

Hello Babe

Birth & Beginnings Education

Looking forward to the joys and rewards of parenthood can be both exciting and worrisome.

If you know what to expect, what is normal and how to interpret your baby's cues, your role as a new parent will be easier and more satisfying.

Hello Babe

The Hello Babe Childbirth Education and Preparation Classes and Breastfeeding Classes will help you prepare for this special time in your life.

The classes were designed and are led by Certified Childbirth Educators/RN's at the Alice T. Miner Women & Children's Center.

Topics of Discussion

Nutrition

Vaginal & Cesarean Birth

Anatomy

Pain Control

Fetal Development

Breast & Bottle Feeding

Fitness & Exercise

Relaxation

Infant Care

Breathing

Maternal Care after Birth

The Unexpected

Tour of the Alice T. Miner Women & Children's Center

UVMHealth.org/CVPH

Alice T. Miner

Women & Children's Center

Birth Registrar

75 Beekman Street
Plattsburgh, NY 12901

Hours

Monday – Friday
6:00 am – 2:30 pm

Phone: 518-562-7024

Email: HelloBabe@cvph.org

To sign up for Hello Babe:

Use the QR Code below or fill out the back of this form.



Hello Babe Registration Form

When picking a session: Classes should be completed 2-3 weeks before your due date.

Please return this form to:

Hello Babe: 75 Beekman Street Plattsburgh, NY 12901 or email to Hellobabe@cvph.org.

Registration

Today's Date: _____

Due Date: _____

Mother's Name: _____

Birth Date: _____

Address: _____

Email: _____

Phone#: _____

Doctor's Office: _____

Support Person: _____

September 12th, 13th @ Plattsburgh

October 24th, 25th @ Malone

November 14th, 15th @ Plattsburgh

December 12th, 13th @ Malone

Monday Night Sessions 6:00 pm-8:30 pm

Session 1: January 5th, 12th, 19th, 26th

February 2nd

Session 2: February 23rd,

March 2nd, 9th, 16th, 23rd

Session 3: March 30th

April 6th, 13th, 20th, 27th

Session 4: May 4th, 11th, 18th

June 1st, 8th

Session 5: June 15th, 22nd, 29th

July 6th, 13th

Session 6: July 20th, 27th

August 3rd, 10th, 17th

Session 7: August 24th, 31st

September 14th, 21st, 28th

Session 8: October 5th, 12th, 19th, 26th,

November 2nd

2026 Class Choices

Please circle which class you would like to attend:

Weekend class choices: 9:00 am – 3:00 pm

January 31st, February 1st @ Plattsburgh

February 21st, 22nd @ Malone

March 14th, 15th @ Plattsburgh

April 18th, 19th @ Malone

May 16th, 17th @ Plattsburgh

June 6th, 7th @ Malone

July 11th, 12th @ Plattsburgh

August 8th, 9th @ Malone