

2020

Everything



for

Parents-to-be

and



New Parents



359 Route 111,
Smithtown, New York 11787



Phone: (631) 360-2880

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Website: www.FamilyCFA.com

Facebook: [Childbearing Family Alliance](#)

Revised December 2019

CFA, Inc.

*Mary R. Kahrs, BS, MA, LCCE, BSS, FACCE**
Executive Director



Our Purpose

Our purpose—our mission—is to empower families so they can more effectively be stable and secure sources of health, well being and fun.

Further, as a professional team, our purpose is to provide quality educational programs, community referrals and an opportunity for parents to network. This allows our clients to enhance and to support with certainty their families' health and well being.

We take pride in the partnerships we form with our clients to accomplish our combined objectives. We honor these partnerships as the foundation for the service we provide and depend on them for our mutual growth.

From pregnancy through preschool, we're with you every step of the way!

*Key to abbreviations

BS - Bachelor of Science degree

MA - Master of Arts degree

LCCE - Lamaze Certified Childbirth Educator

BSS - Breastfeeding Support Specialist

FACCE - Fellow in the American College of
Childbirth Educators

Welcome and Congratulations!

Programs	Page #
Childbirth Education / Lamaze™ Programs	
♦ Childbirth Preparation/Lamaze	4
♦ For 1st Time Parents-to-be	4 - 6
• 3 weekday evenings or	7 - 8
• 1 day class	
• Special programs for “Refreshers” and Cesarean preparation	
More Programs for Parents-to-be	
♦ Pregnancy Basics: A FREE All About Pregnancy class	9
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Programs for New Parents	
♦ New Mother's Group	14
Center Enclosure Registration form	
Including info regarding discount packages	
Directions on the last page (inside back cover)	

YOUR REFERRALS

are always welcome and always appreciated.

Ask about our “Care to Share” program.

We appreciate your interest in our programs and
look forward to having you, your family and friends
become a part of our very special CFA Family.

Complete Childbirth Education:

*Including Lamaze™ Breathing
For First-Time Parents*

*What parents-to-be
say about our
childbirth education
classes!*



When surveyed:

- *Parents-to-be noted a dramatic increase in their confidence and their ability to give birth*
- *Participants said they had increased understanding of their bodies and how they worked*
- *They were happy the curriculum covered hospital policies and procedures which helped them better effect their labor process and satisfaction*
- *ALL Parents-to-be said the classes exceeded their expectation and they learned more than they expected!*

You get training and education for every job you do. Why not get the same for the most important job you'll ever do?

***Your Baby Deserves the Best!
An Educated Parent!***

We know the questions you ask yourself:

- What if labor hurts more than I expect?
- Is my partner going to be able to help and support me the way I need?
- What if something goes wrong?
- What about complications?

You know that you are receiving quality medical care. Get the training you need so you can feel emotionally and physically in control and be as comfortable as possible.

The time to get childbirth education is not during labor!

The curriculum includes pain management which is covered in detail: everything from breathing techniques, body mechanics, the use of epidurals and other pain medications. Be ready, be prepared.

For first time parents, the full series consists of 3 evening classes or a one day class. Classes are best started at 28 weeks so that moms-to-be are more comfortable and less sleepy. Class size is limited so register early.

The fee for either program is \$195.

Dates and times are listed on the following pages.

FÜN FACTS

Don't take our word for how great our classes are. See for yourself. Check out the testimonials on our Facebook page and our website, www.familycfa.com. Better yet register and experience our classes for yourself. You won't regret it!

What to do and what to bring to class...

- When attending classes, wear loose comfortable clothing. You will spend some time on the floor.
- 3 bed pillows and a blanket to the 1 day class. If you are attending the evening classes, bring items to classes #2 and #3.
- Please bring snacks to evening and 1 day classes.
- Please refer to the schedules on the following pages for exact dates, times and fees.

Refresher/Review Classes

Pick any evening class #2 date. The cost for this class is \$60. If evenings are not convenient, a special arrangement can be made.

*Private Childbirth Classes,
Bradley Childbirth Classes &
Doula Referrals also available.*

FÜN FACTS

CFA has taught more than 2,300 Childbirth Education classes. That's more than 30,000 families. What class number will you be taking? Visit our testimonials page or our Facebook page to see what others have said about our classes.

