

2014 UC Health Childbirth Education Descriptions

Baby Care Basics

Cost: \$30 per couple

This exciting class is designed to help you and your family learn hands-on skills for bathing, diaper changing, dressing, holding, and comforting your new infant. In addition, we also provide information about safe sleep, car seat safety and home safety. Parents will go home with a newborn sleep sack to use once your infant has arrived.

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. Parents will go home with a newborn sleep sack to use once your infant has arrived. **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 management skills that will guide you through your hospital stay and the early weeks at home. The instructors are experienced Board Certified Lactation Consultants employed by University of Cincinnati Medical Center. We do encourage partner participation however children are not encouraged to attend.

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. Parents will go home with a newborn sleep sack to use once your infant has arrived. **This class is not a certification class; participants will not receive a CPR certification card.**

Little Bit of Everything

Cost: \$80 per couple

This great refresher class includes labor and birthing comfort techniques, cesarean birth and pain management. Newborn Care is also discussed (hands-on information of how to bathe, diaper, dress, hold, comfort, and how to perform CPR). We will also provide information on safe sleep, car seat safety and home safety. A maternity unit tour is included. Parents will go home with a newborn sleep sack to use once your infant has arrived. Lunch is not included. Snacks will be available.

Natural Childbirth Techniques & Breastfeeding Combo

Cost: \$50 per couple

This interactive class is completely devoted to relaxation, visual and breathing techniques, position changes, partner tips for emotional support, the use of drug-free pain management, and management of breastfeeding (taught by our Board Certified Lactation Consultants). Our goal is to help you ease labor pain, have an un-medicated delivery, and begin breastfeeding. 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. Additional classes that are available as private sessions include; grandparents class, preparation for multiples, and childbirth refresher- final cost \$50 each.

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.

*Please bring exact change, or have your check made out to UCMC 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.

***Additional sleep sacks are available in the UC Medical Center gift shop, located on Ground Floor of the Main Hospital building.

REGISTRATION

To register, patients can call (513) 584-2229

or complete the online registration form found at: universityhospital.uhealth.com/services/women/childbirth-education-classes

For more information please visit: uhealth.com/ucmc



Childbirth Education 2014 Class Schedule and Descriptions

 UC Health™

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2014 Childbirth Education Class Schedule

All classes are held at UC Medical Center unless otherwise noted.

DATE TIME CLASS

January

4	9-3:30 p.m.	Prepared Childbirth Workshop
6	4:45-5:30 p.m.	Tour
6	5:30-7:30 p.m.	Baby Care Basics
9	2-4 p.m.	Infant CPR & Safety
15	5:30-8:30 p.m.	Natural Childbirth and Breastfeeding Combo @ West Chester Hospital
24	6-7 p.m.	Tour
25	9-3:30 p.m.	Little Bit of Everything

February

1	9-3:30 p.m.	Prepared Childbirth Workshop
3	4:45-5:30 p.m.	Tour
3	5:30-7:30 p.m.	Baby Care Basics
6	6-8 p.m.	Infant CPR & Safety
8	9-3:30 p.m.	Prepared Childbirth Workshop @ West Chester Hospital
13	2-4 p.m.	Breastfeeding
17	4:30-5:30 p.m.	Tour
17	5:30-9 p.m.	Baby Care Basics & Infant CPR and Safety Combo
25	5:30-9 p.m.	Baby Care Basics & Infant CPR and Safety for Adoptive Parents @ West Chester Hospital

March

1	9-3:30 p.m.	Prepared Childbirth Workshop
3	4:45-5:30 p.m.	Tour
3	5:30-7:30 p.m.	Baby Care Basics
13	2-4 p.m.	Infant CPR & Safety
19	5:30-8:30 p.m.	Natural Childbirth and Breastfeeding Combo
20	6-7 p.m.	Tour
22	9-3:30 p.m.	Little Bit of Everything

DATE TIME CLASS

April

3	6-8 p.m.	Infant CPR & Safety
5	9-3:30 p.m.	Prepared Childbirth Workshop
7	4:45-5:30 p.m.	Tour
7	5:30-7:30 p.m.	Baby Care Basics
10	7-9 p.m.	Breastfeeding @ West Chester Hospital
21	4:30-5:30 p.m.	Tour
21	5:30-9 p.m.	Baby Care Basics & Infant CPR and Safety Combo
22	5:30-9 p.m.	Baby Care Basics & Infant CPR and Safety for Adoptive Parents @ West Chester Hospital

