

2016 Childbirth Education

Baby Care Basics & Infant CPR and Safety Combo (also available for Adoptive Parents)

Cost: \$50 per couple

This hands-on interactive class teaches parents about how to recognize medical emergencies, seek emergency assistance for your infant, how to perform CPR, and how to relieve choking on an infant. You will also learn hands-on skills on how to bathe, diaper, dress, hold, and comfort your infant. In addition, we provide information about safe sleep, car seat safety and home safety. **This class is not a certification class; participants will not receive a CPR certification card.**

Breastfeeding

Cost: \$30 per couple

This class will provide you with basic breastfeeding information and skills to guide you through your hospital stay and the early weeks at home. Both parents are encouraged to attend. We also offer the Nature and Nurture Café, a breastfeeding mother's group. Bring your baby with you! Come and share your story, meet with other breastfeeding moms, and learn helpful hints about breastfeeding. The Café meets from 10:30-12, the second Friday of the month in the Hoxworth building, 1st Floor, Centering Pregnancy Room. There is no fee for the Café and registration is not required.

Infant CPR & Safety

Cost: \$30 per couple

Following the American Heart Association guidelines, we teach expectant parents with practical, hands-on techniques and information about how to care for your infant in emergency situations. This class is

designed to teach you how to recognize medical emergencies, seek emergency assistance for your infant, perform CPR, and how to relieve choking on an infant. We also include safe sleep practices, car seat safety, and baby-proofing your home. **This class is not a certification class; participants will not receive a CPR certification card.**

Natural Childbirth Techniques

Cost: \$30 per couple

This interactive class is completely devoted to relaxation, visual and breathing techniques, position changes, partner tips for emotional support, and the use of drug-free pain management. Our goal is to help you ease labor pain, and have an un-medicated delivery. Bring your labor partner with you!

Prepared Childbirth Workshop

Cost: \$80 per couple

Our Prepared Childbirth Workshop is designed to coach you through your labor, delivery, recovery, and post-partum period. Topics that are covered include anatomy and physiology of labor, signs and symptoms of labor, coping and comfort measures for natural and medicated labor, partner support, hospital procedures, vaginal and cesarean delivery, newborn characteristics, and the initial post-delivery care you will receive. A maternity unit tour is included in the prepared childbirth class. Lunch is not included. Snacks will be available.

Private Childbirth Education Classes

Cost: As stated above +\$20 per couple

Private classes are available based on instructor availability. If you are not able to attend your preferred class during the scheduled times, please contact 584-BABY (2229) for information on scheduling a private childbirth education class.

Tours

Cost: Free

Prepare for your baby's birth with a tour of UC Health, University of Cincinnati Medical Center's, Center for Women and Infants. We discuss what to expect during your stay in our Obstetrics Special Care and Post Partum units. Our NICU is available to tour by special request with the exception of flu season. Family and children are welcome; however children are restricted from all units during flu season. Registration is required for tours.

* Please bring exact change, or have your check made out to UC Medical Center and available on day of class offering. Instructor will collect payment during class time.

** On rare occasion, classes may need to be rescheduled. You will be notified by phone of any changes.

For information on our pre-term classes please contact our March of Dimes Family Support Specialist at (513) 584-0821.

REGISTRATION

To register, complete the online registration form found at: uhealth.com/womens-health/childbirth-education-classes or call (513) 584- BABY (2229.)

For more information please visit: uhealth.com/womens-health



Childbirth Education

2016 Class Schedule



2016 Childbirth Education Class Schedule

Classes will be rescheduled if there are 2 or less participants registered or in the case of inclement weather.

DATE	TIME	CLASS
January		
2	9:30-3:30 p.m.	Prepared Childbirth Workshop
4	4:30-5:30 p.m.	Maternity Unit Tour
4	5:30-9 p.m.	Baby Care Basics & Infant CPR and Safety Combo
6	6-7 p.m.	Maternity Unit Tour
8	10:30-12 p.m.	Nature and Nurture Café
14	5:30-7:30 p.m.	Infant CPR and Safety
16	11-12 p.m.	Maternity Unit Tour
20	2-3:30 p.m.	Breastfeeding

DATE	TIME	CLASS
February		
3	6-7 p.m.	Maternity Unit Tour
6	9:30-3:30 p.m.	Prepared Childbirth Workshop
8	4:30-5:30 p.m.	Maternity Unit Tour
8	5:30-9 p.m.	Baby Care Basics & Infant CPR and Safety Combo
12	10:30-12 p.m.	Nature and Nurture Café
20	9-10:30 a.m.	Breastfeeding
20	11-12 p.m.	Maternity Unit Tour
22	6-8 p.m.	Natural Childbirth Techniques

DATE	TIME	CLASS
March		
2	6-7 p.m.	Maternity Unit Tour
5	9:30-3:30 p.m.	Prepared Childbirth Workshop
7	4:30-5:30 p.m.	Maternity Unit Tour
7	5:30-9 p.m.	Baby Care Basics & Infant CPR and Safety Combo
11	10:30-12 p.m.	Nature and Nurture Café
16	2-3:30 p.m.	Breastfeeding
17	5:30-7:30 p.m.	Infant CPR and Safety
19	11-12 p.m.	Maternity Unit Tour

