

2018 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.

Daddy Boot Camp

Cost: Free

Join veteran dads (and their babies), to learn how they made it through the first months of parenthood and resurfaced as confident, on-the-job fathers. Learn how to handle a baby, find out about issues you didn't know were important, and how to let go of issues you thought were. In this men-only environment, no question is stupid and no topic off limits.

Dads and dads-to-be will discuss issues including:

- Changes in new moms
- Your relationship with mom
- Handling a newborn
- Feeding and changing
- Finding work/home balance
- How to calm a crying baby
- Introducing pets to baby
- Handling parents and in-laws
- Safety issues
- Breastfeeding
- Working and being a dad

And anything else on your mind!

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. Snacks will be provided.

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, birth plans, pain medication, epidurals, common medical interventions, cesarean birth, helpful tips for partners, newborn characteristics and procedures, and post-delivery care. Your birth partner is welcome and encouraged to attend with you. Dress comfortably and be prepared to try a variety of labor positions and comfort techniques on a birth ball and yoga mat. 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: uchealth.com/womens-health/childbirth-education-classes or call (513) 584- BABY (2229.)

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



UNIVERSITY OF CINCINNATI MEDICAL CENTER

Childbirth Education 2018 Class Schedule



2018 Childbirth Education Class Schedule

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

DATE	TIME	CLASS
January		
10	5:00-8:00 p.m.	Baby Care Basics & Infant CPR and Safety Combo
16	2:00-3:30 pm	Breastfeeding
17	5:00-5:30 p.m.	Maternity Unit Tour
17	6:00-8:00 p.m.	Natural Childbirth
27	9:30-10:00 a.m.	Maternity Unit Tour
27	10:00 a.m.-3:00 p.m.	Prepared Childbirth Workshop

DATE	TIME	CLASS
February		
3	10:00 a.m.-1:00 p.m.	Daddy Boot Camp
7	5:00-8:00 p.m.	Baby Care Basics & Infant CPR and Safety Combo
14	5:00-5:30 p.m.	Maternity Unit Tour
20	2:00-3:30 p.m.	Breastfeeding
24	9:30-10:00 a.m.	Maternity Unit Tour
24	10:00 a.m.-3:00 p.m.	Prepared Childbirth Workshop

DATE	TIME	CLASS
March		
7	5:00-8:00 p.m.	Baby Care Basics & Infant CPR and Safety Combo
14	5:00-5:30 p.m.	Maternity Unit Tour
14	6:00-8:00 p.m.	Natural Childbirth
20	2:00-3:30 p.m.	Breastfeeding
24	9:30-10:00 a.m.	Maternity Unit Tour
24	10:00 a.m.-3:00 p.m.	Prepared Childbirth Workshop

DATE	TIME	CLASS
April		
9	5:00-8:00 p.m.	Daddy Boot Camp
11	5:00-5:30 p.m.	Maternity Unit Tour
17	2:00-3:30 p.m.	Breastfeeding
21	9:30-10:00 a.m.	Maternity Unit Tour
21	10:00 a.m.-3:00 p.m.	Prepared Childbirth Workshop
25	5:00-8:00 p.m.	Baby Care Basics & Infant CPR and Safety Combo

DATE	TIME	CLASS
May		
9	5:00-5:30 p.m.	Maternity Unit Tour
9	6:00-8:00 p.m.	Natural Childbirth
15	2:00-3:30 p.m.	Breastfeeding
19	9:30-10:00 a.m.	Maternity Unit Tour
19	10:00 a.m.-3:00 p.m.	Prepared Childbirth Workshop
23	5:00-8:00 p.m.	Baby Care Basics & Infant CPR and Safety Combo

DATE	TIME	CLASS
June		
2	10:00 a.m.-1:00 p.m.	Daddy Boot Camp
6	5:00-5:30 p.m.	Maternity Unit Tour
16	9:30-10:00 a.m.	Maternity Unit Tour
16	10:00 a.m.-3:00 p.m.	Prepared Childbirth Workshop
19	2:00-3:30 p.m.	Breastfeeding
20	5:00-8:00 p.m.	Baby Care Basics & Infant CPR and Safety Combo

DATE	TIME	CLASS
July		
11	5:00-5:30 p.m.	Maternity Unit Tour
11	6:00-8:00 p.m.	Natural Childbirth
17	2:00-3:30 p.m.	Breastfeeding
18	5:00-8:00 p.m.	Baby Care Basics & Infant CPR and Safety Combo
28	9:30-10:00 a.m.	Maternity Unit Tour
28	10:00 a.m.-3:00 p.m.	Prepared Childbirth Workshop

DATE	TIME	CLASS
August		
6	5:00-8:00 p.m.	Daddy Boot Camp
8	5:00-8:00 p.m.	Baby Care Basics & Infant CPR and Safety Combo
15	5:00-5:30 p.m.	Maternity Unit Tour
21	2:00-3:30 p.m.	Breastfeeding
25	9:30-10:00 a.m.	Maternity Unit Tour
25	10:00 a.m.-3:00 p.m.	Prepared Childbirth Workshop

DATE	TIME	CLASS
September		
5	5:00-8:00 p.m.	Baby Care Basics & Infant CPR and Safety Combo
12	5:00-5:30 p.m.	Maternity Unit Tour
12	6:00-8:00 p.m.	Natural Childbirth
18	2:00-3:30 p.m.	Breastfeeding
22	9:30-10:00 a.m.	Maternity Unit Tour
22	10:00 a.m.-3:00 p.m.	Prepared Childbirth Workshop

DATE	TIME	CLASS
October		
3	5:00-8:00 p.m.	Baby Care Basics & Infant CPR and Safety Combo
6	10:00 a.m.-1:00 p.m.	Daddy Boot Camp
10	5:00-5:30 p.m.	Maternity Unit Tour
16	2:00-3:30 p.m.	Breastfeeding
20	9:30-10:00 a.m.	Maternity Unit Tour
20	10:00 a.m.-3:00 p.m.	Prepared Childbirth Workshop

DATE	TIME	CLASS
November		
7	5:00-8:00 p.m.	Baby Care Basics & Infant CPR and Safety Combo
17	9:30-10:00 a.m.	Maternity Unit Tour
17	10:00 a.m.-3:00 p.m.	Prepared Childbirth Workshop
20	2:00-3:30 p.m.	Breastfeeding
28	5:00-5:30 p.m.	Maternity Unit Tour
28	6:00-8:00 p.m.	Natural Childbirth

DATE	TIME	CLASS
December		
3	5:00-8:00 p.m.	Daddy Boot Camp
5	5:00-5:30 p.m.	Maternity Unit Tour
15	9:30-10:00 a.m.	Maternity Unit Tour
15	10:00am-3:00 p.m.	Prepared Childbirth Workshop
18	2:00 pm-3:30 pm	Breastfeeding
19	5:00-8:00 pm	Baby Care Basics & Infant CPR and Safety Combo

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 uchealth.com/westchesterhospital