore Medical Center at Easton
219 S. Washington Street
Easton, MD 21601

Please enter through the main lobby to obtain a visitor wristband and our team will direct you to the Health Education Center.

To Register for Classes:

Call 410-822-1000, ext. 5200

Please leave a message with your name, email address, phone number, and the name and date of the class for which you would like to register.