DATE	TIME	CLASS
April		
2	9:30-3:30 p.m.	Prepared Childbirth Workshop
4	4:30-5:30 p.m.	Maternity Unit Tour
4	5:30-9 p.m.	Baby Care Basics & Infant CPR and Safety Combo
6	6-7 p.m.	Maternity Unit Tour
8	10:30-12 p.m.	Nature and Nurture Café
16	9-10:30 a.m.	Breastfeeding
16	11-12 p.m.	Maternity Unit Tour

DATE	TIME	CLASS
May		
4	6-7 p.m.	Maternity Unit Tour
7	9:30-3:30 p.m.	Prepared Childbirth Workshop
9	4:30-5:30 p.m.	Maternity Unit Tour
9	5:30-9 p.m.	Baby Care Basics & Infant CPR and Safety Combo
13	10:30-12 p.m.	Nature and Nurture Café
18	2-3:30 p.m.	Breastfeeding
19	5:30-7:30 p.m.	Infant CPR and Safety
21	11-12 p.m.	Maternity Unit Tour
23	6-8 p.m.	Natural Childbirth Techniques

DATE	TIME	CLASS
June		
1	6-7 p.m.	Maternity Unit Tour
4	9:30-3:30 p.m.	Prepared Childbirth Workshop
6	4:30-5:30 p.m.	Maternity Unit Tour
6	5:30-9 p.m.	Baby Care Basics & Infant CPR and Safety Combo
10	10:30-12 p.m.	Nature and Nurture Café
18	9-10:30 a.m.	Breastfeeding
18	11-12 p.m.	Maternity Unit Tour

DATE	TIME	CLASS
July		
6	6-7 p.m.	Maternity Unit Tour
8	10:30-12 p.m.	Nature and Nurture Café
9	9:30-3:30 p.m.	Prepared Childbirth Workshop
11	4:30-5:30 p.m.	Maternity Unit Tour
11	5:30-9 p.m.	Baby Care Basics & Infant CPR and Safety Combo
16	11-12 p.m.	Maternity Unit Tour
20	2-3:30 p.m.	Breastfeeding
21	5:30-7:30 p.m.	Infant CPR and Safety

DATE	TIME	CLASS
August		
3	6-7 p.m.	Maternity Unit Tour
6	9:30-3:30 p.m.	Prepared Childbirth Workshop
8	4:30-5:30 p.m.	Maternity Unit Tour
8	5:30-9 p.m.	Baby Care Basics & Infant CPR and Safety Combo
12	10:30-12 p.m.	Nature and Nurture Café
20	9-10:30 a.m.	Breastfeeding
20	11-12 p.m.	Maternity Unit Tour
22	6-8 p.m.	Natural Childbirth Techniques

DATE	TIME	CLASS
September		
7	6-7 p.m.	Maternity Unit Tour
9	10:30-12 p.m.	Nature and Nurture Café
10	9:30-3:30 p.m.	Prepared Childbirth Workshop
12	4:30-5:30 p.m.	Maternity Unit Tour
12	5:30-9 p.m.	Baby Care Basics & Infant CPR and Safety Combo
17	11-12 p.m.	Maternity Unit Tour
21	2-3:30 p.m.	Breastfeeding
22	5:30-7:30 p.m.	Infant CPR and Safety

DATE	TIME	CLASS
October		
1	9:30-3:30 p.m.	Prepared Childbirth Workshop
3	4:30-5:30 p.m.	Maternity Unit Tour
3	5:30-9 p.m.	Baby Care Basics & Infant CPR and Safety Combo
5	6-7 p.m.	Maternity Unit Tour
14	10:30-12 p.m.	Nature and Nurture Café
15	9-10:30 a.m.	Breastfeeding
15	11-12 p.m.	Maternity Unit Tour

DATE	TIME	CLASS
November		
2	6-7 p.m.	Maternity Unit Tour
5	9:30-3:30 p.m.	Prepared Childbirth Workshop
7	4:30-5:30 p.m.	Maternity Unit Tour
7	5:30-9 p.m.	Baby Care Basics & Infant CPR and Safety Combo
11	10:30-12 p.m.	Nature and Nurture Café
14	6-8 p.m.	Natural Childbirth Techniques
16	2-3:30 p.m.	Breastfeeding
17	5:30-7:30 p.m.	Infant CPR and Safety
19	11-12 p.m.	Maternity Unit Tour

DATE	TIME	CLASS
December		
3	9:30-3:30 p.m.	Prepared Childbirth Workshop
5	4:30-5:30 p.m.	Maternity Unit Tour
5	5:30-9 p.m.	Baby Care Basics & Infant CPR and Safety Combo
7	6-7 p.m.	Maternity Unit Tour
9	10:30-12 p.m.	Nature and Nurture Café
10	9-10:30 a.m.	Breastfeeding
17	11-12 p.m.	Maternity Unit Tour

University of Cincinnati Medical Center • 234 Goodman Street Cincinnati, OH 45219

To view a schedule and to register for classes at West Chester Hospital, please visit uhealth.com/westchesterhospital