

Childbirth, Parenting and Community Education Program

Health Information for Patients and the Community



Birthing Center Tours

**REGISTRATION IS REQUIRED,
REGISTER EARLY.**

*All tours are free and excluded on
holidays. Tours are available at the
following locations:*

**Fairview Hospital
Hillcrest Hospital**

**For more information on birthing
center tours, call**

Hillcrest: 440.312.4647

Fairview: 440.356.0347

**Online class registration is also available
at clevelandclinic.org/childbirthed**

Preparing for a Healthy Pregnancy

Prenatal Yoga Class: offered at Fairview Hospital Wellness Center

To register, call 440.477.0270

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

Mom & Baby Yoga for infants 6 weeks to crawlers offered at Fairview Hospital Wellness Center

To register, call 440.356.0670

Baby's First Massage Class offered at Fairview Hospital Wellness Center for new parents and caregivers with newborns to pre-crawlers. Pregnant and expectant parents are also encouraged to attend.

To register, call 440.477.0670.

For a schedule of class dates, times and locations, or to register, go to clevelandclinic.org/childbirthed or call:

Hillcrest Hospital: 440.312.4647 | Fairview Hospital: 440.356.0347

hillcresthospital.org/childbirthed

fairviewhospital.org/childbirthed

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 have taken special steps to create the best possible environment for successful breastfeeding by obtaining designation 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 to successful breastfeeding 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 one 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 infants no food or drink other than breastmilk, unless medically indicated
7. Practice rooming-in – allow mothers and infants to remain together 24 hours a day
8. Encourage breastfeeding on demand
9. Give no pacifiers or artificial nipples 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

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

Suggested Guidelines: Register for Prepared Childbirth classes around your fifth month of pregnancy. Begin classes by the seventh month and complete classes at least three to four weeks before your due date. Recommendations vary for mothers of multiples and high risk pregnancy.



Class options:

- **Lamaze PLUS** Four Week Lamaze Series, Baby Basics class and Breastfeeding Basics class all included in one six week series.
- **Lamaze Four Week Series** Traditional four week Lamaze series.
- **Lamaze Fast Track** (two-day class) Condensed, complete childbirth series designed for those with challenging schedules. Less time spent on relaxation and breathing techniques.
- **Lamaze Fast Forward** Class meets twice a week for two weeks.
- **Lamaze Just the Facts** (one-day Saturday or Sunday class) Condensed, complete childbirth series designed for those with challenging schedules. Less time spent on relaxation and breathing techniques.
- **Lamaze Weekend Class** Two days Saturday/Sunday.

*See schedule for specific class options

For a schedule of class dates, times and locations, or to register, go to clevelandclinic.org/childbirthed or call:

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hillcresthospital.org/childbirthed

fairviewhospital.org/childbirthed

Private Childbirth Preparation Class

Private Childbirth Preparation Classes by appointment only with our certified childbirth educators.

*Cesarean birth and Vaginal Birth After Cesarean (VBAC).

*Private Childbirth Classes based on individual needs (i.e. bed rest, schedule issues and special circumstances).

*Hypnobirthing

*Holistic Services (Reiki, Guided Imagery and Hypnotherapy)

*Preparing siblings to attend the birth is offered to children over age 3 who will be present at the birth of their new brother or sister. This option should be discussed with your obstetric provider prior to registering.

Birth e-class

The online childbirth class is ideal for expectant parents who are unable to attend an on-site childbirth class and follows the same class content as traditional childbirth preparation classes.

HypnoBirthing®

HypnoBirthing® is a unique method of mind and body education that teaches expectant Mothers and their support person how to work with their birthing bodies using:

- Hypnosis, imagery and deep relaxation
- Stress management techniques
- Releasing the fear and tension which accompany pain
- Breathing techniques synchronized for birthing
- Hydrotherapy
- 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 during labor..

For more information on HypnoBirthing®, call 440.312.2777

Natural Unmedicated Childbirth

To register, call 440.356.0347

This four-week series is for couples who choose to have an unmedicated natural birth. Topics to be covered include the anatomy and physiology of childbirth, the role of pain in childbirth, and natural pain coping strategies. Class will also include a segment on medical interventions and postpartum care of mom. This class will include more time spent practicing relaxation, breathing, and coping techniques than our traditional childbirth preparation classes.

Natural Unmedicated Childbirth PLUS

Six week series includes Baby Basics and Breastfeeding Preparation classes.



