



Preparing you and your family for a healthy, happy birthing and parenting experience



Visit Our Retail Boutique *In Support of Women*

Hours: 10 a.m. – 2 p.m., M–F
Phone: 440.312.0267

Breastpumps and accessories, certified lactation consultation and support groups

Free weight checks for your new baby during store hours.

Gift certificates are available.

See page 7 for more details.

New Programs

NEW! Dancing for Birth™ Prenatal/Postpartum dance classes incorporate dance moves from around the world that best prepare you to give birth. You'll become stronger, more agile, more at ease with your body and both mentally and physically ready to embrace your birth experience.

Learn birth dancing moves inspired by Belly dancing, Latin dance, African dance and Caribbean dance. It's a workout that relaxes and uplifts you. No experience necessary!!

Weekly classes are offered to keep you dancing through pregnancy and postpartum with your baby.

4 weeks – 1 hr. class

Fee: \$40 per person

NEW! Early Pregnancy Class: This **FREE** two class series is designed for women and their support person to find out what to expect when you are expecting. It is intended for 1st and 2nd trimester (up to 24 weeks) of pregnancy. Women who are planning a pregnancy are also welcome. Topics include:

- Physical and emotional changes
- Fetal development
- Weight gain, nutrition, diet and exercise
- Common discomforts/comfort measures
- Breathing and relaxation visualization
- Breastfeeding information

Hospital Tours

Tour Hillcrest Hospital's Family Maternity Center.

REGISTRATION IS REQUIRED.

All hospital tours are free, all hospital tours are excluded on holidays.

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2 Thank you for choosing the Cleveland Clinic to bring your new little one(s) into the world!

The decision to become a parent is one of the most important decisions you will make in your life. As babies do not come with instruction manuals, you rely on healthcare professionals for education and guidance.

Making the decision about how you will feed your baby is a choice that all parents must face. Our goal is to provide you with the best possible information to make an informed decision.

The Cleveland Clinic is committed to improving the long-term health and wellness of our community. Breastfeeding offers an unmatched beginning for all new babies and is recommended by the American Academy of Pediatrics (AAP) as the primary source of nutrition for the first year of life. Scientific studies have shown that breastfed babies are sick less often, have reduced risk of Sudden Infant Death Syndrome (SIDS) and less childhood cancers and diabetes.

The Cleveland Clinic birthing hospitals are taking special steps to create the best possible environment for successful breastfeeding by seeking certification as Baby Friendly Hospitals.



The Baby Friendly Hospital Initiative (BFHI) is an international program of the World Health Organization (WHO) and the United Nations Children's Fund (UNICEF). The initiative celebrates hospitals and birth centers that have put in place policies and practices to enable parents to make informed choices about how they feed and the benefits/risks of human milk versus formula.

Hospitals and birth centers that have implemented the Ten Steps to Successful Breastfeeding create an optimal environment for the initiation of breastfeeding. What are the 10 Steps to Successful Breastfeeding?

The 10 Steps are:

1. Have a written breastfeeding policy that is routinely communicated to all health care staff
2. Train all health care staff with the skills necessary to implement the policy
3. Inform all pregnant women about the benefits and management of breastfeeding
4. Help mothers initiate breastfeeding within an hour of birth
5. Show mothers how to breastfeed and how to maintain lactation, even if they should be separated from their infants
6. Give breastfed infants no food or drink other than breastmilk, unless medically indicated
7. Practice "rooming-in" by allowing mothers and infants to remain together 24 hours a day
8. Encourage breastfeeding on demand
9. Give no artificial nipples, pacifiers, dummies or soothers to breastfeeding infants
10. Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital or birthing center

For more information about making an informed decision about your baby's nutrition, please speak to your physician.

To learn more about the Baby Friendly Hospital Initiative (BFHI), please visit www.babyfriendlyusa.org

Yoga Programs

Prenatal Yoga Class: This beginner's prenatal yoga series consists of a breath-led asana practice. Yoga offers a wonderful opportunity to connect with your unborn child.

- Increases strength and flexibility
- Reduces fatigue in neck, back pain and sciatica
- Reduces swelling and inflammation in joints
- Improves digestion and emotional well-being
- Physically prepares mother for birth

First class free!

Fee: \$10 per class

Mama and Baby Yoga: This class is designed for Mama and her new baby to breathe together, move together and bond together.

- Strengthens the back, abdominal and pelvic floor muscles
- Releases tension in shoulders and neck muscles and improves posture
- Decreases overall stress and promotes relaxation
- Rejuvenates the mind and increases energy
- Provides an opportunity to connect with other mothers
- Creates a safe environment to bond with baby

Recommended ages birth to crawling.