Dates for our 1 Day Sunday Classes

Choose 1 date

Cost - \$195

Day and Time				
One Day Sunday 10am – 5pm	2020	Jan. 5 Feb. 2 March 1 April 5 May 3 June 7 July 12 August 9 Sept. 20 Oct. 4 Nov . 15 Dec. 13	. Please bring snacks on Sunday. There will be a 1/2 hour lunch break with a variety of food choices available in the area.	

Dates for the Tuesday Evening Classes

Choose a 3 day series

Cost - \$195

Day and Time	Class #1	Class #2	Class #3
2020 3 Tuesdays 7 – 9:30 pm Choose one series of 3 dates	• Jan. 7	Jan. 14	Jan. 21
	• Feb. 25	March 3	March 10
	• March 24	March 31	April 7
	• April 28	May 5	May 12
	• May 19	June 2	June 9
	• July 21	July 28	August 4
	• Sept. 22	Sept. 29	Oct. 6
	• Nov. 10	Nov. 17	Dec.1

Pregnancy Basics

One, 1.5 hour meeting for parents-to-be

*A **FREE** all about pregnancy class!*

Our gift to you! Yes, it's Free!

This FREE class is taken as early in pregnancy as possible. The first trimester is preferred but parents-to-be can participate at any time during their pregnancy.

The "Pregnancy Basics" class is a "How To" class. Its purpose is to help parents-to-be feel more confident and educated as they move through the weeks of pregnancy feeling healthy, better organized and prepared.

This information packed overview covers your baby's growth and development, anatomy & physiology, labor & delivery, breastfeeding, hospital policies and procedures.

This program is provided not only at CFA but also many Ob/Gyn practices. Ask your physician or midwife if this important class is available in their office, if not register and participate in this class at CFA.



Dates: Tuesday evening

Choose **2020**

one Jan. 14, Feb. 11, March 10, April 7, May 12,
June 2, July 14, Aug. 11, Sept. 8, Oct. 6,
Nov. 10, Dec. 8

Time: 6:30 - 8pm

Cost: NO Charge

Breastfeeding A to Z

One, 3 hour meeting for parents-to-be

Undecided about breastfeeding? Feeling pressure? Confused and overwhelmed with all the conflicting advice? This class will provide you with the knowledge you need to decide what is best for you and your family. For the first few weeks, breastfeeding your new baby can be difficult. This essential information will enable you to feel more confident and be better prepared.

Fathers-to-be/partners are strongly encouraged to attend this program. Though this class can be taken at any point in your pregnancy, we recommend the 2nd trimester when you're more comfortable and less tired.

Our instructors are also available to you for postpartum consultations in addition to the support new mothers receive by participating in our "New Mother's Group."

Please bring a "baby-size" doll or stuffed animal and a bed pillow to class.



Dates: 2020 Choose one	Jan. 8
	Mar. 11
	May 13
	July 8
	Sept. 23
	Nov. 18
Time: 7 – 10 pm	
Cost: \$50/couple	

Baby Care Basics

One, 3 hour meeting for parents-to-be

Do you know how to take a newborn's temperature? Do you know how to provide umbilical cord care? Would you be able to know if your newborn is well hydrated and well fed? Not much experience with babies? Get the info you don't even know you need!

Though this class can be taken at any point in your pregnancy, we recommend the 2nd trimester when you're more comfortable and less tired.

After your baby is born, our instructors are available to answer any questions and provide great postpartum support.

Please bring a "baby-size" doll or stuffed animal to class.

Dates: Choose one Sunday	2020 Jan. 12 Mar. 15 May 17 July 12 Sept. 13 Nov. 8
Time:	10 am - 1 pm
Cost:	\$50/couple



**FÜN
FACTS**

We have a 100%
efficiency response
rating on Facebook.
That means we
get back to those who
message us *fast!*

Infant & Child CPR and Safety

One, 3-hour meeting for anyone who loves children.



The information is provided by our experienced CPR instructors in a fact-packed, 3-hour program that includes: infant and child CPR, managing obstructed airway (choking), safety, accident prevention and proper supervision. An important program for anyone who cares for infants and young children.

This is a great addition to our “Baby Care Basics” class. Though it is not required for our program, if you are interested in or need certification, the American Red Cross requires an additional fee of \$20 for a 2 year certification card and textbook.

