

WINTER SPRING 2019 SCHEDULE

Childbirth and Parenting Education Programs and Services

Provided by UH MacDonald Women's Hospital and the
Center for Women's Health at UH Geauga Medical Center



Descriptions for Childbirth and Parenting Education Programs and Services

A commitment to teaching is part of our mission and ensures that our patients and their families are well informed about their health and health care options. That's why we offer a complete series of childbirth education programs and services designed to help you prepare for – and achieve – a memorable birthing experience.

Expectant and New Parent e-Newsletter

When you are an expectant or new parent, UH MacDonald Women's Hospital and UH Rainbow Babies & Children's Hospital are pleased to provide you with a trusted resource to guide you through pregnancy, labor and delivery, and the first years of your baby's life with our weekly pregnancy and parenting email. Starting as early as week seven of pregnancy, this free service includes customized information, news and resources – as well as announcements from UH MacDonald Women's Hospital. When you welcome your new baby, you'll start receiving our weekly parenting email from infancy to your child's third birthday from the pediatric experts at UH Rainbow Babies & Children's Hospital. To sign up or learn more about the eNewsletter, visit RainbowBabies.org/UnderTheRainbow.

Going Green – Pregnancy, Birth & Beyond

Expectant parents have many concerns as they prepare for birth and parenting. Creating a healthy environment by raising a baby in an environmentally friendly household is an option. This one-session class explores what "going green" means and easy ways to get started. Topics include nursery and baby items such as clothing and baby care products, baby's nutrition, public places, and other topics and resources. Start today in a quest to "go green." Small changes can make a difference.

Prenatal Couples Massage

There are many benefits of massage during each trimester of pregnancy, labor and delivery, as well as the postpartum period. Massage can help release muscular tension and pain, improve circulation, increase joint flexibility, reduce mental and physical fatigue and stress, improve posture, and reduce blood pressure. Massage is also known to promote better sleep, improve concentration, reduce anxiety and create an overall sense of well-being.

Taught by Toni Kline, RN, MSN, LMT, a certified perinatal massage instructor and Therapeutic Touch teacher, this class is offered for pregnant moms and their partners and/or support person. The class discusses common discomforts of pregnancy and the techniques to relieve them. Demonstrations will include a variety of massage positions and strokes that can be easily learned and self-applied as well as others that may be applied by a partner. The class will teach a variety of massage positions and strokes helpful during each trimester of pregnancy as well as touch techniques useful during labor.

Pregnancy/Postpartum Massage

Massage during your pregnancy and postpartum weeks is a wonderful way to relax, increase your energy, relieve physical symptoms and help you cope with stress. Private sessions are with Toni Kline, RN, MSN, LMT, a licensed massage therapist. To schedule an appointment at UH MacDonald Women's Hospital or UH Landerbrook Health Center, or for additional information, call 216-831-8311 x5.

Prepared Childbirth (Based on Lamaze Method)

Childbirth classes prepare expectant parents for the physical and emotional aspects of the later stages of pregnancy, labor and birth. These classes are taken during the last trimester of pregnancy. Couples need to bring two bed pillows and a small blanket to class sessions. For additional information, visit Lamaze.org.

Topics include:

- Labor and birth process
- Medication and anesthesia
- Relaxation skills
- Pushing techniques
- Breathing techniques
- Cesarean birth
- Birthing options
- Recovery

Offered as a three or four-week series, two evening classes, one-day express class, e-learning class (Online curriculum with one three-hour group session) or private class.

Birth Works Natural Childbirth

Because every birth is unique, this six-week class is for first-time and experienced parents who value a thorough approach to preparing for their birth experience. This class focuses on helping expectant parents gain confidence in the birth process and their ability to create a positive experience. Birth companions will also learn ways they can be most supportive. Topics of discussion include the physiology of birth, the emotions of the childbearing year, how beliefs and attitudes shape our experience, the full range of safe birth options, informed decision-making and advocacy skills, and multiple tools to decrease fear and increase confidence, all presented in an interactive format. Best taken at the beginning of the second trimester of pregnancy. For additional information, visit Birthworks.org.

HypnoBirthing® – The Mongan Method

This proven method of childbirth preparation uses relaxation and self-hypnosis techniques to enable the birthing person to labor and give birth in a calm and confident manner, free of tension and fear. The five-week series is a complete childbirth preparation program that includes discussions of the physiology of birth, informed decision-making, comfort measures, self-hypnosis exercises, reframing negatives into positives, the partner's role and instruction on how to effectively use the program during pregnancy and birth. Best taken during the second trimester of pregnancy. For additional information, visit Hypnobirthing.com.

Comfort and Coping Techniques for Childbirth

As a valuable supplement to prepared childbirth classes or as a refresher for subsequent births, this class offers comprehensive preparation for the birthing person and birth companion. Learn how to create a relaxed and supportive labor and birth environment. Discover how movement and positioning relates to comfort and coping and contributes to labor progress. Practice multiple techniques for minimizing the discomfort of back labor.