May

1	2-4 p.m.	Infant CPR & Safety
3	9-3:30 p.m.	Prepared Childbirth Workshop
5	4:45-5:30 p.m.	Tour
5	5:30-7:30 p.m.	Baby Care Basics
10	9-3:30 p.m.	Prepared Childbirth Workshop @ West Chester Hospital
21	5:30-8:30 p.m.	Natural Childbirth and Breastfeeding Combo @ West Chester Hospital
22	6-7 p.m.	Tour
24	9-3:30 p.m.	Little Bit of Everything

June

2	4:45-5:30 p.m.	Tour
2	5:30-7:30 p.m.	Baby Care Basics
7	9-3:30 p.m.	Prepared Childbirth Workshop
12	2-4 p.m.	Breastfeeding
16	4:30-5:30 p.m.	Tour
16	5:30-9 p.m.	Baby Care Basics & Infant CPR and Safety Combo
24	5:30-9 p.m.	Baby Care Basics & Infant CPR and Safety for Adoptive Parents @ West Chester Hospital

DATE TIME CLASS

July

5	9-3:30 p.m.	Prepared Childbirth Workshop
7	4:45-5:30 p.m.	Tour
7	5:30-7:30 p.m.	Baby Care Basics
10	2-4 p.m.	Infant CPR & Safety
16	5:30-8:30 p.m.	Natural Childbirth and Breastfeeding Combo
24	6-7 p.m.	Tour
26	9-3:30 p.m.	Little Bit of Everything

August

2	9-3:30 p.m.	Prepared Childbirth Workshop
4	4:45-5:30 p.m.	Tour
4	5:30-7:30 p.m.	Baby Care Basics
9	9-3:30 p.m.	Prepared Childbirth Workshop @ West Chester Hospital
14	7-9 p.m.	Breastfeeding @ West Chester Hospital
14	6-8 p.m.	Infant CPR & Safety
18	4:30-5:30 p.m.	Tour
18	5:30-9 p.m.	Baby Care Basics & Infant CPR and Safety Combo
26	5:30-9 p.m.	Baby Care Basics & Infant CPR and Safety for Adoptive Parents @ West Chester Hospital

September

6	9-3:30 p.m.	Prepared Childbirth Workshop
11	2-4 p.m.	Infant CPR & Safety
15	4:45-5:30 p.m.	Tour
15	5:30-7:30 p.m.	Baby Care Basics
17	5:30-8:30 p.m.	Natural Childbirth and Breastfeeding Combo @ West Chester Hospital
25	6-7 p.m.	Tour
27	9-3:30 p.m.	Little Bit of Everything

DATE TIME CLASS

October

4	9-3:30 p.m.	Prepared Childbirth Workshop
6	4:45-5:30 p.m.	Tour
6	5:30-7:30 p.m.	Baby Care Basics
9	7-9 p.m.	Breastfeeding
20	4:30-5:30 p.m.	Tour
20	5:30-9 p.m.	Baby Care Basics & Infant CPR and Safety Combo
28	5:30-9 p.m.	Baby Care Basics & Infant CPR and Safety for Adoptive Parents @ West Chester Hospital

November

1	9-3:30 p.m.	Prepared Childbirth Workshop
3	4:45-5:30 p.m.	Tour
3	5:30-7:30 p.m.	Baby Care Basics
8	9-3:30 p.m.	Prepared Childbirth Workshop @ West Chester Hospital
13	2-4 p.m.	Infant CPR & Safety
19	5:30-8:30 p.m.	Natural Childbirth and Breastfeeding Combo
22	9-3:30 p.m.	Little Bit of Everything

December

1	4:45-5:30 p.m.	Tour
1	5:30-7:30 p.m.	Baby Care Basics
6	9-3:30 p.m.	Prepared Childbirth Workshop
9	2-4 p.m.	Breastfeeding
11	6-8 p.m.	Infant CPR & Safety
15	4:30-5:30 p.m.	Tour
15	5:30-9 p.m.	Baby Care Basics & Infant CPR and Safety Combo
23	5:30-9 p.m.	Baby Care Basics & Infant CPR and Safety for Adoptive Parents @ West Chester Hospital