



When you're home with baby, Holy Name is here for you.

- Need answers about baby care, postpartum health or feeding? Call our Warm Line at **201-833-3124**, for a direct link to one of our BirthPlace nurses.
- The Medical Center's lactation consultant will consult with you and provide support, and all the necessary information needed for the rental of breastfeeding equipment.
- There are Board-certified pediatricians on staff at Holy Name to care for your baby from birth through 18 years of age.
- Holy Name's Pediatric Clinic features a dedicated pediatrician and nurse-practitioner who care exclusively for our clinic patients.
- When you're unable to stay home and care for your mildly ill child (age three months to 14 years), Holy Name's "Sniffles Club" can give the medical care and attention he or she needs.

Directions:

From New York City

From George Washington Bridge, follow signs for Route 4 West to the Teaneck Road/Teaneck exit. Travel on Teaneck Road for approximately 1 mile. At the third light, make a right into the hospital's main entrance.

From Western New Jersey

Travel Route 80 East to the Teaneck/Fort Lee Road exit. Stay in the right lane. Go to the second turnoff, exit 70B, Teaneck Road/Teaneck. Follow that road to the second light, and make a right onto Teaneck Road. At the second light, make a left turn into the hospital's main entrance.

From Southern New Jersey

Travel North on the New Jersey Turnpike until it ends at Exit 18. Continue on I-95, stay to the right. Follow the signs to exit 70, Leonia/Teaneck. Take the second exit, 70B Teaneck Road. Follow on this road to the second light, make a left into the hospital's main entrance.

From Route 17 North and South

Travel Route 17 to the Route 4 East exit. Take Route 4 to the first Teaneck Road/Teaneck exit, which immediately follows the Queen Anne Road exit. At the third light on Teaneck Road, make a right into the hospital's main entrance.

From Northern New Jersey

Travel the Garden State Parkway South to exit 161. Travel on Route 4 East to the first Teaneck Road/Teaneck exit. At the third light, make a right into the hospital's main entrance.



For referral to a Holy Name Medical Center
obstetrician/gynecologist, certified nurse-midwife
or pediatrician, call

1-877-HOLY-NAME (1-877-465-9626).

Holy Name Medical Center 
Women's and Children's Health

1-877-HOLY-NAME
(1-877-465-9626)
www.holyname.org

718 Teaneck Road
Teaneck, NJ 07666

member
NewYork-Presbyterian
Healthcare System
affiliate: Columbia University College
of Physicians and Surgeons

Parent Education Program

Holy Name Medical Center 
Women's and Children's Health

Healing begins here.

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Parent Education Registration

Please complete this registration form and return it to the HNMC Patient Education Department.

I am interested in the following class(es):

- Childbirth (Lamaze) ... \$150
 - Monday Thursday Saturday
- Childbirth in Spanish (Lamaze) ... \$150
Call for schedule
- Cesarean Birth ... \$25
- Sibling Preparation ... \$25
- Infant Massage ... \$30
- Breastfeeding Preparation ... \$30
- Breastfeeding Consult... \$75 or FREE *for couples who have their baby at HNMC*
- Baby Care Basics ... \$30
- Grandparent Preparation ... \$25
- Infant/Child CPR ... \$30
- Tour of The BirthPlace ... FREE

Please make checks payable to:

HNMC Parent Education Department

Mail checks and registration form to:

HNMC Parent Education Department
718 Teaneck Road
Teaneck, NJ 07666

Name: _____

Address: _____

Day phone: _____

Evening phone: _____

Email address: _____

Physician: _____

Due date: _____

Receipt requested

If you have any questions or concerns regarding these classes, please call the HNMC Parent Education Department at **201-833-3124**.

Whether you are an expectant parent or a new parent, we would like to offer our congratulations and very best wishes. To prepare you for the future, we offer several types of family education classes.

Classes are offered on a regularly scheduled basis. Preregistration is required. For more information on patient education and our maternity services, call the Patient Education Department at **201-833-3124**.



Getting Ready Childbirth Classes (Lamaze)

We offer the choice of a five-week course, a four-week course or a two-week course to assist women and their “coaches” with the birthing process. The content from our Baby Care Basics course is included. Intensive, two-session classes offered on Saturday.

Childbirth classes also available in Spanish. **Fee: \$150**

Cesarean Birth

Prepares expectant couples for cesarean childbirth. **Fee: \$25**



Sibling Preparation

Prepares parents and child(ren) ages 3-8 for the new baby. **Fee: \$25 per family**

Infant Massage

A certified infant massage therapist teaches new parents and expectant parents the benefits and techniques of infant massage, including information on the Harvey Karp method of soothing babies. **Fee: \$30**

Breastfeeding Preparation

Designed to assist women and their families in understanding the process and techniques necessary to make the breastfeeding experience successful. **Fee: \$30**

Breastfeeding Consult

A breastfeeding consultation is available with a lactation consultant by appointment. **Fee: \$75 or FREE** to couples who have their baby at HNMC. Call to schedule an appointment.

Baby Care Basics

One-session class to prepare parents for their first weeks at home with baby. **Fee: \$20 or FREE** to couples who have their baby at HNMC. Expectant grandparents are also invited to attend this class.

Grandparent Preparation

One-session class to update grandparents with the latest newborn skills. Taught by an experienced parent educator, the class covers the current recommendations on skin care, feeding, sleep positions and a whole lot more. Ample time will be allowed for questions and answers. **Fee: \$25**

Tours

Familiarize yourself with our BirthPlace, including our lovely maternity suites and nursery. Call to schedule your **FREE** tour.

Other Programs of Interest

Diabetes & Pregnancy

Our specialists are experienced in managing diabetes related to pregnancy. Call 201-833-3371 for more information.

New Moms

This support group is led by a certified parent educator who focuses on a variety of issues that face new moms. **FREE**

Moms Matter

A support group for women who are either pregnant or who have recently given birth and are feeling sad or anxious. Call 201-833-3218 for more information. **FREE**