First class free!

Fee: \$10 per class

Classes to Prepare You for Childbirth

Childbirth Preparation/Lamaze Class

Class topics include:

- Process of labor and birth
- Supportive coaching techniques
- Use of birth ball, water therapy
- Comfort measures (including relaxation) for labor and birth
- Medical interventions
- Medicines
- Cesarean birth
- Postpartum care and emotional needs

All of our instructors are Certified Childbirth Educators

Class options:

- "Four-week" evening series or "Two-day" weekend series. Complete childbirth series with extra time spent practicing relaxation, breathing techniques and discussion.
- "Just the Facts" one-day class or "Fast Track" two day class. Condensed, complete childbirth series, designed for those with challenging schedules.
- Private classes including Cesarean Birth Preparation and Bed Rest Program by appointment (hourly fee)

Fee: \$80 per couple for all childbirth preparation/ Lamaze classes.



Private Refresher Lamaze

Topics reviewed include:

- Review the process of labor and birth
- Comfort measures for labor and birth
- Medical interventions
- Options for pain relief
- Postpartum recovery
- Sibling preparation

Private classes \$50/hour.

HypnoBirthing

HypnoBirthing is a unique method of childbirth education that teaches women/couples how to work with their birthing bodies using:

- Hypnosis, imagery and relaxation
- Stress management techniques
- Releasing the fear and tension which accompany pain
- Breathing techniques synchronized for birthing
- Supportive coaching methods
- Discussion of interventions and medications
- Hospital tour included

HypnoBirthing teaches you that in the absence of fear and tension, severe discomfort does not have to be a natural accompaniment of the birthing process. This class can be taken whether you are planning a natural childbirth or using medication at the time of birth.

For more information on HypnoBirthing, contact Joyce Poplar, Perinatal Educator, 440.312.2777.

Fee \$160 per couple

Bradley Method of Natural Childbirth

This 12-week class is an alternative to the four-week Childbirth Preparation/Lamaze class and is taught by a Bradley Certified Instructor. Information is provided for couples who anticipate an unmedicated birth experience, although medication options are discussed. The emphasis is on normal, abdominal breathing and total relaxation.

Participants will learn:

- Natural abdominal breathing
- Supportive coaching techniques
- Nutrition and exercise
- Physical stages of labor and emotional response
- Benefits and risks of commonly used interventions
- Medicines
- Cesarean birth
- Postpartum preparation and breastfeeding
- Baby basics

Fee: \$160 per couple. Includes student workbook. It is best to register by your fourth month of pregnancy.

Cesarean Delivery Preparation Class

This one-time class is for couples who have been told they are going to have a Cesarean and/or are planning on having a repeat Cesarean delivery.

Topics include:

- Reason for Cesarean
- Types of anesthesia
- Cesarean delivery procedure
- Comfort measures after birth
- Care of mother and baby at home

Fee: \$40 per couple.

Teen Pregnancy and Childbirth Education

This free program offers a six-week series of classes for pregnant teens (up to age 21) and their support partners. It includes discussions of prenatal care, the stages and phases of labor and birth, and self-care after birth. We also discuss comfort measures, medical interventions, newborn care and breastfeeding. A tour of the Family Maternity Center is included.

Free! *Classes meet Mondays from 3:30 p.m. to 5 p.m.*

Expecting Multiples

Discuss your special concerns with our Certified Childbirth Educator, who is also an experienced mother of twins.

Class topics include:

- Differences during pregnancy and childbirth
- Nutrition for multiple pregnancy
- Multiple infant care: feeding, diapering, and daily routine
- Promoting individualization of the children
- Purchasing child care supplies
- Stress management for parents
- Peer support and resources

Fee: \$45 per couple.

Feel free to bring lunch or a snack.

Classes to Prepare You for Childbirth (cont.)

Baby Basics

This class is for expectant and adoptive parents and grandparents. While you're waiting for your new baby, learn about:

- Parental adjustments in first six weeks
- Soothing a fussy baby
- Newborn reflexes and abilities
- Bathing, diapering, dressing, and feeding baby
- Establishing flexible day and night routines
- Newborn's emotional needs

Fee: \$35 per couple.

Breastfeeding Basics

This class is for you and your partner to prepare to breastfeed your newborn and achieve the confidence you need to start a satisfying breastfeeding experience.

