



UNIVERSITY of MARYLAND
SHORE REGIONAL HEALTH



University of Maryland Shore Regional Health 2023 Childbirth and Parent Education Programs

The Birthing Center at UM Shore Regional Health

will be hosting three classes related to childbirth and parenting.

An (IP) indicates in-person classes and (V) indicates virtual classes.

Breastfeeding

Tips and techniques, latch and positioning, maintaining milk supply.

Wednesday 6:30-8:30 pm

January 11 (V) July 12 (V)
March 8 (V) September 13 (V)
May 10 (V) November 8 (V)

Call **410-822-1000**, ext. **5200**, to register for classes. 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.

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.

Wednesday 6:30-8:30 pm

February 8 (V)
April 12 (V)
June 14 (V)
August 9 (V)
October 1 (V)
December 13 (V)

Understanding Labor

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

January 4 (V) Wednesday, 6-9 pm
February 1 (V) Wednesday, 6-9 pm
March 4 (IP) Saturday, 9am-2pm
April 5 (V) Wednesday, 6-9 pm
May 6 (IP) Saturday, 9am-2pm
June 7 (V) Wednesday, 6-9 pm
July 8 (IP) Saturday, 9am-2pm
August 2 (V) Wednesday, 6-9 pm
September 9 (IP) Saturday, 9am-2pm
October 4 (V) Wednesday, 6-9 pm
November 4 (IP) Saturday, 9am-2pm
December 6 (V) Wednesday, 6-9 pm

The Birthing Center at UM Shore Regional Health

UM Shore Medical Center at Easton | 219 S. Washington St., Fifth Floor | Easton

A better state of care.

UMShoreRegional.org/birthing

