

Lamaze Childbirth Education

FREE for all Passaic County residents!



Contact Us!!

973-655-6685

caecmh@montclair.edu

**This is a four-part childbirth education series
based on the Six Healthy Birth Practices of
Lamaze International.**

Topics of discussion include:

Signs, stages and variations of labor

Comfort measures and positioning for labor and birth

Potential medical interventions and pain management

Postpartum recovery

Getting to know your baby

Available in English and Spanish

