

2012 Childbirth Education Class Descriptions

Maternity Unit Tours

(Cost: Free)

Prepare for baby's birth with a tour of Labor and Delivery, Postpartum and Nursery areas. There will be an opportunity for questions and answers as well as a short review of "Things to Know before you get to the Hospital". A tour is strongly recommended.

Baby Care Basics

(Cost: \$25)

Learn the basics of newborn baby care prior to baby's arrival. Topics include bathing, diapering, swaddling, circumcision care, feeding and more. Safety topics include safe sleeping and correct use of a car seat.

Baby Care Basics for Adoptive Parents

(Cost: \$25)

Prepares adoptive parents for newborn's arrival. Learn the basics of baby care including infant growth and development, bathing, diapering, feeding and more. Safety topics include safe sleeping and correct use of a car seat.

Early Pregnancy 101

(Cost: \$25)

Learn about the normal physiological changes during each stage of pregnancy. Topics also include what to eat and what to avoid during pregnancy, exercises that will ease discomforts of pregnancy and childbirth classes.

Prepared Childbirth Two Evening Series

(Cost: \$80)

This comprehensive two evening class provides an in-depth preparation for the birth experience focusing on a variety of comfort techniques including breathing and relaxation, labor positions, medication options and medical procedures. A brief overview of cesarean delivery is given. Topics also include immediate postpartum and newborn care performed in the hospital. A maternity unit tour is also included on the second evening.

Prepared Childbirth One-Day Workshop

(Cost: \$80)

This class will review all phases of labor and delivery, comfort measures, when to come to the hospital and what to expect. Topics covered will also include postpartum care for mom and newborn care for the baby. A tour of labor and delivery, postpartum and nursery will also be included.

Natural Childbirth Techniques

(Cost: \$25)

This interactive class is completely devoted to learning relaxation techniques including breathing and visualization techniques, massage, utilizing positions that can help ease labor pain and tips for partners to provide emotional support that will be needed. Bring your labor partner with you!

Sibling Class

(Cost: \$15/\$20 with 2+ children)

This fun, interactive class celebrates a child's special role as a big brother or big sister. Children learn what to expect when a new baby joins the family and what newborns can and cannot do. The class includes safety basics and a peek in the nursery window. The child is encouraged to bring a doll or stuffed animal from home.

Grandparents Class

(Cost: \$25)

Refresh your memory on infant care, as well as learning about how much things have changed. We will review baby-proofing your home, SIDS/safe sleep, car seat safety and support for the expectant family.

A Little Bit of Everything – A Review Class

(Cost: \$70)

A refresher on labor and birth, comfort techniques, cesarean birth and pain management. Newborn care will also be reviewed. Topics include feeding, bathing, circumcision and umbilical cord care. Safety topics will include safe sleep techniques and car seat safety.

Breastfeeding

(Cost: \$25)

The World Health Organization and Academy of Pediatrics emphasize breastfeeding as the best source of nutrition for babies. Breastfeeding has numerous beneficial qualities for mothers as well. This class covers breastfeeding basics to help you get off to a good start, including feeding techniques, signs that your baby is getting enough milk, solutions to common challenges and practical tips for returning to work.

Cesarean Delivery

(Cost: \$25)

This class is designed for women that have been told to expect a cesarean delivery. Relaxation techniques, anesthesia choices, recovery phase postpartum care, emotional changes and vaginal birth after cesarean are discussed.

Infant CPR & Safety

(Cost: \$25)

The American Heart Association's Infant CPR Anytime is the foundation of this class. Learn how to relieve a choking infant and perform infant CPR. Other safety topics include safe sleep, car seat safety, baby-proofing your home and many more. *This class does not provide a certification card.*

REGISTRATION

To register, patients can call **(513) 584-2230** or submit an email to **CB-Education@uchealth.com** or send a completed registration form by postal mail to **University Hospital, Women's Health Rm 3314 (ML0727), 234 Goodman St, Cincinnati, Ohio 45219**. See website for registration form: **www.universityhospital.uchealth.com**