Class topics include:

- Prenatal breast preparation
- How baby establishes your milk supply
- Positioning and latch-on
- Pumping and storing milk
- Preparation for returning to work
- Resources available

Fee: \$30 per couple.

Happiest Baby/Infant Massage

Happiest Baby: Expectant and new parents can learn an extraordinary approach to keeping their baby happy. In the Happiest Baby class, new parents learn step-by-step how to help their baby sleep better and how to soothe even the fussiest baby in minutes – even seconds. The Happiest Baby on the Block™ DVD and “Soothing Sounds” CD.

Infant Massage: This class is for parents of infants from birth to 1 year, as well as adoptive, expecting, and foster parents. Swedish and Indian massage techniques and reflexology are discussed. Infant massage also deepens bonding, improves communication and infant sleep patterns, and relieves symptoms of gas and colic. Parents bringing infants should bring a thick towel/blanket to support baby and two receiving blankets. Booklet Included

Fee: \$50 per couple.

Night with the Pediatrician or Anesthesiologist and Tour

Hillcrest Hospital couples are invited to attend a free, one-night program that includes a Q&A session with a pediatrician or anesthesiologist. A tour of the Family Maternity Center is included.

Classes to Prepare Other Family Members

“Boot Camp” for New Dads

A specially-designed program for first-time fathers, led by a coach, veteran dads and their babies. New fathers learn how to prepare for the important role they will play with their new baby and family. Fathers can share their experiences and concerns with other men, and learn about bonding with the baby and how to help the new mother. New dads will feel free to ask any questions of interest to them in a supportive environment.

Fee: \$20.

Grandparent Information: For Grandparents Only

Prospective grandparents will learn about:

- Changes in childbirth and updates in infant care
- Communicating in the extended family
- Importance of grandparenting
- Hospital Tour

Fee: \$15 per grandparent.

Classes to Prepare Other Family Members (cont.)

Becoming a Big Brother or Big Sister

This class is recommended for children ages 3 to 9 and their parents to prepare them for the arrival of their new sibling. Class topics include how to hold and care for the new baby and what happens when mom goes to the hospital.

Fee: \$25 per family with one child and \$5 for each additional child.

Preparing Sibling to Attend the Birth

This private class is offered to all children over age 3 who will be present at the birth of their new brother or sister. It is strongly recommended that you and your partner (as well as the support person who will be with your child during the birth) attend the class with your child. **Please discuss this**

birth option with your obstetric provider prior to registering. Your children will learn the process of labor and birth and how to be supportive to mom during labor.

Fee: \$50 per family with one child and \$10 for each additional child.

Preparing Your Pet for the Newborn

This one-time class will help you prepare your pet for the newborn. Topics include:

- Pet adjustment to the arrival of the newborn
- Safety issues for both your pet and the baby
- Making the transition as easy as possible

Fee: \$25 per couple.

Classes for the Community

Infant/Child CPR

Focus is on ages infant to 12-years-old

As a parent, grandparent, or babysitter, you are the first person to react in a child's emergency. Learn and practice on mannequins:

- How to determine if infant or young child is in distress
- Cardiopulmonary resuscitation for cardiac arrest
- Techniques for eliminating choking
- Rescue breathing for respiratory arrest

Fee: \$30 per person.

Sign Language for Babies

Learn how to communicate with your baby before your baby is able to vocalize words. Using sign language has been proven to increase speech and vocabulary, decrease frustration, and strengthen the bond between baby and caregiver. In this one-time class, you will learn basic sign language vocabulary and how to incorporate these signs into your everyday life to communicate sooner and more effectively with your baby. Ages 6-18 months.

Fee: \$30 per couple.

Infant Safety in the Car and Home

The safety of your child at home and in your vehicle is your responsibility. How you manage their environment is key to keeping them safe and protected. Come and learn helpful tips in easy to understand terms to help you make the safest choices. Spend the evening with a local firefighter trained as a Child Passenger Safety Technician.

Fee: \$20 per couple.

Sitters' School

An opportunity for pre-teens and teenagers, ages 11 to 15, to become confident, capable and certified babysitters.

This class teaches:

- How to manage your babysitting business
- The handling of emergencies
- Accident prevention
- Choosing appropriate toys
- Many other important topics

Fee: \$40 per student. Please bring a snack and a lunch.

Teen CPR

This class is for teens, ages 11 to 15, who will be babysitting or around infants and small children. You will learn the signs of cardiac and respiratory arrest and what to do, as well as how to make the call for help. We will discuss basic safety measures and how to prevent choking.

Fee: \$25 per person.



