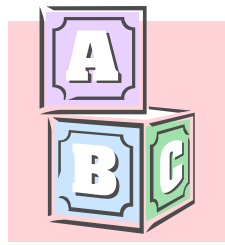


Building Blocks for Families



at Northern Dutchess Hospital

Health Quest affiliate

| | | |
|---|--|---|
| <p>CPR for Infants</p> <p>A two-hour class taught by an American Heart Association instructor. Learn the proper CPR technique for infants (newborn to one year old). \$10 per couple. Call 871-4355 to register.</p> | <p>Child Safety Seat Check</p> <p>Health Quest Community Education conducts FREE child safety seat checks. Please call (845) 475-9746 or (845)475-9742 to schedule an appointment.</p> | <p>Infant and Pre-School Play Support Group for Parents</p> <p>An informal group for parents and their children. Mondays, 10:00 a.m. to noon in the Cafeteria Conference Room. \$3 per family. No registration required. 871-3500.</p> |
| <p>Infant Massage Instruction</p> <p>If you are interested, please call 845-871-4380 for more information.</p> | <p>Infant Care Class</p> <p>Held the third Monday monthly, Car Seat Safety 7:00 p.m. Infant Care 7:30 p.m. FREE for mothers who deliver at NDH. \$25 for others. Call 871-4355 to register.</p> | <p>Sibling Class</p> <p>Helps prepare children for the birth of a sibling. \$20 for a family of 1 or 2 children, \$5 each additional child. Forms are available at OB office and due the 15th of preceding month of class choice.</p> |
| <p>Prenatal Breastfeeding Class</p> <p>Held the 2nd Monday monthly, 6-8 p.m. FREE for mothers who deliver at NDH. \$25 for others. Call 871-4355 to register.</p> | <p>Lactation Consultation</p> <p>A certified lactation consultant is available to provide assistance with breastfeeding. Call 871-3365 to schedule.</p> | <p>Mom to Mom Breastfeeding Support Group</p> <p>Weekly get-together for new moms to share information and support each other. Fridays, 11:00 a.m. Call 871-3365 for information.</p> |

| | |
|--|--|
| <p>Mother & Baby Exercise Class</p> <p>Get back into shape! Held Thursdays from 10:30 to noon. Pre-crawlers only. Taught by a Physical Therapist. Fee is \$60 for 8 classes. Call 871-4380 to register.</p> | <p>Childbirth Education</p> <p>This class prepares couples for labor and delivery. Call 871-4355 to register. \$80 Fee \$30 Refresher</p> |
|--|--|