Childbirth Education 2012 Class Schedule and Descriptions

2012 Childbirth Education Class Schedule

DATE	TIME	CLASS/TOUR
January		
11	12:00 p.m.	Tour
11	2:00 p.m.	Baby Care Basics
12	2:00 p.m.	Breastfeeding
12	4:30 p.m.	Tour
12	6:00 p.m.	Infant CPR
13	12:00 p.m.	Tour
21	9:00 a.m.-3:30 p.m.	Prepared Childbirth
24	6:00 p.m.	Tour
25	9:00 a.m.-4:00 p.m.	Little Bit of Everything
25	4:00 p.m.	Tour
26	6:00 p.m.	Infant CPR **@West Chester
28	11:00 a.m.	Sibling Class

DATE	TIME	CLASS/TOUR
February		
6	10:00 a.m.	Infant CPR
6	12:00 p.m.	Tour
7	6:30 p.m.	Tour
8	5:00 p.m.	Tour
8	6:30 p.m.	Baby Care Basics
9	7:00 p.m.-8:30 p.m.	Breastfeeding
11	9:00 a.m.-3:30 p.m.	Prepared Childbirth
16	6:00 p.m.	Early Pregnancy
21	6:00 p.m.	Baby Care Basics **@West Chester
23	6:00 p.m.	Tour
24	12:00 p.m.	Sibling Class

DATE	TIME	CLASS/TOUR
March		
8	12:00 p.m.	Tour
8	2:00 p.m.	Breastfeeding
9	10:00 a.m.	Tour
9	12:00 p.m.	Baby Care Basics
10	4:00 p.m.	Little Bit of Everything
13	5:30 p.m.-9:00 p.m.	Prepared Childbirth - part 1 <i>must attend both nights</i>
17	9:00 a.m.-3:30 p.m.	Prepared Childbirth **@West Chester
19	5:00 p.m.	Tour
19	7:00 p.m.	Infant CPR
20	5:30 p.m.-7:30 p.m.	Prepared Childbirth - part 2 <i>must attend both nights</i>
20	7:30 p.m.	Tour
21	12:00 p.m.	Tour
21	6:00 p.m.	Sibling Class
29	6:00 p.m.	Cesarean Section Class

DATE	TIME	CLASS/TOUR
April		
10	12:00 p.m.	Tour
10	2:00 p.m.	Infant CPR
12	5:00 p.m.	Tour
12	7:00 p.m.-8:30 p.m.	Breastfeeding
14	9:00 a.m.-3:30 p.m.	Prepared Childbirth
21	10:00 a.m.-12 p.m.	Natural Childbirth Techniques
23	6:00 p.m.	Infant CPR **@West Chester
26	5:00 p.m.	Tour
26	7:00 p.m.	Baby Care Basics
28	11:00 a.m.	Sibling Class

DATE	TIME	CLASS/TOUR
May		
7	11:00 a.m.	Tour
8	10:00 a.m.	Sibling Class
10	2:00 p.m.	Breastfeeding
11	12:00 p.m.	Tour
11	2:00 p.m.	Baby Care Basics
15	6:00 p.m.	Early Pregnancy
19	9:00 a.m.-3:30 p.m.	Prepared Childbirth
20	9:00 a.m.-4:00 p.m.	Little Bit of Everything
23	6:00 p.m.	Tour
23	7:30 p.m.	Infant CPR
24	6:00 p.m.	Baby Care Basics **@West Chester

DATE	TIME	CLASS/TOUR
June		
4	5:30 p.m.	Baby Care Basics
4	7:30 p.m.	Tour
5	12:00 p.m.	Infant CPR
5	2:00 p.m.	Tour
12	6:00 p.m.	Sibling Class
13	5:30 p.m.-9:00 p.m.	Prepared Childbirth - part 1 <i>must attend both nights</i>
14	5:30 p.m.	Tour
14	7:00 p.m.-8:30 p.m.	Breastfeeding
16	9:00 a.m.-3:30 p.m.	Prepared Childbirth **@West Chester
18	6:00 p.m.	Tour
20	5:30 p.m.	Prepared Childbirth - part 2 <i>must attend both nights</i>
20	7:30 p.m.	Tour
21	6:00 p.m.	Tour
26	6:00 p.m.	Cesarean Section Class