Cesarean Birth Preparation

This class helps you prepare for a planned cesarean birth. For additional information, call 440-995-3831.

Miraculous Multiples

This one-session class covers all aspects of preparing for a multiple birth, caring for multiple babies and adjusting as a couple.

Boot Camp for New Dads (For Expectant Dads)

Veterans (new fathers who bring along their babies) orient rookies (fathers-to-be) on the realities of fatherhood. Under the direction of a trained coach, this program enables new fathers to step up to the challenges of being a dad and feel confident about bringing their new baby home. Grandfathers are also welcome. Rookies receive a "Crash Course for New Dads" book and a baby onesie. Breakfast or lunch will be provided. For additional information, visit DadsAdventure.com. Call 216-844-4000 for additional dates and locations.



Breastfeeding – The Facts and Beyond

Breastfeeding is a learned experience. You and your baby will benefit from increased knowledge and confidence. This class is usually taken during the last trimester of pregnancy. Support person is strongly recommended to attend.

Topics include:

- Anatomy and physiology of breastfeeding
- Practical hints on feeding positions and techniques
- Hand expression techniques
- Exploring work options.

Breastfeeding Services

The Lactation Centers located at UH Landerbrook and UH Westlake Health Centers, UH MacDonald Women's Hospital and UH Rainbow Center for Women & Children provide assistance to those mothers and babies who need a little extra help with breastfeeding. Certified lactation consultants are available to work with you and your infant to ensure a successful and satisfying experience. For additional information or to make an appointment, call Eastside: 440-995-3830 or Westside: 440-250-2035.

Breast Pump Rental/Sales, Breastfeeding Supplies

Electric breast pump rental/sales, maternity/breastfeeding bras and other breastfeeding supplies are available at the UH Lactation Centers in UH Landerbrook Health Center at 440-995-3830 and UH Westlake Health Center at 440-250-2035.

Mom & Baby Too

Make a new friend! Exchange parenting ideas and survival tips. An informal discussion group with occasional guest speakers covering topics of special interest to new parents. Led by an RN Lactation Consultant. Baby scale available for weights. No registration or fees are required. Classes are held at the following locations:

UH Landerbrook Health Center

440-995-3830, Tuesdays, 11 a.m. – 12 p.m.

Monthly evening session, first Thursday, 6:30 a.m. – 7:30 p.m.

Mobile Baby/Mom Too

Every fourth Wednesday, 11 a.m. – 12 p.m.

UH Westlake Health Center

440-250-2035, Thursdays, 11 a.m. – 12 p.m.

Healthy Mom and Baby Program

Having a baby? Are you a new mother? Join a WIC Peer Helper or Lactation Professional along with other expectant and new moms and babies as they come together to share stories and learn from each other about breastfeeding. A healthy snack will be served. This is a free program, and no registration is required. All babies and children are welcome. This class is a joint effort between UH MacDonald Women's Hospital and the Cuyahoga County WIC Program.

UH Rainbow Center for Women & Children

Tuesdays and Fridays, 11:30 a.m. – 12:30 p.m.

Call 216-831-8311 x5 for additional information

Safe Sitter Class (For Adolescents Ages 11 to 13)

Adolescents ages 11 to 13 will learn safe, nurturing childcare techniques including basic first aid and rescue techniques through this nationally recognized program. Safe Sitter is offered through the Rainbow Injury Prevention Center for \$40. To schedule/register for a class or for more information, please contact Mandy Nagle at 216-983-1105. Arrangements can be made for your group.

Car Seat Safety

Knowing how to safely transport your child is one of your first responsibilities as a parent. Car seat styles, selection and installation can be confusing and overwhelming. That's why UH Rainbow Babies & Children's Hospital offers a private tutorial to educate new parents and parents-to-be on everything they need to know to transport children as safely as possible. A nationally certified Child Passenger Safety Technician educates parents on the basics of car seat installation, including getting a tight fit in the vehicle, proper seat angle and adjusting the harness straps. This service is offered free of charge at UH Ahuja Medical Center on Tuesdays and Thursdays from 2 to 5 p.m. and at UH Rainbow Babies & Children's Hospital Monday through Friday from 12 to 3 p.m. by appointment. Car seats are also available for purchase through this program. Convertible car seats (can be used rear-facing and forward-facing) are available for \$65. Infant carrier car seats (rear-facing only) are available for \$80. To schedule an appointment at either location and/or to purchase a car seat, call 216-844-2277 and choose option #6.

Safety Store

Located at the atrium entrance to UH Rainbow Babies & Children's Hospital, the Safety Store offers a wide range of safety products, including baby-proofing items, car seats, booster seats, carbon monoxide detectors, smoke detectors and other safety products. All items are sold at cost, well below retail prices. The Safety Store is run by the Rainbow Injury Prevention Center. To place an order with payment, either stop by the Safety Store to view the items in the display case, phone 42277 and choose option 2 for the Safety Store or contact us at 216-844-2277 x2. You will be contacted by a Safety Store staff member to arrange a delivery of your order. To download a Safety Store order form, go to RainbowBabies.org/SafetyStore.