Classes to Prepare You for Baby

Baby Basics Hands On

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 and dressing baby
- Establishing flexible day and night routines
- Newborn's emotional needs
- Infant safety

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:

- Why your support person is a key to your success
- Getting off to a good start
- How baby establishes your milk supply
- Positioning and latch-on
- Pumping and storing milk
- Preparation for returning to work
- Resources available

Expecting Multiples

- Differences during pregnancy and childbirth
- Infant care of multiples
- Promoting individualization of the children
- Purchasing child care supplies
- Stress management for parents
- Peer support and resources

Classes to Prepare Other Family Members

Boot Camp for New Dads

Boot Camp for New Dads® (aka Daddy Boot Camp®) is a unique father-to-father workshop that inspires and equips men to become confidently engaged with their infants, support their mates and personally navigate their transformation into dads. There have been plenty of classes and support groups designed for the new mother and now there is one specifically targeted to the new dad. Come to this guy only session and meet other expectant dads and learn that what is on your mind is also on theirs and meet some veteran dads and their new babies, who can offer advice on how to handle these thoughts.

Grandparenting Today: Updates and Practical Tips

Join a lively discussion for grandparents-to-be and new grandparents about the changes in birthing and infant care practices.

Class topics include:

- Importance of grandparenting
- Changes in childbirth practices
- Updates on baby care recommendations
- Communication with new parents
- Long distance grandparenting
- Most current info on sleep safety and SIDS prevention
- Infant nutrition recommendations

Sibling Celebration! 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.

Preparing your Dog for the Newborn

To register, call 440.356.0347

This one time class will help you prepare your dog for the new baby. Format includes tips on helping your dog adjust to changes in his schedule and environment, as well as video segments and open discussion. For specific issues or concerns, please consult a professional trainer. Please bring a photo of your dog(s).

Classes for the Community

CPR for Infant and Child

Focus is on the ages of newborn to puberty.

As a parent, grandparent, or babysitter, you could be the first person to administer care to your child in an emergency. You will learn the life saving techniques listed below according to the American Heart Association criteria and practice on mannequins:

- Techniques for evaluating and eliminating choking
- How to determine if CPR is needed and how to perform it
- Use of an Automated External Defibrillator (AED)
- Prevention of Sudden Infant Death Syndrome

Infant and Child Safety in the Car and Home

The safety of your child is a demanding responsibility. Being prepared and one step ahead of them is a key component to keeping them safe.



For a schedule of class dates, times and locations, or to register, go to clevelandclinic.org/childbirthed or call:

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fairviewhospital.org/childbirthed

Sitters' School (CPR included)

An opportunity for pre-teens and teenagers, ages 11 to 15, to become confident and capable babysitters. Students receive a certificate of completion at the end of class. As a babysitter you have an awesome responsibility for the child in your care, and this class will give you the confidence to manage a difficult situation.

This class teaches:

- How to manage your babysitting business
- The handling of emergencies
- Accident prevention
- Choosing appropriate toys
- Techniques for evaluating and eliminating choking
- How to determine if CPR is needed and how to perform it
- How to make the call for help
- Safety and prevention measures

Retail Services

In Support of Women Retail Boutique at Hillcrest Hospital North Campus

Located across the street from the hospital, our boutique is committed to supporting new and breastfeeding mothers by providing:

- Breastpumps, replacement parts and accessories
- Nursing bras and tanks (private fittings available)
- Nursing covers and pillows
- Baby gift items
- Various wellness items

Store Hours: Monday-Friday from 10 a.m. – 2 p.m.

Free delivery to your hospital room during store hours.

6777 Mayfield Road

Mayfield Heights, Ohio 44124

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

Support Services

Breastfeeding Helplines

| | |
|-------------------------|--------------|
| Akron General..... | 330.344.5705 |
| Fairview Hospital..... | 216.476.7222 |
| Hillcrest Hospital..... | 440.312.5332 |
| Main Campus..... | 216.445.7919 |

Private Lactation Consults, by Appointment

Most insurances accepted; doctor's order required.

Akron General

1 Akron General Ave., Akron, OH 44307
330.344.5705

Cleveland Clinic Independence Family Health Center

5001 Rockside Road, Independence, OH 44131
216.986.4000 (OB/GYN/Lactation)

Cleveland Clinic Wooster Family Health Center

1740 Cleveland Road, Wooster, OH 44691
330.287.4500 Ask for Debra Jones, CNP, CLC

Fairview Hospital Wellness Center

3035 Wooster Rd. Room 101, Rocky River, OH 44116
216.476.7222 or 440.356.0347

Hillcrest Hospital, North Campus

6777 Mayfield Road
Mayfield Heights, OH 44124
440.312.5332

Westown Physicians Center

Tara Williams MD
10654 Lorain Avenue, Cleveland, OH 44111
216.941.8888

Breast Pump Rentals

Please contact your insurance company for covered providers.

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.

Akron General

2400 Postpartum unit, 1 Akron General Ave, Akron 44307
Phone: 330.344.5705 | Tues. 12:30-2 p.m.

Cleveland Clinic Independence Family Health Center

5001 Rockside Road, Independence
Auditorium A, Lower Level, Crown Center Building
Phone: 440.312.5332 | Tues. 10 a.m. – 11:30 a.m.