Dates: Choose one Sunday	2020
	Jan. 12 Mar. 15 May 17 July 12 Sept. 13 Nov. 8
Time:	1:30 - 4:30 pm
Cost:	\$50/person



FIT4MOM[®]

Western Suffolk

FIT4MOM is the nation's leading *PRENATAL* and *POSTNATAL* fitness program, providing fitness classes and a network of moms to support every stage of motherhood.

From pregnancy, through postpartum and beyond, our fitness and wellness programs help make moms strong in body, mind, and spirit.



Sign up for your FREE class today!

suffolkcountywest.fit4mom.com

or email marykahrs@fit4mom.com

CFA, Inc. & Fit4Mom
Strength in Motherhood

New Mothers' Groups

For mothers and their new babies,
Ages birth - 3 months, six 1 1/2 hour meetings

Many pediatricians confidently refer to this very popular program due to our clean, safe, baby-friendly environment and personal attention.

Going back to work during the class series? No problem. Sign up for the dates you can attend. Some New Mom's Group is better than NO New Mom's Group :)

We know that the first few months of parenthood are filled with questions and confusion. How do you sort out your feelings, filter through the abundance of advice you receive, get some sleep and try to do what you think is best?

Participating in this program gives you strength and direction. Take the opportunity to meet other parents with babies about the same age as yours. Learn something new at each meeting, get and give advice, and be heard.



Dates: 2020 Choose one series	Jan. 14, 21, 28, Feb. 4, & 11 Mar. 10, 17, 24, 31, Apr. 7 Apr. 28, May 5, 12, 19, June 2 July 14, 21, 28, Aug. 4 & 11 Sept. 22, 29, Oct. 6, 13, & 20 Nov. 10, 17, 24, Dec. 1 & 8
Time: 1:45 - 3:15 pm	
Cost: \$100 (Only \$75 if you've taken a prenatal program with us)	

The 6th meeting is determined by the group.

After New Mother's Group continue with
"My Baby and Me"

A 1 hour program for babies 3-6 months old and their parents.

Call for current schedule: dates, times & fees

631-360-2880

DIRECTIONS TO CFA, Inc.



359 Route 111, Smithtown
(for GPS purposes; Route 111 is also known as Hauppauge Road)

Long Island Expressway to Route 111, Exit 56 North. Continue on Route 111 passing over Route 347. Continue North on Route 111 for 1/2 mile. CFA, #359, will be on the right, directly across from the old IRS building before the intersection with Maple Avenue. Make a right into the parking lot. When you pull into the parking lot, CFA is located in the rear professional building. The sign on the door reads Childbearing Family Alliance, Inc. Look for our logo on the street sign and the green office door.

Northern State, East until Northern State ends. The parkway becomes Route 454, Veterans Memorial Hwy. Continue on Vets Hwy East, through the Hauppauge court house area. Bear left at the intersection with Route 347, (also known as Nesconset Hwy or Smithtown Bypass.) Continue on Route 347 to Route 111, North. The exit for Route 111 is to the right off Route 347 by Comp USA. Follow directions below: from route 347.

From Route 347 - Exit Route 111, North. Continue North on Route 111 for 1/2 mile. CFA, #359, will be on the right, directly across from the old IRS building before the intersection with Maple Avenue. Make a right into the parking lot. When you pull into the parking lot, CFA is located in the rear professional building. The sign on the door reads Childbearing Family Alliance, Inc. Look for our logo on the street sign and the green office door.

From Jericho Turnpike, East - In Smithtown, Jericho Turnpike is Main Street. At the traffic light just after Town Hall, turn right onto Maple Avenue. Continue South on Maple until it ends at Route 111 (Hauppauge Road). At the stop sign, make a right turn then your first left into the parking lot. When you pull into the parking lot; CFA, #359, is located in the back professional building. The sign on the door reads Childbearing Family Alliance, Inc. Look for our logo on the street sign and the green office door.

From Jericho Turnpike, West - Turn left onto Hauppauge Road (Route 111). Continue south on Hauppauge Road for 1.3 miles. CFA will be on your left directly across from the old IRS building just past the intersection with Maple Avenue. Make a left into the parking lot. When you pull into the parking lot, CFA is located in the back professional building. The sign on the door reads Childbearing Family Alliance, Inc. Look for our logo on the street sign and green office door.