Baby Massage

Infant massage is a safe, satisfying, non-pharmacologic intervention that not only strengthens the bond between parent and child, but also can enhance infant mental and motor development. This class can be taken either before birth or for babies up to one year of age (group or private).

Infant Care – Basics & Beyond

It is never too early to learn infant care.

Infant Care: Infant care classes provide practical information for first-time parents. This class is usually taken during the second trimester of pregnancy.

Topics include:

- choosing your baby's doctor
- infant safe sleep environment
- bathing and dressing the baby
- safety concern
- care and characteristics of a newborn
- cord and circumcision care
- signs and symptoms of newborn illnesses

The Happiest Baby on the Block: Expectant and new parents can learn an extraordinary approach to keeping your baby happy. In our Happiest Baby class, new parents will learn step-by-step how to help their baby sleep better and how to soothe even the fussiest baby in minutes...even seconds. Taught by certified instructors, this class is based on the highly effective approach to babies pioneered by Dr. Harvey Karp, pediatrician and child development expert. Includes parent kit (a \$40 retail value) – DVD and Soothing Sounds CD. For additional information, visit Thehappiestbaby.com.

Express Breastfeeding: Focuses on a good beginning – initiating breastfeeding, practical hints on feeding positions, and techniques to establish and maintain breast milk production.

Family & Friends® CPR

This American Heart Association program teaches how to perform CPR in adults, children or infants, and how to help an adult, child or infant who is choking. Upon completion, a course participation card is issued. Information is included on how to make the environment safe for your child.

Pediatric Heartsaver First Aid®

Pediatric Heartsaver course is ideal for the new parent or anyone caring for children. This class will teach you how to:

- Recognize and respond to illness and emergencies in a variety of situations.
- Provides you with the skills to either treat at home or determine if the ER is needed.
- Learn skills that are helpful in caring for minor illnesses or injuries.

Grandparenting Today (Two Hours) and Infant Care (One Hour)

Grandparenting today can be an exciting experience. This class is designed to help prepare grandparents for their new role prior to and after the birth of a grandchild.

Topics include:

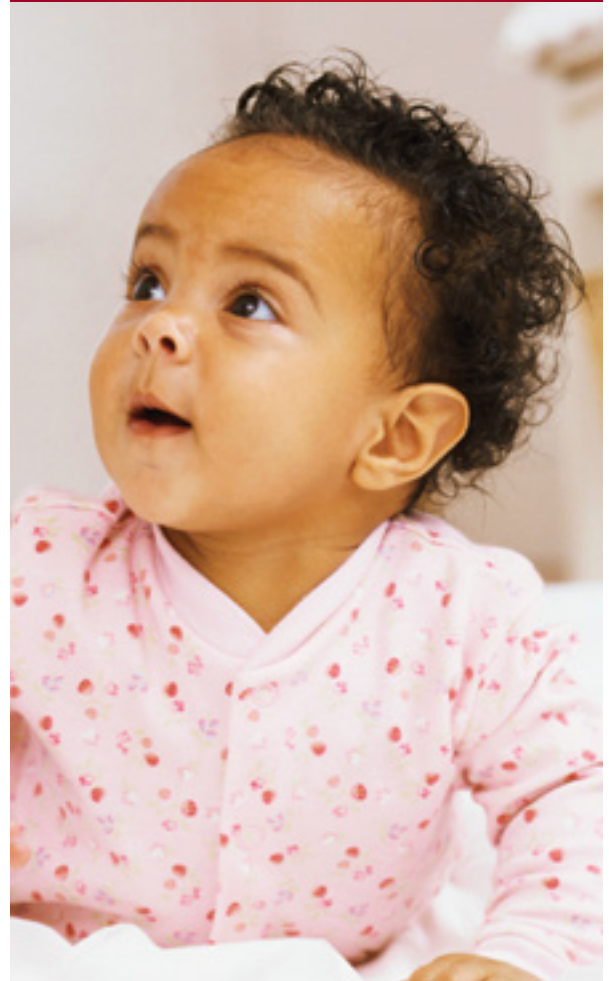
- childbirth and infant care today
- the "ins" and "outs" of being
- a safe home environment
- what it's like to be a "grandperson" a grandparent

Prenatal Tours

Tours address admitting procedures and your childbirth concerns. The program also includes tours of the LDRs, nursery and postpartum floor. For additional information, call the UH Women's Health Line at 216-844-4000 or UH Geauga Medical Center at 440-285-6450.

Big Brothers/Big Sisters-To-Be Program

This sibling class helps older children develop positive acceptance toward the new baby. Children's topics include a slide/videotape show and "doll play" to learn how to hold and gently touch the newborn. Topics include how to help your child adjust to a new baby. Call the UH Women's Health Line at 216-844-4000 for more information about the sibling program, class dates and times.



