



## Overlook Hospital Parent Education Programs - December 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <b>*Prepared Childbirth #3:</b> 7:00pm	2 <b>*Breastfeeding Your Baby:</b> 7:00pm	3 <b>*Maternity Orientation:</b> 7:00pm	4 <b>*Medical Assistance in Labor &amp; Birth</b>	5 <b>*Time for Mommy and Me #1:</b> 10:00am <b>*Mothers Exchange #1:</b> 12:30pm	6 <b>*Especially for Siblings:</b> 11:00am <b>*Calm Birth:</b> 1:30pm to 4:00pm
7 <b>*Prepared Childbirth #1:</b> Noon	8 <b>*Prepared Childbirth #4:</b> 7:00pm	9 <b>*Toddler Nutrition I:</b> 7:00pm	10 <b>*ABC's of Going Home With Your Baby #1:</b> 7:00pm	11	12 <b>*Time for Mommy and Me #2:</b> 10:00am <b>*Mothers Exchange #2:</b> 12:30pm <b>*Grandparents' Class:</b> 6:00pm	13 <b>*Prepared Childbirth (one day):</b> 8:00am
14 <b>*Prepared Childbirth #2:</b> Noon	15	16	17 <b>*ABC's of Going Home With Your Baby #2:</b> 7:00pm	18 <b>*Teamwork for Labor &amp; Birth</b>	19 <b>*Time for Mommy and Me #3:</b> 10:00am <b>*Mothers Exchange #3:</b> 12:30pm	20
21 <b>*Prepared Childbirth #1:</b> Noon <b>*Calm Birth:</b> 8:30am to 11:00am	22	23	24	25	26	27
28 <b>*Prepared Childbirth #2:</b> 12:00pm	29	30	31			

**Pre-registration is required for all programs.**

Please call 908-522-2946 or email [overlook.parented@atlantichhealth.org](mailto:overlook.parented@atlantichhealth.org) to register.