

2017 Childbirth Education

Baby Care Basics & Infant CPR and Safety Combo (meets requirements for adoptive parents)

Cost: \$50 per couple

This interactive class, taught by a certified CPR instructor, teaches you how to prevent, recognize, and respond to medical emergencies, how to perform CPR, and how to relieve choking in an infant. You will learn the basics of bathing, feeding, diapering, dressing, and comforting an infant, and get hands-on practice changing a diaper, swaddling, and using a bulb-syringe. In addition, we provide information about safe sleep, car seat safety, and home safety. Snacks will be provided.

Breastfeeding

Cost: \$30 per couple

This class, taught by a board-certified Lactation Consultant, will provide you with information about breastfeeding your baby, including what to expect after delivery, the physiology of breastfeeding, your milk supply, position and latch (using dolls for hands-on practice), newborn feeding cues and patterns, milk expression, returning to work, self-care, and tips for partners to support breastfeeding. Your partner is welcome and encouraged to attend with you.

Natural Childbirth Techniques

Cost: \$40 per couple

Our Natural Childbirth class is designed for women preparing for an un-medicated birth. Topics include the physiology of labor and delivery, techniques for coping with pain, helpful tips for partners, birth plans, and the immediate postpartum experience. Dress comfortably and be prepared to try a variety of labor positions on a birth ball and yoga mat. Your birth partner is welcome and encouraged to attend with you.

Prepared Childbirth Workshop

Cost: \$80 per couple

Our Prepared Childbirth Workshop is a one day interactive class designed to prepare you for the experience of giving birth. Topics include the physiology of labor, natural pain management techniques, pain medication, epidurals, common medical interventions, cesarean birth, helpful tips for partners, birth plans, newborn characteristics and procedures, and post-delivery care. Dress comfortably and be prepared to try a variety of labor positions on a birth ball and yoga mat. Your birth partner is welcome and encouraged to attend with you. This workshop includes a tour of the University of Cincinnati Medical Center's Center for Women and Infants, just prior to the start of class. Lunch is not provided, however there is a lunch break. Snacks will be provided.

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 University of Cincinnati Medical Center Maternity and Newborn Services. We discuss what to expect during your stay in our Obstetrics Special Care and Mother-Baby units. Our NICU is available to tour by special request with the exception of during flu season. Family and children are welcome; however children are restricted from all units during flu season. Registration is required for tours.

* Payment can be made by cash or check, collected by the instructor on the day of class. Please bring exact change, and checks can be made out to UC Medical Center.

** Classes will be rescheduled if there are fewer than three participants confirmed, or in the case of inclement weather. You will be notified by phone of any changes.

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



UNIVERSITY OF CINCINNATI MEDICAL CENTER

Childbirth Education 2017 Class Schedule



2017 Childbirth Education Class Schedule

Class availability may change. Please see our website:
uhealth.com/womens-health, for the most up-to-date list of class offerings.

DATE	TIME	CLASS
January		
4	5-5:30 p.m.	Maternity Unit Tour
4	6-8 p.m.	Natural Childbirth
17	2-3:30 p.m.	Breastfeeding
18	5-8 p.m.	Baby Care Basics & Infant CPR and Safety Combo
28	9:30-10 a.m.	Maternity Unit Tour
28	10 a.m.-3 p.m.	Prepared Childbirth Workshop

DATE	TIME	CLASS
February		
1	5-8 p.m.	Baby Care Basics & Infant CPR and Safety Combo
15	5-5:30 p.m.	Maternity Unit Tour
21	2-3:30 p.m.	Breastfeeding
25	9:30-10 a.m.	Maternity Unit Tour
25	10 a.m.-3 p.m.	Prepared Childbirth Workshop

DATE	TIME	CLASS
March		
1	5-5:30 p.m.	Maternity Unit Tour
1	6-8 p.m.	Natural Childbirth
11	9:30-10 a.m.	Maternity Unit Tour
11	10 a.m.-3 p.m.	Prepared Childbirth Workshop
15	5-8 p.m.	Baby Care Basics & Infant CPR and Safety Combo
21	2-3:30 p.m.	Breastfeeding

DATE	TIME	CLASS
April		
5	5-8 p.m.	Baby Care Basics & Infant CPR and Safety Combo
18	2-3:30 p.m.	Breastfeeding
19	5-5:30 p.m.	Maternity Unit Tour
22	9:30-10 a.m.	Maternity Unit Tour
22	10 a.m.-3 p.m.	Prepared Childbirth Workshop

DATE	TIME	CLASS
May		
3	5-5:30 p.m.	Maternity Unit Tour
3	6-8 p.m.	Natural Childbirth
16	2-3:30 p.m.	Breastfeeding
17	5-8 p.m.	Baby Care Basics & Infant CPR and Safety Combo
20	9:30-10 a.m.	Maternity Unit Tour
20	10 a.m.-3 p.m.	Prepared Childbirth Workshop

DATE	TIME	CLASS
June		
7	5-8 p.m.	Baby Care Basics & Infant CPR and Safety Combo
17	9:30-10 a.m.	Maternity Unit Tour
17	10 a.m.-3 p.m.	Prepared Childbirth Workshop
20	2-3:30 p.m.	Breastfeeding
21	5-5:30 p.m.	Maternity Unit Tour

DATE	TIME	CLASS
July		
5	5-5:30 p.m.	Maternity Unit Tour
5	6-8 p.m.	Natural Childbirth
18	2-3:30 p.m.	Breastfeeding
19	5-8 p.m.	Baby Care Basics & Infant CPR and Safety Combo
29	9:30-10 a.m.	Maternity Unit Tour
29	10 a.m.-3 p.m.	Prepared Childbirth Workshop

DATE	TIME	CLASS
August		
2	5-5:30 p.m.	Maternity Unit Tour
9	5-8 p.m.	Baby Care Basics & Infant CPR and Safety Combo
15	2-3:30 p.m.	Breastfeeding
26	9:30-10 a.m.	Maternity Unit Tour
26	10 a.m.-3 p.m.	Prepared Childbirth Workshop

DATE	TIME	CLASS
September		
6	5-8 p.m.	Baby Care Basics & Infant CPR and Safety Combo
19	2-3:30 p.m.	Breastfeeding
20	5-5:30 p.m.	Maternity Unit Tour
20	6-8 p.m.	Natural Childbirth
23	9:30-10 a.m.	Maternity Unit Tour
23	10 a.m.-3 p.m.	Prepared Childbirth Workshop

DATE	TIME	CLASS
October		
4	5-8 p.m.	Baby Care Basics & Infant CPR and Safety Combo
11	5-5:30 p.m.	Maternity Unit Tour
17	2-3:30 p.m.	Breastfeeding
21	9:30-10 a.m.	Maternity Unit Tour
21	10 a.m.-3 p.m.	Prepared Childbirth Workshop

DATE	TIME	CLASS
November		
4	9:30-10 a.m.	Maternity Unit Tour
4	10 a.m.-3 p.m.	Prepared Childbirth Workshop
8	5-5:30 p.m.	Maternity Unit Tour
8	6-8 p.m.	Natural Childbirth
15	5-8 p.m.	Baby Care Basics & Infant CPR and Safety Combo
21	2-3:30 p.m.	Breastfeeding

DATE	TIME	CLASS
December		
2	9:30-10 a.m.	Maternity Unit Tour
2	10 a.m.-3 p.m.	Prepared Childbirth Workshop
6	5-8 p.m.	Baby Care Basics & Infant CPR and Safety Combo
13	5-5:30 p.m.	Maternity Unit Tour
19	2-3:30 p.m.	Breastfeeding