\$ SAVER CLASSES:

Reduced class fee or no class fee.

\$ Going Green –

Pregnancy, Birth & Beyond (1 Session)

UH Landerbrook Health Center

Thu., Feb. 7 7 p.m. – 8:30 p.m.

\$ Prenatal Couples Massage (1 Session)

UH Landerbrook Health Center

Sat., Feb. 9 1 p.m. – 3 p.m.

Prepared Childbirth (4 Sessions)

UH Landerbrook Health Center

Wed., Jan 16- Feb 6 7 p.m. – 9:15 p.m.

Wed., Mar 13 – April 3 7 p.m. – 9:15 p.m.

UH Rainbow Center for Women & Children

Wed., Feb 20 – Mar 13 1 p.m. – 2:30 p.m.

Express Prepared Childbirth (1 or 2 Sessions)

UH Cleveland Medical Center

Mon., Jan. 28 & Feb 4 6:30 p.m. – 9:30 p.m.

Mon., Mar 18 & 25 6:30 p.m. – 9:30 p.m.

UH Landerbrook Health Center

Sat., Jan 12 9 a.m. – 4 p.m.

Sat., Feb 2 9 a.m. – 4 p.m.

Wed., Feb 13 & 20 6:30 p.m. – 9:30 p.m.

Sat., Mar 9 9 a.m. – 4 p.m.

UH Geauga Medical Center

Tue., Jan 22 & 29 6:30 p.m. – 9:30 p.m.

Sat., Feb 9 9 a.m. – 4 p.m.

Tue., Mar 19 & 26 6:30 p.m. – 9:30 p.m.

UH Westlake Health Center

Sat., Jan 26 9 a.m. – 4 p.m.

Thu., Mar 14 & 21 5:30 p.m. – 7:30 p.m.

\$ Express Prepared Childbirth (1 or 2 Sessions) & Infant Care/The Happiest Baby On The Block (1 Session)

UH Geauga Medical Center

Tue., Jan 22 & 29 (PCB) 6:30 p.m. – 9:30 p.m.

Mon., Jan 14 (Infant Care) 6:30 p.m. – 9:30 p.m.

Tue., Mar 19 & 26 (PCB) 6:30 p.m. – 9:30 p.m.

Mon., Mar 18 (Infant Care) 6:30 p.m. – 9:30 p.m.

UH Westlake Health Center

Sat., Jan 26 9 a.m. – 4 p.m.

Wed., Jan 30 & Feb 6 (Infant Care) 6:00 p.m. – 7:30 p.m.

Thu., Mar 14 & 21, Wed Mar 27 & Apr.3 (Infant Care)

E-Learning Prepared Childbirth

Online curriculum with one group session.

UH Landerbrook Health Center

Sat., Feb 23 9 a.m. – 12 p.m.

Birth Works Natural Childbirth (6 Sessions)

UH Landerbrook Health Center

Tue., Mar 26 – Apr 30 6:30 p.m. – 9 p.m.

HypnoBirthing® –

The Mongan Method (5 Sessions)

UH Landerbrook Health Center

Tue., Feb 19 – Mar 19 6:30 p.m. – 9 p.m.

Comfort and Coping Techniques for Childbirth (1 Session)

UH Landerbrook Health Center

Thu., Jan 24 6:30 p.m. – 9:30 p.m.

Sat., Mar 16 9 a.m. – 12 p.m.

Miraculous Multiples (1 Session)

UH Landerbrook Health Center

Wed., Feb 27 6:30 p.m. – 9 p.m.

Cesarean Birth Preparation

Call 440-995-3835 for specific dates and times.

Boot Camp For New Dads (1 Session)

UH Cleveland Medical Center

Sat., Feb 2 9 a.m. – 12 p.m.

UH Landerbrook Health Center

Sat., Jan 5 9 a.m. – 12 p.m.

Sat., Mar 2 9 a.m. – 12 p.m.

UH Bedford Medical Center

Sat., Jan 19 9 a.m. – 12 p.m.

Sat., Feb 23 9 a.m. – 12 p.m.

Sat., Mar 30 9 a.m. – 12 p.m.

UH Rainbow Center for Women & Children

Fri., Feb 1 10 a.m. – 1 p.m.

Breastfeeding – The Facts & Beyond (1 Session)

UH Cleveland Medical Center

Thu., Jan 17..... 6:30 p.m. – 9:00 p.m.

UH Landerbrook Health Center

Thu., Jan 10..... 6:30 p.m. – 9 p.m.

Thur., Feb 21 6:30 p.m. – 9 pm

Thu., Mar 28..... 6:30 p.m. – 9 p.m.

UH Geauga Medical Center

Sat., Jan 26..... 9 p.m. – 11:30 a.m.

UH Westlake Health Center

Weds., Feb. 27..... 5:30 p.m. – 7:30 p.m.

