

2015 Childbirth Education

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. For anyone interested in breastfeeding. Meets every second Tuesday at 2 p.m. and fourth Tuesday at 6:30 p.m. at University of Cincinnati Medical Center, Conference Room A&B in the Cafeteria, 1st floor. Bring yourself and your baby. *Refreshments provided.*

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.

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

REGISTRATION

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

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



Childbirth Education

2015 Class Schedule



2015 Childbirth Education Class Schedule

Classes will be rescheduled if there are less than two mom's attending or in inclement weather.

DATE	TIME	CLASS
January		
3	9:30-3:30 p.m.	Prepared Childbirth Workshop
3	2:30-3:30 p.m.	Tour
5	4:45-5:30 p.m.	Tour
5	5:30-7:30 p.m.	Baby Care Basics
8	6:30-8:30 p.m.	Infant CPR and Safety
7	7-8:30 p.m.	Breastfeeding Class
20	4:30-5:30 p.m.	Tour
20	5:30-9 p.m.	Baby Care Basics and Infant CPR Combo Class
21	2-4 p.m.	Breastfeeding Class
31	9:30-3:30 p.m.	Little Bit of Everything
31	2:30-3:30 p.m.	Tour

DATE	TIME	CLASS
February		
7	9:30-3:30 p.m.	Prepared Childbirth Workshop
7	2:30-3:30 p.m.	Tour
9	4:45-5:30 p.m.	Tour
9	5:30-7:30 p.m.	Baby Care Basics
12	6:30-8:30 p.m.	Infant CPR and Safety
16	5:30-8:30 p.m.	Natural Childbirth and Breastfeeding Combo Class
23	2:30-3:30 p.m.	Tour

DATE	TIME	CLASS
March		
7	9:30-3:30 p.m.	Prepared Childbirth Workshop
7	2:30-3:30 p.m.	Tour
9	4:45-5:30 p.m.	Tour
9	5:30-7:30 p.m.	Baby Care Basics
12	6:30-8:30 p.m.	Infant CPR and Safety
18	2-3:30 p.m.	Breastfeeding Class
23	4:30-5:30 p.m.	Tour
23	5:30-9 p.m.	Baby Care Basics and Infant CPR Combo Class

DATE	TIME	CLASS
April		
4	9:30-3:30 p.m.	Prepared Childbirth Workshop
4	2:30-3:30 p.m.	Tour
6	4:45-5:30 p.m.	Tour
6	5:30-7:30 p.m.	Baby Care Basics
9	6:30-8:30 p.m.	Infant CPR and Safety
11	7-8:30 p.m.	Breastfeeding Class
20	5:30-8:30 p.m.	Natural Childbirth and Breastfeeding Combo Class at West Chester Hospital
25	9:30-3:30 p.m.	Little Bit of Everything
25	2:30-3:30 p.m.	Tour

DATE	TIME	CLASS
May		
2	9:30-3:30 p.m.	Prepared Childbirth Workshop
2	2:30-3:30 p.m.	Tour
4	4:45-5:30 p.m.	Tour
4	5:30-7:30 p.m.	Baby Care Basics
14	6:30-8:30 p.m.	Infant CPR and Safety
18	4:30-5:30 p.m.	Tour
18	5:30-9:00 p.m.	Baby Care Basics and Infant CPR Combo Class
20	2-3:30 p.m.	Breastfeeding Class

DATE	TIME	CLASS
June		
6	9:30-3:30 p.m.	Prepared Childbirth Workshop
6	2:30-3:30 p.m.	Tour
8	4:45-5:30 p.m.	Tour
8	5:30-7:30 p.m.	Baby Care Basics
11	6:30-8:30 p.m.	Infant CPR and Safety ALSO CAN BE DURING THE DAY
20	7-8:30 p.m.	Breastfeeding Class
27	9:30-3:30 p.m.	Little Bit of Everything
27	2:30-3:30 p.m.	Tour

DATE	TIME	CLASS
July		
6	4:45-5:30 p.m.	Tour
6	5:30-7:30 p.m.	Baby Care Basics
9	6:30-8:30 p.m.	Infant CPR and Safety
15	2-3:30 p.m.	Breastfeeding Class
20	4:30-5:30 p.m.	Tour
20	5:30-9 p.m.	Baby Care Basics and Infant CPR Combo Class
25	9:30-3:30 p.m.	Prepared Childbirth Workshop
25	2:30-3:30 p.m.	Tour

DATE	TIME	CLASS
August		
1	9:30-3:30 p.m.	Prepared Childbirth Workshop
1	2:30-3:30 p.m.	Tour
3	4:45-5:30 p.m.	Tour
3	5:30-7:30 p.m.	Baby Care Basics
13	6:30-8:30 p.m.	Infant CPR and Safety
15	7-8:30 p.m.	Breastfeeding Class
17	5:30-8:30 p.m.	Natural Childbirth and Breastfeeding Combo Class AT West Chester Hospital
29	9:30-3:30 p.m.	Little Bit of Everything
29	2:30-3:30 p.m.	Tour

DATE	TIME	CLASS
September		
10	6:30-8:30 p.m.	Infant CPR and Safety
12	9:30-3:30 p.m.	Prepared Childbirth Workshop
12	2:30-3:30 p.m.	Tour
14	4:45-5:30 p.m.	Tour
14	5:30-7:30 p.m.	Baby Care Basics
16	2-3:30 p.m.	Breastfeeding Class
21	4:30-5:30 p.m.	Tour
21	5:30-9 p.m.	Baby Care Basics and Infant CPR Combo Class

DATE	TIME	CLASS
October		
3	9:30-3:30 p.m.	Prepared Childbirth Workshop
3	2:30-3:30 p.m.	Tour
5	4:45-5:30 p.m.	Tour
5	5:30-7:30 p.m.	Baby Care Basics
8	6:30-8:30 p.m.	Infant CPR and Safety
10	7-8:30 p.m.	Breastfeeding Class
19	5:30-8:30 p.m.	Natural Childbirth and Breastfeeding Combo Class
26	2:30-3:30 p.m.	Tour

DATE	TIME	CLASS
November		
7	9:30-3:30 p.m.	Prepared Childbirth Workshop
7	2:30-3:30 p.m.	Tour
9	4:45-5:30 p.m.	Tour
9	5:30-7:30 p.m.	Baby Care Basics
10	2-3:30 p.m.	Breastfeeding Class
12	6:30-8:30 p.m.	Infant CPR and Safety
16	5:30-9 p.m.	Baby Care Basics and Infant CPR Combo Class
28	9:30-3:30 p.m.	Little Bit of Everything
28	2:30-3:30 p.m.	Tour

DATE	TIME	CLASS
December		
5	9:30-3:30 p.m.	Prepared Childbirth Workshop
5	2:30-3:30 p.m.	Tour
7	4:45-5:30 p.m.	Tour
10	5:30-7:30 p.m.	Baby Care Basics
12	7-8:30 p.m.	Breastfeeding Class
18	2:30-3:30 p.m.	Tour