DATE	TIME	CLASS/TOUR
July		
9	12:00 p.m.	Tour
9	2:00 p.m.	Baby Care Basics
11	12:00 p.m.	Tour
12	2:00 p.m.	Breastfeeding
12	4:00 p.m.	Infant CPR
12	6:00 p.m.	Tour
21	11:00 a.m.	Sibling Class
21	1:30 p.m.-3:30 p.m.	Natural Childbirth Techniques
23	6:00 p.m.	Tour
24	6:00 p.m.	Infant CPR **@West Chester
25	9:00 a.m.-4:00 p.m.	Little Bit of Everything
28	9:00 a.m.-3:30 p.m.	Prepared Childbirth

DATE	TIME	CLASS/TOUR
August		
7	10:00 a.m.	Infant CPR
7	12:00 p.m.	Tour
8	5:30 p.m.	Baby Care Basics
8	7:45 p.m.	Tour
9	7:00 p.m.-8:30 p.m.	Breastfeeding
15	11:00 a.m.	Sibling Class
15	6:00 p.m.-8:00 p.m.	Early Pregnancy
18	9:00 a.m.-3:30 p.m.	Prepared Childbirth
20	6:00 p.m.	Tour
22	6:00 p.m.	Tour
23	6:00 p.m.	Baby Care Basics **@West Chester

DATE	TIME	CLASS/TOUR
September		
6	11:00 a.m.	Baby Care Basics
6	2:00 p.m.	Tour
8	9:00 a.m.	Little Bit of Everything
12	6:00 p.m.	Cesarean Section Class
13	12:00 p.m.	Tour
13	2:00 p.m.	Breastfeeding
17	5:30 p.m.-9:00 p.m.	Prepared Childbirth - part 1 <i>must attend both nights</i>
18	6:00 p.m.	Sibling Class
22	9:00 a.m.	Prepared Childbirth **@West Chester
24	5:30 p.m.	Prepared Childbirth - part 2 <i>must attend both nights</i>
24	7:30 p.m.	Tour
25	5:00 p.m.	Infant CPR
25	7:00 p.m.	Tour

DATE	TIME	CLASS/TOUR
October		
6	11:00 a.m.	Sibling Class
9	8:00 p.m.	Natural Childbirth Techniques
10	6:00 p.m.	Tour
11	7:00 p.m.-8:30 p.m.	Breastfeeding
12	10:00 a.m.	Tour
12	12:00 p.m.	Infant CPR
20	9:00 a.m.-3:30 p.m.	Prepared Childbirth
22	6:00 p.m.	Tour
23	4:30 p.m.	Tour
23	6:00 p.m.	Baby Care Basics
24	6:00 p.m.	Infant CPR **@West Chester

DATE	TIME	CLASS/TOUR
November		
1	6:00 p.m.	Infant CPR
1	7:30 p.m.	Tour
2	11:00 a.m.	Sibling class
6	12:00 p.m.	Tour
7	6:00 p.m.	Baby Care Basics **@West Chester
8	12:00 p.m.	Tour
8	2:00 p.m.-4:00 p.m.	Breastfeeding
11	9:00 a.m.-4:00 p.m.	Little Bit of Everything
17	9:00 a.m.-3:30 p.m.	Prepared Childbirth
27	10:00 a.m.	Baby Care Basics
27	12:00 p.m.	Tour
29	6:00 p.m.	Tour
29	7:00 p.m.-9:00 p.m.	Early Pregnancy

DATE	TIME	CLASS/TOUR
December		
3	10:00 a.m.	Infant CPR
3	12:00 p.m.	Tour
3	6:00 p.m.	Sibling Class
4	6:00 p.m.	Tour
5	5:30 p.m.-9:00 p.m.	Prepared Childbirth - part 1 <i>must attend both classes</i>
12	5:30 p.m.-7:30 p.m.	Prepared Childbirth - part 2 <i>must attend both nights</i>
12	7:30 p.m.	Tour
13	5:30 p.m.	Tour
13	7:00 p.m.-8:30 p.m.	Breastfeeding
15	9:00 a.m.-3:30 p.m.	Prepared Childbirth **@West Chester
17	5:00 p.m.	Baby Care Basics
17	7:30 p.m.	Tour
18	6:00 p.m.-8:00 p.m.	Cesarean Section Class