

Childbirth Education

The birth of your baby is one of the most exciting and joyful times in your life. Our Childbirth Education Classes are designed with you and your family in mind. Our experienced staff will work with you to help ensure the safest and most satisfying birth experience possible. We'll explain the facts and options available in maternity care and answer all of your questions.

Due to the current Coronavirus (COVID-19) situation, Millard Fillmore Suburban Hospital will be providing online childbirth education classes via video conference until further notice.

Our classes include instruction in:

- Baby Basics and Beyond
- Birthing Basics (Saturday)
- Breastfeeding
- Prepared Childbirth – 2 weeks
- Siblings/Sibs at Birth – not available at this time

**Visit www.BuffaloBaby.org for an online virtual tour of Millard Fillmore Suburban Hospital.*

Call (716) 568-3628 to register

Millard Fillmore Suburban Hospital offers 9 Birthing Rooms and 28 Private Mother Baby Rooms. Our Lactation Consultants are on staff on our Mother Baby Unit to help you meet your lactation goals. Our Neonatal Intensive Care Unit is a 10 bed unit with private rooms.

More information about Childbirth Education and other maternity services at Millard Fillmore Suburban Hospital is available online at www.BuffaloBaby.org. YoMingo is our online Childbirth Class available on Buffalo Baby.



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Baby Basics & Beyond

A review of the latest issues in infant care and development of the child as it grows. Teaching includes newborn appearance and characteristics, basic infant care including feeding, bathing, sleep patterns, safety and much more. This class helps to boost confidence and ease the transition into parenthood.

Birthing Basics

A capsulated version of the two-week Prepared Childbirth Class, taught on a Saturday.

Breastfeeding

Learn about feeding patterns, proper positioning techniques, tips on juggling work and breastfeeding, pumping and storage of breast milk, and more.

Prepared Childbirth

A two-week series covering the basic anatomy and physiology of pregnancy, comfort during pregnancy, labor and delivery, postpartum care, Cesarean delivery, and breathing and relaxation techniques.

Sibling Class/Sibling at Birth Class

The siblings class introduces children to the hospital setting and the exciting new role of brother or sister. For children aged 2 to 8. The Sibling at Birth class is designed to prepare older siblings for what they will see and experience when they attend the birth of their new brother or sister.

Postpartum Depression Support Group – Mom's T.E.A.R.S. (Treatment, Education, Advocacy, Resources, Support.) Please call (716) 568-3628 to register.