UH Rainbow Center for Women & Children

Tue., Jan 15 1 p.m. – 3 p.m.

Tue., Mar 19..... 1 p.m. – 3 p.m.

Infant Care – Basics & Beyond (1 or 2 Session)

Infant Care/The Happiest Baby On The Block

UH Landerbrook Health Center

Thu., Feb 28 6:30 p.m. – 9:30 p.m..

UH Geauga Medical Center

Mon., Jan 14 6:30 p.m. – 9:30 p.m.

Mon., Mar 18 6:30 p.m. – 9:30 p.m.

UH Westlake Health Center

Wed., Jan 30 & Feb 6..... 6 p.m. – 7:30 p.m.

Wed., Mar 27 & Apr 3 6 p.m. – 7:30 p.m

UH Rainbow Center for Women & Children

Wed., Feb 6 & 13... 1 p.m. – 2:30 p.m.

Infant Care/The Happiest Baby

On The Block/Express Breastfeeding

UH Landerbrook Health Center

Sat. Feb 16 9 a.m. – 1 p.m.

Infant Care/The Happiest Baby

On The Block/Baby Massage

UH Landerbrook Health Center

Sat., Jan 19..... 9 a.m. – 1 p.m.

Sat., Mar 23..... 9 a.m. – 1 pm

Family & Friends® CPR (1 Session)

NO REFUNDS. Can only be rescheduled once with a medical reason.

UH Landerbrook Health Center

Wed., Jan 9 6:30 p.m. – 9:30 p.m.

Wed., Jan 23 6:30 p.m. – 9:30 p.m.

Sat., Feb 2 9 a.m. – 12 p.m.

Sat., Feb 2 12:30 p.m. – 3:30 p.m.

Wed., Mar 6 6:30 p.m.– 9:30 p.m.

Wed., Mar 20 6:30 p.m. – 9:30 p.m.

UH Rainbow Center for Women & Children

Tue., Jan 29 1 p.m. – 3 p.m.

Tue., Mar 26 1 p.m. – 3 p.m.

Pediatric Heartsaver First Aid (1 Session)

NO REFUNDS. Can only be rescheduled once with a medical reason.

UH Landerbrook Health Center

Thu., Mar7 6:30 p.m. – 9:30 p.m.

UH MacDonald Women’s Hospital

Prenatal Tour (1 Session)

Thu., Jan 3..... 7:30 p.m. – 9:15 p.m.

Sun., Jan 13..... 2 p.m. – 3:45 p.m.

Thu., Jan 31..... 7:30 p.m. – 9:15 pm.

Thu., Feb 7 7:30 p.m. – 9:15 p.m.

Sun., Feb 10 2 p.m. – 3:45 p.m.

Thu., Feb 21 7:30 p.m. – 9:15 p.m.

Thu., Mar 7..... 7:30 p.m. – 9:15 pm.

Sun., Mar 10..... 2 p.m. – 3:45 p.m.

Thu., Mar 21..... 7:30 p.m. – 9:15 p.m.

UH Geauga Medical Center Prenatal Tour

To register, call 440-285-6450.

Big Brother/Big Sisters-To-Be Program

(1 Session)

UH Cleveland Medical Center

Sat., Jan 12..... 1:30 p.m. – 3 p.m.

Sun., Feb 3 1:30 p.m. – 3 p.m.

Sat., Mar 2..... 1:30 p.m. – 3 p.m.

UH Geauga Medical Center

Call 440-995-3831 for class dates and times

Grandparenting Today (1 Session)

UH Landerbrook Health Center

Mon., Mar 11 6 p.m. – 9 p.m.

Safe Sitter Class (1 Session)

For additional information, dates, class location or to register, call Mandy Nagle at 216-983-1105.

For program descriptions and additional childbirth/parenting services, please refer to information in the front of this brochure.

\$ SAVER CLASSES:

Reduced class fee or no class fee.

\$ Going Green – Pregnancy, Birth & Beyond (1 Session)

UH Landerbrook Health Center

Wed., Jun 5 7 p.m. – 8:30 p.m.

\$ Prenatal Couples Massage (1 Session)

UH Landerbrook Health Center

Sat., May 4 1 p.m. – 3 p.m.

Prepared Childbirth (4 Sessions)

UH Landerbrook Health Center

Wed., May 8 - 29 7 p.m. – 9:15 p.m.

UH Geauga Medical Center

Mon., Apr 8, Tues Apr 16, 23 & 30 ..7 p.m. – 9:15 p.m.

UH Rainbow Center for Women & Children

Wed., May 1- 22 1 p.m. – 2:30pm

Express Prepared Childbirth (1 or 2 Sessions)

UH Cleveland Medical Center

Sat., Apr 27 9 a.m. – 4 p.m.

Sat., Jun 1 9 a.m. – 4 p.m.

UH Landerbrook Health Center

Sat., Apr 6 9 p.m. – 4 p.m.

