

Childbirth and Parent Education Programs



The Birthing Center at UM Shore Regional Health's Shore Medical Center at Easton will host several in-person classes related to childbirth, recovery from delivery, early days of newborn care and breastfeeding. The Birthing Center and Pediatric team also offers ongoing breastfeeding support, as well as certified Safe Sitter courses for adolescent babysitters ages 11 to 13.

Understanding Labor

This course will provide information on the signs of labor, stages of labor and labor contractions. Skilled Birthing Center team members will discuss options for comfort techniques and pain management, laboring positions, medical procedures and recovery following delivery.

Time: 9 am – 3 pm

2025 Dates: • January 4 • February 1 • March 1 • April 5 • May 3 • June 7
• August 2 • September 6 • October 4 • November 1 • December 6

New Mom, New Baby

This course will provide an overview of care for the birthing parent, from the time of delivery to two weeks following delivery (postpartum). Our Birthing Center team members will talk about postpartum care, emotions and stress, intimacy and sexuality, returning to work and birth control options. Course participants will also learn about newborn care, including feeding, diapering, bathing, circumcision care and infant safety.

Time: 9 am – 12 pm

2025 Dates: • February 8 • April 12 • June 14 • August 9 • October 11 • December 13

Breastfeeding

Birthing Center team members will discuss tips and techniques for successful breastfeeding, including latch and positioning, and maintaining milk supply.

Time: 9 am – 12pm

2025 Dates: • January 11 • March 8 • May 10 • July 12 • September 13 • November 8

Location:

Nick Rajacich Health Education Center

UM Shore Medical Center at Easton
219 S. Washington Street
Easton, MD 21601

Please enter through the main lobby to obtain a visitor wristband and our team will direct you to the Health Education Center.

To Register for Classes:

Call 410-822-1000, ext. 5234

Please leave a message with your name, email address, phone number, and the name and date of the class for which you would like to register.

Or register online, here:

