

Register using any of these ways:

Reserve your spot online at :

www.brookshospital.org/upcoming-eventsclasses - or -

Call Brooks Maternity at (716) 363-3081 - or -

Complete registration form below and return with payment to:

Brooks Memorial Hospital

Attn: Maternity

Registration Form:

Mom Name: _____

Sibling Name(s)/Age(s):

Address: _____

Phone: _____

Expected Due Date: _____

Obstetrician: _____

Are you delivering at Brooks: YES/NO

Session Desired: I II III IV V

2017 SCHEDULE



I: February 6th

II: April 3rd

III: June 5th

IV: August 5th

V: October 9th

**BROOKS
OBSTETRICS**

529 Central Ave
Dunkirk NY 14048
(716) 363-3080
Fax (716) 363-7351



BROOKS

MEMORIAL HOSPITAL

**SIBLING
PREPARATION
CLASS**



2017

SIBLING PREPARATION

Activities

Create hand prints next to the new baby's foot print

Make a hat for the new baby to wear while at the hospital

Learn to change and hold the baby*

What goes in a diaper bag?

Read a book on how to be a good big sibling

Watch a short movie about the fun of a big brother and/or sister

Lastly, take a tour of where mom and baby will stay in our maternity unit



* Each child should bring a favorite stuffed animal or doll for demonstrations

Classes are held on
Monday Evenings

6:00 PM - 7:30 PM

at
**Brooks Memorial Hospital
Medical Library (1st Floor)**

Course Fee is \$15.00 per family
(not covered by insurance)

Class size is limited!

Priority will be given to moms
delivering at Brooks

In-depth *Expectant Parent* and
Breastfeeding Class
offered separately



BROOKS MEMORIAL HOSPITAL SIBLING PREPARATION CLASS

The arrival of a new baby can bring both joys and challenges to a family. Oftentimes, adjusting to a new baby can be difficult for older siblings, but preparation for an addition to the family can help make this transition as smooth as possible.

Brooks Obstetrics Department can help facilitate this adjustment with a class geared towards siblings age 3 and up. Using an interactive format with parents and children, topics are discussed in terms that make sense to kids.

Experienced instructors from the Brooks Obstetrics Department will help your child understand:

- How a baby comes into the world on their "birth" day;
- How to help care for the baby;*
- How a baby's needs are different than a big brother or sister;
- How to enjoy the new baby;
- How to help mom and dad;
- And much more!

* Each child should bring a favorite stuffed animal or doll for demonstrations