Wed., Apr 24 & May 1 6:30 p.m. – 9:30 p.m.

Sat., Apr 13 9 a.m. – 4 p.m.

Sat., May 11 9 a.m. – 4 p.m.

Sat., Jun 8 9 a.m. – 4 p.m.

Wed., Jun 12 & 19 6:30 p.m. – 9:30 p.m.

UH Geauga Medical Center

Sat., May 4 9 a.m. – 4 p.m.

Tue., Jun 18 & 25 6:30 p.m. – 9:30 p.m.

UH Westlake Health Center

Sat., May 18 9 a.m. – 4 p.m.

\$ Express Prepared Childbirth (1 or 2 Sessions) & Infant Care/The Happiest Baby On The Block (1 Session)

UH Geauga Medical Center

Sat., May 4 (PCB)

Wed., May 8 (Infant Care) 6:30 p.m. – 9:30 p.m.

UH Westlake Health Center

Sat., May 18 (PCB) 9 a.m. – 4 p.m.

Wed., Apr 17 & 24 (Infant Care) 6 p.m. – 7:30 p.m.

E-Learning Prepared Childbirth

Online curriculum with one group session.

UH Landerbrook Health Center

Sat., Jun 29 9 a.m. – 12 p.m.

HypnoBirthing® –

The Mongan Method (5 Sessions)

UH Landerbrook Health Center

Tue., May 7 – Jun 4 7 p.m. – 9:30 p.m.

Comfort and Coping Techniques for Childbirth (1 Session)

UH Landerbrook Health Center

Thu., May 30 6:30 p.m. – 9:30 p.m.

Miraculous Multiples (1 Session)

UH Westlake Health Center

Wed., Jun 12 5:30 p.m. – 7:30 p.m.

Cesarean Birth Preparation

Call 440-995-3835 for specific dates and times.

Boot Camp For New Dads (1 Session)

UH Cleveland Medical Center

Sat., Apr 27 9 a.m. – 12 p.m.

Sat., Jun 22 9 a.m. – 12 p.m.

UH Landerbrook Health Center

Sat., May 4 9 a.m. – 12 p.m.

UH Bedford Medical Center

Sat., Apr 13 9 a.m. – 12 p.m.

Sat., May 18 9 a.m. – 12 p.m.

Sat., Jun 8 9 a.m. – 12 p.m.

UH Rainbow Center for Women & Children

Sat., Apr 6 9 a.m. – 12 p.m.

Fri., Jun 14 10 a.m. – 1 p.m.

Breastfeeding – The Facts & Beyond (1 Session)

UH Cleveland Medical Center

Thu., May 23 6:30 p.m. – 9:00 p.m.

UH Landerbrook Health Center

Thu., Apr 18 6:30 p.m. – 9:00 p.m.

Thu., May 9 6:30 p.m. – 9:00 p.m.

Thu., Jun 20..... 6:30 p.m. – 9:00 p.m.

UH Geauga Medical Center

Sat., Apr 6 9 a.m. – 11:30 a.m.

Sat., Jun 1..... 9 a.m. – 11:30 a.m.

UH Westlake Health Center

Wed., Apr 10..... 5:30 p.m. – 7:30 p.m.

Wed., Jun 5 5:30 p.m. – 7:30 p.m.

UH Rainbow Center for Women & Children

Tue., Jun 11 1 p.m. – 3 p.m.

Infant Care – Basics & Beyond (1 or 2 Session)

Infant Care/The Happiest Baby On The Block

UH Cleveland Medical Center

Thu., Apr 25 6:30 p.m. – 9:30 p.m.

UH Landerbrook Health Center

Thu., Apr 11 6:30 p.m. – 9:30 p.m.

Thu., May 2 6:30 p.m. – 9:30 p.m.

Thu., Jun 27..... 6:30 p.m. – 9:30 p.m.

UH Geauga Medical Center

Wed., May 8..... 6:30 p.m. – 9:30 p.m.

UH Westlake Health Center

Wed., Apr 17 & 24 6 p.m. – 7:30 p.m.

Wed., Jun 19 & 26..... 6 p.m. – 7:30 p.m.

UH Rainbow Center for Women & Children

Wed., Apr 10 & 17 1 p.m. – 2:30 p.m.

Infant Care/The Happiest Baby On The Block/Express Breastfeeding

UH Landerbrook Health Center

Sat., May 18 9 a.m. – 1 p.m.

Infant Care/The Happiest Baby On The Block/Baby Massage

UH Landerbrook Health Center

Sat., Jun 15..... 9 a.m. – 1 p.m.

Family & Friends® CPR (1 Session)

NO REFUNDS. Can only be rescheduled once with a medical reason.

UH Landerbrook Health Center

Sat., Apr 6 9 a.m. – 12 p.m.

Sat., Apr 6 12:30 p.m. – 3:30 p.m.

Wed., May 1 6:30 p.m. – 9:30 p.m.

