General Information

- The mother-to-be should be accompanied by the individual who will be her support person during labor and delivery.
- Both mother-to-be and support person should attend all classes.
- All childbirth classes are taught by certified Childbirth Educators.

Payment

Checks or money orders payable to:
The Mount Sinai Hospital (Parent Education Class).
You may pay by credit card (Visa, MasterCard, American Express) by calling 212-241-7491.

Checks should be mailed to:

The Mount Sinai Medical Center
The Kravis Children's Hospital and Women's Center
One Gustave L. Levy Place, Box 1635
New York, NY 10029-6574

Cancellation Policy

There is a $75 processing fee for all class cancellations. This refund of the class fee will be made provided the cancellation is made within 48 hours of the first scheduled class. After the 48-hour period, no refunds will be granted.

For individual class cancellations, including but not limited to: Refresher Childbirth class, Breastfeeding Preparation, Caring for a Newborn, and Cesarean Birth Preparation, there is a $50 processing fee.

*There is no refund for the Tot Saver class*

Prices are subject to change without notice.
Classes Offered

Classbirth Classes
Parents-to-be share common fears and concerns regarding pregnancy, labor and delivery, and parenting. The course demystifies the labor and birthing experience through:

- Discussion of pregnancy, labor and delivery
- Discussion of cesarean birth
- Presentation of breathing and relaxation techniques for maintain control during labor and delivery
- Discussion of analgesia and anesthesia options for labor and delivery
- A review of the video tour of the maternity facilities at the Mount Sinai Hospital
- Videos and other audio-visual aids

Weekday Classes
Weekday classes are two-and one-half hours a week over three consecutive weeks. Mothers-to-be should schedule childbirth classes to begin approximately seven to nine weeks before her baby is due. Classes on Preparation for Breastfeeding and Caring for Your Newborn are recommended as well. Please note that these two classes are scheduled separately. Spanish language classes are available as well.

Cost: $325
Class times:
(Please see class schedule listing for specific dates)
Call (212) 241-5118 for dates (automated)
To Schedule or make a payment: (212) 241-7491

*Note* When taking Weekday or Sunday Childbirth classes, you can take the Breastfeeding and/or Caring for a Newborn classes for only $50 each (in addition to the Childbirth Class cost).

Childbirth Sunday
The same weekday course information is offered on Sundays. Classes are offered on three consecutive Sundays for three two-and one-half hour sessions.

Cost: $325
Class times: Sundays 10:30am—1pm
(Please see class schedule listing for specific dates)
Call (212) 241-5118 for dates (automated)
To Schedule or make a payment: (212) 241-7491

Breastfeeding
A two-hour comprehensive introduction to breastfeeding techniques, breast preparation, and care. Topics of discussion include maternal and nutritional needs, advantages of breastfeeding for mother and infant, and positioning the baby correctly at the breast.

Cost: $125
Class times:
(Please see class schedule listing for specific dates)
Call (212) 241-5118 for dates (automated)
To Schedule or make a payment: (212) 241-7491

Caring for a Newborn
A two-hour class devoted to teaching baby-care basics. Topics include bath demonstration, swaddling, diapering, temperature taking dressing, infant safety and basic needs.

Cost: $125
Class times:
(Please see class schedule listing for specific dates)
Call (212) 241-5118 for dates (automated)
To Schedule or make a payment: (212) 241-7491

Intensive Childbirth Weekend
This semi-private class group allows for a more intense childbirth class experience. This class is designed for parents to feel more relaxed and receive close instruction in childbirth, breastfeeding and caring for your newborn. Limited participants ensure a thorough class experience.

Cost: $500
Class times: Childbirth 9:30-12:30pm, Breastfeeding/Newborn Class 1:30pm - 4:30pm
(Please see class schedule listing for specific dates)
Call (212) 241-5118 for dates (automated)
To Schedule or make a payment: (212) 241-7491

**Grandparents who are interested in learning the latest research based information are welcomed to attend and may register for this class.**

Condensed Childbirth Saturday/Childbirth Sunday
Preparation for childbirth course information is now offered in one day. Classes are broken up into two 3 hour sessions covering all the information you need to know.

Cost: $350 (Childbirth Class Only)
Class times: 9:30am - 12:30pm & 1:30pm - 4:30pm
(Please see class schedule listing for specific dates)

Call (212) 241-5118 for dates (automated)
To Schedule or make a payment: (212) 241-7491

C-Section
This is a 2 hour class designed to meet the educational need of parents-to-be who are scheduled to have a Cesarean Birth. Discussion will include potential implications for Cesarean birth, pre-operative, operative and post-operative procedures, options for dealing with pain, and techniques for facilitating post-operative recovery.