Are you expecting your first baby?

You may be eligible for Childbirth Plus.

Childbirth Plus is part of a research study conducted by Penn State Hershey Medical Center and Penn State University. Participants will be paid for their participation! Dinner is provided at each class.

The classes help couples prepare for parenthood. It includes the standard childbirth education material, but also provides a foundation for families to manage their first year AFTER childbirth, including:

- Supporting your child's growth and development
- Working together as a parenting team
- Helping your baby sleep
- Reading your baby's cues
- Keeping your relationship strong and positive

In past research, this course has helped reduce post-partum depression, enhanced the quality of co-parenting and parent-child relationships, and supported warm and sensitive parenting. Infants have shown better attention span and more capacity for self-soothing, as well.

For more information, or to sign-up, call: 717-531-6981

www.PennStateHershey.org/OBGYN