

Childbirth Education

MUSC will teach you and your support person what to expect during labor and delivery, relaxation and breathing techniques, pain management alternatives, breastfeeding tips, newborn care, how to take care of yourself after the baby, and where to go when it's time (includes a tour of the hospital floor).

Cost: \$50

Register: Call (843) 792-5300

Breastfeeding Foundations

MUSC will teach you the benefits of breastfeeding, breast milk and components and anatomy of the breast, pumping and storing breast milk, nutrition for the mother during breastfeeding, common problems and going back to work, and breastfeeding resources for further help.

Cost: Free

Register: Call (843) 792-5300

One-Two-Three for Parents-To-Be

MUSC offers a class on basic newborn care once every month for expectant parents. The purpose of the class is to provide information on baby topics such as – baby's appearance and behavior, feeding, minor problems and signs of illness, safety, immunizations and follow-up care, and sibling behavior.

Cost: Free

Register: Call (843) 792-5300

Boot Camp 4 New Dads

New babies do not show up with an owner's manual! Boot Camp 4 New Dads gives expectant and new dads first hand information to help take off the edge. The class begins with discussions on becoming a dad, forming a new family, and caring for new moms. Following the discussion is a hands-on opportunity for prospective dads to become comfortable in caring for babies under the guidance of veteran dads who demonstrate burping, changing, swaddling, the "trouble shooter's guide" to crying babies, and more.

Cost: Free

Register: Call (843) 792-5300



MUSC Health
WOMEN'S CARE