

THE BIRTHPLACE *at* Baystate Franklin Medical Center

To register for any classes, please call the Birthplace at 413-773-2331.

We recommend childbirth education to every parent, beginning at 28-30 weeks.

Most classes are taught by Birthplace nurses. Classes and groups are held in the Birthplace Classroom.

[One Day Childbirth Education Express - \\$120](#)

A single full day class held on Saturdays, 9am-4pm (45 min for lunch)

This class explores the following:

- Stages of labor
- When to come to the hospital
- Labor & birth positions with hands-on practice
- Pain medication and epidurals
- Medical interventions: what to know, what to ask
- Immediate postpartum period and golden hour with your new baby

Can be bundled together with the Labor Support class, Infant Care, and Breastfeeding class (\$160).

[Childbirth Education Basics - \\$120](#)

A two-day class held over 2 consecutive weeks.

This class explores the following:

- Stages of labor
- When to come to the hospital
- Labor & birth positions with hands-on practice
- Pain medication and epidurals
- Medical interventions: what to know, what to ask
- Immediate postpartum period and golden hour with your new baby

Can be bundled together with the Labor Support class, Infant Care, and Breastfeeding class (\$160).

[Labor Support Class - \\$35](#)

A one-night **hands on** class with topics that include:

- Understanding the role of relaxation and movement to help labor progress
- Practicing positions for labor progress and pain relief

[Infant Care - \\$35](#)

Learn how to care for and understand the new baby in your family.

We will discuss:

- Your relationship to your baby: infant bonding, feeding cues, sleep patterns and behaviors
- Hands-on skills for baby care: infant soothing, diapering, and bathing
- Keeping your baby healthy and safe: recognizing when your baby is unwell, knowing when to call the pediatrician or lactation consultant

[Breastfeeding Class - \\$35](#)

Receive the most current information on breastfeeding, including helpful tips and techniques.

[Breastfeeding Support Group](#)

Meets weekly on Wednesdays at 11 am, free!

- Open to any parents looking for breastfeeding support.
- Gather with other parents looking to troubleshoot breastfeeding issues with one of our lactation consultants.
- Weigh your baby, meet other parents, and grow confident in feeding your new baby.

[Aromatherapy for Pregnancy and Birth - \\$15](#)

- Participants will learn how to use essential oils to help deal with common issues in pregnancy and safe essential oils for birth.
- You will receive a custom made essential oil roll-on or spray at the end of class.

[Infant Massage](#)

A free four-week series

- Learn to massage your baby using specific strokes and techniques to promote bonding and attachment.
- Learn how massage benefits all systems of the body and helps your baby relax, sleep well, and relieve colic

[Birthplace Tours](#)

Get to know

The Birthplace at Baystate Franklin Medical Center!

First Saturday of every month at 10:30am, we invite you to join us for a free tour of the Birthplace.

Hosted by a labor and delivery RN, the tour will introduce you to our facilities, philosophy, and birthing options so you can make an informed choice about where to have your baby.

Open to everyone - whether you're pregnant now or planning to be, getting prenatal care with Pioneer Women's Health or somewhere else, planning to birth in a hospital or at home.

No registration required!

Please call 413-773-2331 for more information, class schedules, and about insurance coverage for classes.