Wed., May 29..... 6:30 p.m. – 9:30 p.m.

Sat., Jun 22..... 9 a.m. – 12:00 p.m.

Sat., Jun 22..... 2:30 p.m. – 3:30 p.m.

UH Rainbow Center for Women & Children

Tue., Jun 4 1 p.m. – 3 p.m.

Pediatric Heartsaver First Aid® (1 session)

NO REFUNDS. Can only be rescheduled once with a medical reason.

UH Landerbrook Health Center

Thu., Jun 6..... 6:30 p.m. – 9:30 p.m.

UH MacDonald Women’s Hospital Prenatal Tour (1 Session)

UH Cleveland Medical Center

Thu., Apr 4 7:30 p.m. – 9:15 p.m.

Thu., Apr 18 7:30 p.m. – 9:15 p.m.

Sun., Apr 28 2 p.m. – 3:45 p.m.

Thu., May 2 7:30 p.m. – 9:15 p.m.

Thu., May 16 7:30 p.m. – 9:15 p.m.

Sun., May 19 2 p.m. – 3:45 p.m.

Thu., Jun 6..... 7:30 p.m. – 9:15 p.m.

Sun., Jun 9..... 2 p.m. – 3:45 p.m.

Thu., Jun 20..... 7:30 p.m. – 9:15 p.m.

UH Geauga Medical Center Prenatal Tour

To register, call 440-285-6450.

Big Brother/Big Sisters-To-Be Program (1 Session)

UH Cleveland Medical Center

Sun., Apr 7 1:30 p.m. – 3 p.m.

Sat., May 11 1:30 p.m. – 3 p.m.

Sun., Jun 2..... 1:30 p.m. – 3 p.m.

UH Geauga Medical Center

Call 440-995-3831 for class dates and times

Grandparenting Today

UH Landerbrook Health Center

Mon., Jun 17 6 p.m. – 9 p.m.

Safe Sitter Class (1 Session)

For additional information, dates, class location or to register, call Mandy Nagle at 216-983-1105.

For program descriptions and additional childbirth/parenting services, please refer to information in the front of this brochure.



1 UH Cleveland Medical Center

UH MacDonald Women's Hospital
 Located at 11100 Euclid Avenue. Parking is available in the Cornell/Mayfield Visitor Garage.

2 UH Geauga Medical Center

From I-271 go north to the Mayfield East exit; go east on Route 322 to Route 44; take a right onto Route 44. From Route 2 or I-90, go east until you come to the Route 44 exit; turn right on to Route 44 heading south; cross through the Route 322 and Route 44 intersection continuing on Route 44 south for another 2 miles. The hospital is located on the left hand side.

3 UH Landerbrook Health Center

Located at 5850 Landerbrook Drive, Suite 110, Mayfield Heights.

4 UH Westlake Health Center

Take I-90 to Clague Road. Follow Clague Road south approximately 1/2 mile to 960 Clague Road.

5 UH Bedford Medical Center

Located at 44 Blaine Avenue
 Bedford, Ohio

6 UH Rainbow Center for Women & Children

5805 Euclid Avenue
 Cleveland, Ohio 44103

Program Registration

To register for the program(s) of your choice, either complete and mail the registration form included with this brochure, or call University Hospitals MSC/Marketing Support at 216-844-4000.

If inclement weather occurs, please call 216-844-4000 after 4 p.m. for information about cancellations.

Childbirth/Parenting Education Programs and Services Winter & Spring 2019 Registration Form

Name	Partner's Name
Address	
City	ZIP
Home Phone	Work Phone
Cell Phone	E-mail
Doctor or Nurse-Midwife	Hospital
Expected Delivery Date	
MC/VISA/AMX/DISC Number	
Expiration Date	3-Digit Security Code
Signature	