Cleveland Clinic Solon Family Health Center

29800 Bainbridge Road, Solon, Fourth floor conference room
Phone: 440.519.6800 | Weds. 3 p.m. – 4 p.m.

Cleveland Clinic Strongsville Family Health and Surgery Center

Strongsville Family Health Center, 16761 South Park Center,
Community Room A
Phone: 440.878.2500 | Weds. 1:30 – 3:30 p.m.

Cleveland Clinic Willoughby Hills Family Health Center

2570 SOM Center Road, Willoughby Hills
North building lower level, conference Room B
Phone: 440.516.8312 | Thurs. 12:30 p.m. – 2 p.m.

Fairview Wellness Center

3035 Wooster Rd., Rocky River, OH 44116, Room 101
Phone: 440.356.0347
Mon. and Fri. 1 to 3 p.m.

Hillcrest Hospital, North Campus

Across from Hillcrest Hospital, West Entrance
Phone: 440.312.5332
Tues. & Fri. 11 a.m. to 12:30 p.m. | 1st & 3rd Weds. 6 to 7 p.m.

Lakewood Nursing Mom's Chat

Lakewood United Methodist Church, Lakewood Family Room,
Basement
Summit Avenue entrance
Phone: 440.356.0347 | Weds. 9:30 to 11 a.m.

Mommy and Me!

For more information, call 440.312.4647

Join other new moms in this small, casual group setting. Bring your little one(s) and your snacks/lunch. Talk about life with your new baby.

Free group meets Thursdays 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.

Loss Support Groups

Small, informal support group meetings held monthly for parents experiencing pregnancy loss through miscarriage, ectopic pregnancy, stillbirth, or infant death. 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 440.312.8841 for information.

Fairview Hospital's F.E.E.L. (Families Experiencing Early Loss) group meets the first Thursday of each month from 7:30-9 pm in Meeting Room C at Fairview Hospital. For more information, call the F.E.E.L. voice mail line, at 216.476.6965. If your call needs more immediate attention, please call F.E.E.L. program coordinator, at Fairview Birthing Center at 216.476.7120.



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Registration Options

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fairviewhospital.org/childbirthed
hillcresthospital.org/childbirthed
- **Phone:** Hillcrest Hospital: 440.312.4647
Fairview Hospital: 440.356.0347

All classes and tours held at Fairview Hospital require a fee for parking. Classes at Fairview Hospital Wellness Center, Hillcrest Hospital and Medina include free parking. For full day classes, lunch is on your own.

Pre-registration with payment is required for all classes. Payment can be made by check, credit or debit card, or money order. We accept Discover, Visa, Mastercard and American Express. Classes may be cancelled or rescheduled based on enrollment. **Class enrollment will be completed upon receipt of payment.**

Handicapped Accessibility

We encourage handicapped individuals to participate in all our programs. Please notify us when you register if any special arrangements are necessary for your participation.

For more information about Birthing Services at specific hospitals, go to:

clevelandclinic.org/childbirthed
fairviewhospital.org/childbirthed
hillcresthospital.org/childbirthed

Program Locations

EAST

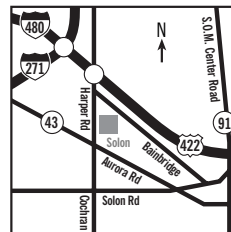


Hillcrest Hospital
6780 Mayfield Rd
Mayfield Hts, OH 44124

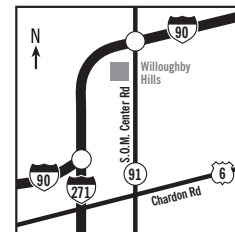
Hillcrest Hospital North Campus
6777 Mayfield Rd
Cleveland, OH 44124



Cleveland Clinic Independence Family Health Center
5001 Rockside Rd
Independence, OH 44131



Cleveland Clinic Solon Family Health Center
29800 Bainbridge Rd
Solon, OH 44139



Cleveland Clinic Willoughby Hills Health Center
2570 Som Center Rd
Willoughby Hills, OH 44094

WEST



Fairview Hospital
18101 Lorain Ave.
Cleveland, OH 44111



Fairview Hospital Wellness Center
3035 Wooster Rd.
Rocky River, OH 44116

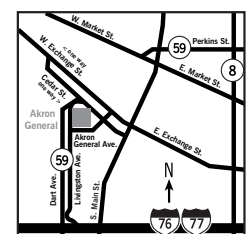
SOUTH



Cleveland Clinic Strongsville Family Health Center
16761 South Park Center
Strongsville, OH 44136



Wooster Family Health Center
1740 Cleveland Rd
Wooster, OH 44691



Cleveland Clinic Akron General
1 Akron General Avenue
Akron, OH 44307