All the info you need now online!

The birth of your baby is one of the most exciting and joyful times in your life. Our Pregnancy & 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 classes via video conference until further notice.

Our classes include instruction in:

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

*Full class descriptions are located on the back of this page.*

Register for classes online at www.Buffalobaby.org
Call (716) 568-3628 with any questions

Pregnancy and Parent Education App

Download “YoMingo” in the app store or register for web access at buffalobaby.org.

Evidence-based information on prenatal care, labor and delivery, postpartum, breastfeeding and newborn care through age one.
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.

Pregnancy and Parent Education
App powered by YoMingo
Anytime, anywhere parent education called YoMingo, a program designed to give you convenient access to valuable information.

Tools include:
- Kick counter
- Contraction timer
- Personal journal
- Feeding log
- Immunization log
- Packing list
- Videos and evidence-based articles on prenatal care, labor and delivery, postpartum, breastfeeding and newborn care

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.

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