- | | |
|---|---|
| <ul style="list-style-type: none"> <input type="checkbox"/> \$ Going Green-Pregnancy, Birth & Beyond (\$10)
First choice _____
Second choice _____ <input type="checkbox"/> \$ Prenatal Couples Massage (1 week) (\$25)
With childbirth class (\$15)
First choice _____ <input type="checkbox"/> Prepared Childbirth (4 weeks) (\$85)
First choice _____
Second choice _____ <input type="checkbox"/> Express Prepared Childbirth _____ (1 day or 2 evenings) (\$85)
First choice _____
Second choice _____ <input type="checkbox"/> \$ E-Learning Prepared Childbirth (\$50)
First choice _____
Second choice _____ <input type="checkbox"/> Birth Works Natural Childbirth (\$170)
First choice _____
Second choice _____ <input type="checkbox"/> \$ Express Prepared Childbirth (2 sessions)
& Infant Care/The Happiest Baby on the Block
(1 session) (\$115)
First choice _____
Second choice _____ <input type="checkbox"/> HypnoBirthing® – The Mongan Method (\$170)
First choice _____
Second choice _____ <input type="checkbox"/> Comfort and Coping Techniques (\$35)
First choice _____
Second choice _____ <input type="checkbox"/> Boot Camp for New Dads (No Charge)
First choice _____
Second choice _____ <input type="checkbox"/> Miraculous Multiples (\$30)
First choice _____
Second choice _____ <input type="checkbox"/> Cesarean Birth Preparation (\$50/hour private session)
To register, call 440-995-3831. | <ul style="list-style-type: none"> <input type="checkbox"/> Breastfeeding – The Facts & Beyond (\$30)
First choice _____
Second choice _____ <input type="checkbox"/> Infant Care/The Happiest Baby on the Block (\$50)
First choice _____
Second choice _____ <input type="checkbox"/> \$ Infant Care/The Happiest Baby on the Block/
Express Breastfeeding (\$60)
First choice _____
Second choice _____ <input type="checkbox"/> \$ Infant Care/The Happiest Baby on the Block/
Baby Massage (\$60)
First choice _____
Second choice _____ <input type="checkbox"/> Family & Friends® CPR (\$30/person)
Registrant's Names _____
First choice _____
Second choice _____ <input type="checkbox"/> Pediatric Heartsaver First Aid® (\$30/person)
Registrant's Names _____
First choice _____
Second choice _____ <input type="checkbox"/> \$ UH MacDonald Women's Hospital Prenatal Tour (free)
First choice _____
Second choice _____ <input type="checkbox"/> \$ UH Geauga Medical Center Prenatal Tour (free)
To register, call 440-285-6450. <input type="checkbox"/> Big Brothers/Big Sisters-To-Be Program (\$25/family)
For UH Geauga Medical Center, please
call 216-831-8311 x5 for class dates and times.
List names and ages of children.

_____ <input type="checkbox"/> \$ Grandparenting Today (\$10) (Includes 1 hour of Infant Care)
First choice _____ <input type="checkbox"/> \$ Car Seat Safety
To schedule a one-on-one session, call 216-844-2277
and choose option 6. <input type="checkbox"/> Safe Sitter Class (\$40) To register, call 216-983-1105. <input type="checkbox"/> <i>I am interested in private instruction.</i> |
|---|---|

Dates of childbirth education classes are listed in this brochure or at UHhospitals.org/BirthClass. Please check all of the classes you wish to attend and include first and second date and session choice.

We offer two methods of registration. Please select one of the following:

- Mail completed registration form with your check made payable to "UH Center for Women's Health" to MSC/Marketing Support, 3605 Warrensville Center Road, Shaker Heights, OH 44122-5203
- Call the University Hospital Women's Health Line at 216-844-4000

Written confirmation of class date, time and location will be mailed to you. Your check will confirm your class choice. If inclement weather occurs, please call 216-844-4000 after 4 p.m. for information about cancellations. With 24-hour notice before the scheduled class, partial refunds* are available for cancellation or class may be rescheduled once (no refunds). Classes may be cancelled or rescheduled to accommodate enrollment.

*Excluding CPR and Heartsaver First Aid No Refunds. With 24 hour notice, class can be rescheduled once



University Hospitals MacDonald Women's Hospital and the Center for Women's Health at University Hospitals Geauga Medical Center together provide the highest quality of care for you and your new baby.

UH MacDonald Women's Hospital is the only hospital in Ohio solely dedicated to the unique health care needs for every stage of a woman's life – from adolescence through mature adulthood. A trusted leader in obstetrics and gynecology for 125 years, UH MacDonald Women's Hospital consistently ranks among the top hospitals nationally for gynecologic care. Part of University Hospitals Cleveland Medical Center, UH MacDonald Women's Hospital enjoys close relationships with UH Rainbow Babies & Children's Hospital, UH Seidman Cancer Center and UH Harrington Heart & Vascular Institute. Maternal Fetal Medicine specialists collaborate closely with neonatal specialists, creating the safest and most comprehensive care for pregnant women and their babies – all under one roof, so mothers and their babies are never separated. Today, more babies in Northeast Ohio are born full-term and healthy thanks to successful programs in collaboration with UH MacDonald Women's Hospital and groundbreaking research to reduce preterm deliveries.

The Center for Women's Health at UH Geauga Medical Center has more than five decades of experience in providing sensitive, caring obstetrics and gynecology services. By providing a family-centered approach, mothers and families can experience the entire birthing process in a homelike setting. The care environment combines the latest technology with an abundance of amenities. Our outstanding team of board-certified obstetricians, neonatologists, maternal-fetal medicine specialists, nurse midwives, nurses and lactation consultants work together to deliver high-quality care. Should the need arise, there is convenient access to the advanced expertise of UH MacDonald Women's Hospital and UH Rainbow Babies & Children's Hospital.

UH MacDonald Women's Hospital has received international recognition as a Baby-Friendly designated maternity hospital committed to providing the best possible environment for successful breastfeeding. *To learn more about the Baby Friendly Hospital Initiative (BFHI) please visit BabyFriendlyUSA.org.*