Retail Services

In Support of Women Retail Boutique at Hillcrest Hospital

Located across the street from the hospital at North Campus, our boutique is committed to supporting breastfeeding mothers by providing breastpumps and accessories. Store Hours: Monday–Friday from 10 a.m.– 2 p.m.

Free delivery to your hospital room during store hours.

For more information, call 440.312.0267 or email insupportofwomen@ccf.org.

Support Services

Breastfeeding Resources

Lactation Consultant Service at Hillcrest Hospital.

Private consultation: \$75/hour.

Voicemail: 440.312.5332

Breastfeeding Support Groups

Mothers, bring your babies and share concerns and information with a certified lactation consultant. These free groups meet every week and require no reservations.

Daytime Support Group at Hillcrest Hospital – North Campus
Tuesdays and Fridays, 11 a.m. to 12:30 p.m.

Evening Support Group at Hillcrest Hospital – North Campus
First and third Wednesday of the month, 6:30–7:30 p.m.

Located across the street from Hillcrest Hospital in the North Campus building, west entrance. 6777 Mayfield Road in Mayfield Heights. For more information, call 440.312.5332.

Cleveland Clinic Independence Family Health Center

Located in Meeting Room A, Lower Level. 5001 Rockside Road, Independence. For more information, call 440.312.5332.

Cleveland Clinic Twinsburg Family Health and Surgery Center

Located at 8701 Darrow Road, Twinsburg. For more information, call 330.888.4000

Cleveland Clinic Willoughby Hills Family Health Center

Located at 2570 SOM Center Road, Willoughby Hills. For more information, call 440.516.8312.

Breast Pump Rentals

Medic Home Health Care: 440.449.7727

Bedrest Support

Bedrest Bag – Education and information while on bedrest during pregnancy, tailored specifically to your needs.

New Mother's Discussion Group: 3 Weeks to Walking

Bring your baby and come to share your experience, questions, and concerns as a new mother. Discussion is facilitated by a perinatal educator.

This free class meets from 11:30 a.m. to 1 p.m. across the street from Hillcrest Hospital in the North Campus building, west entrance. 6777 Mayfield Road in Mayfield Heights. For more information, call 440.312.4647.

Loss Support

Loss Support: 440.312.4692

Small, informal, free support group meetings held monthly for parents experiencing pregnancy loss through miscarriage, ectopic pregnancy, stillbirth, or infant death up to one year of age. Family members are welcome to attend.

Hillcrest Hospital's Love Lives On group is held on the third Thursday of every month at Hillcrest from 7:30 to 9 p.m. in the Ross Boardroom. Call 440.312.4692 for information.

Preregistration is not required.



Program Locations and Directions

Cleveland Clinic Beachwood Family Health and Surgery Center

26900 Cedar Road, Beachwood

Directions: Take I-271 and exit at Cedar/Brainard Rd. Take Brainard Road to Cedar Road and turn right (west) on Cedar. Pass the freeway and Menorah Park. Cleveland Clinic Beachwood is on the left. Free parking in the West lot. Enter the North building.

Hillcrest Hospital

6780 Mayfield Road, Mayfield Heights

Directions: Take I-271 and exit at Mayfield Road (Route 322) heading east. Follow the hospital sign. You will cross SOM Center Road (Route 91), then proceed approximately 800 feet ahead and enter the four-lane driveway into the hospital complex. Please follow the directions in the confirmation email.

Hillcrest North Campus (West Entrance)

6777 Mayfield Road, Mayfield Heights

The Hillcrest North Campus is located across the street from Hillcrest Hospital. Take I-271 and exit at Mayfield Road (Route 322) heading east. Follow the hospital sign. You will cross SOM Center Road (Route 91), then proceed approximately 800 feet ahead and turn left into the parking lot of an old car dealership building. (This is where your class is held). Enter from the west side of the building. Classes are held in the conference rooms. Please follow the directions in the confirmation email.

Stephanie Tubbs Jones Health Center

13944 Euclid Avenue, East Cleveland

Directions: Directions: From the east, follow I-271. Exit at Wilson Mills Road. Travel west as Wilson Mills becomes Monticello. Pass Noble Road. Stay in the right lane and turn right onto Forest Hills Blvd. Travel down the hill until you reach Terrace Road, then turn right. The hospital is immediately on the left.

From the north, take I-90 and exit at Eddy Road. Travel south-east until you reach Euclid Ave. The first light is Forest Hills Blvd. Turn left. At the first intersection (Terrace Road), turn left again. The hospital is on the immediate left. Free parking.

