

Childbirth Education Classes January - June 2019

Fairview Hospital

Class registration is available online:
clevelandclinic.org/childbirthed
fairviewhospital.org/childbirthed

To schedule classes, call
440.356.0347

Email: ChildbirthEd@ccf.org

Fairview Hospital

18101 Lorain Ave., Cleveland, 44111

Wellness Center

3035 Wooster Rd., Rocky River, 44116

Preparing for Birth

Prepared Childbirth Classes Wellness Center

We offer five (5) class options to meet your scheduling needs.

These classes are designed for you and your labor partner to help prepare you for a positive birth experience whether you plan a natural delivery, or prefer the use of medication or epidural anesthesia.

Class topics include:

- Process of labor and birth
- Comfort measures for labor
- Use of birth ball and water therapy
- Supportive coaching techniques
- Relaxation and breathing techniques
- Medical options
- Postpartum care and emotional needs
- Skin-to-Skin care after delivery
- Early Breastfeeding
- Benefits of Rooming-In
- Planning for rest after delivery

Suggested Guidelines:

- Register for Prepared Childbirth classes around your 5th month of pregnancy
- Begin classes by the 7th month of pregnancy
- Complete classes 3 to 4 weeks before your due date

Recommendations vary for mothers of multiples and high-risk pregnancy.

*Weeknight Series Childbirth Preparation Wellness Center

One night/week for six weeks, 6:30 – 9:00 p.m.

\$140 per couple, best value! Bring 2 pillows and 1 blanket to class. *Includes Baby Basics – Hands On!, Breastfeeding Preparation and a Fairview Hospital tour.*

- Thursdays: Jan. 3 - Feb. 7
- Wednesdays: Jan. 9 - Feb. 13
- Mondays: Feb. 4 - March 11
- Thursdays, Feb. 21 - March 28
- Wednesdays, Feb. 27 - April 3
- Mondays, Mar. 18 - April 22
- Thursdays, Apr. 4 - May 9
- Mondays, Apr. 29 - June 10

*Weeknight Series— Natural Un-medicated PLUS Childbirth Preparation Wellness Center

For couples who wish to have an un-medicated, natural birth. One night/week for six weeks, 6:30—9 p.m., \$140 per couple, best value! Please bring 2 pillows and 1 blanket to class. *Includes Baby Basics – Hands On!, Breastfeeding Preparation and a Fairview Hospital tour.*

Tuesdays:

- Jan. 8 - Feb. 12
- Feb. 19 - Mar. 26
- Apr. 2 - May 7
- May 14 - Jun. 18
- Jun. 25 - Jul. 30

*Natural Un-medicated Childbirth Classes Wellness Center

6:30 – 9 p.m. Four class series. \$80 per couple. Bring 2 pillows and 1 blanket to class. Call 440.356.0347 to schedule hospital tour.

Fridays:

- Feb. 15 - Mar. 8
- Apr. 26 - May 17

*Weekend Series – Childbirth Preparation Fairview Hospital

Saturday & Sunday, 9 a.m. – 3 p.m.

Includes hospital tour. \$110 per couple. Includes tour of Fairview Hospital Birthing Center. Bring 2 pillows and 1 blanket to class. Meet instructor on the first floor concourse near security/information desk.

- Jan. 5 & 6
- Feb. 23 & 24
- March 23 & 24
- April 6 & 7

*Saturday Morning Childbirth Preparation Wellness Center

Two Saturdays 9 a.m. – 1 p.m. \$80 per couple. Bring 2 pillows and 1 blanket to class. Includes tour of Fairview Hospital Birthing Center.

- Jan. 19 & 26
- Feb. 9 & 16
- Mar. 2 & 9
- Apr. 6 & 13
- May 18 & 25
- Jun. 8 & 15

*HypnoBirthing Wellness Center

4:30 - 7 p.m. Four-class series
\$160.00 per couple.

- Thursdays: Mar 21 - Apr. 11
- Thursdays: Jun. 6 - Jun. 27

*Just the Facts Childbirth Preparation Wellness Center

One Saturday, 9 a.m. – 5 p.m., \$80 per couple. Bring 2 pillows And 1 blanket to class. Must schedule hospital tour separately.

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| Jan. 5 | Mar. 2 | May 4 |
| Jan. 26 | Mar. 30 | May 18 |
| Feb. 2 | Apr. 6 | Jun. 1 |
| Feb. 23 | Apr. 27 | Jun. 29 |

*Private Childbirth Preparation classes

By appointment with our Certified Childbirth Educators. \$50 an hour plus instructor set-up time.

Please call 440.356.0347 for more information.

Minimum class time is 2 hours. Times subject to instructor availability.

*Birth Skills/Labor Rehearsal Class/Refresher Wellness Center

Three-hour one-time class focusing on techniques for expectant moms and their labor partners to learn and use in labor/refreshers course. \$40 per couple.

- Thursday, Mar. 7 6:00 p.m.
- Saturday, May 4 9:00 a.m.

Birth E-Class Online Birth Preparation Classes \$60/per couple.

Please call 440.356.0347 for more information.

VBAC Preparation

By appointment with our certified Childbirth Educator.

\$50 an hour plus set up time. Please call 440.356.0347. Times subject to instructor availability.

Cesarean Birth Wellness Center

Call 440.356.0347 for information.

Please note: Wellness Center classes take place in a second floor classroom that is not accessible by elevator. If necessary, a classroom change can be made. Please call (440) 356-0347 to make arrangements.

***For the most up-to-date class schedule, visit fairviewhospital.org/childbirthed**

Preparing for the Baby

Breastfeeding Basics

Wellness Center

\$30 per couple

Dads are encouraged to attend.

- Thursday, Jan. 10 6:30 – 9 p.m.
- Saturday, Jan. 12 1 – 3:30 p.m.
- Thursday, Feb. 7 6:30 – 9 p.m.
- Tuesday, Feb. 12 6:30 – 9 p.m.
- Wednesday, Feb. 13 6:30 – 9 p.m.
- Saturday, Feb. 16 1 – 3:30 p.m.
- Thursday, Feb. 21 6:30 – 9 p.m.
- Monday, Mar. 11 6:30 – 9 p.m.
- Thursday, Mar. 14 6:30 – 9 p.m.
- Saturday, Mar. 16 1:00 – 3:30 p.m.
- Tuesday, Mar. 26 6:30 – 9 p.m.
- Thursday, Mar. 28 6:30 – 9 p.m.
- Wednesday, Apr. 3 6:30 – 9 p.m.
- Saturday, Apr. 13 1 – 3:30 p.m.
- Thursday, Apr. 18 6:30 – 9 p.m.
- Monday, Apr. 22 6:30 – 9 p.m.
- Tuesday, May 7 6:30 – 9 p.m.
- Thursday, May 9 6:30 – 9 p.m.
- Thursday, May 16 6:30 – 9 p.m.
- Monday, Jun. 10 6:30 – 9 p.m.
- Thursday, Jun. 13 6:30 – 9 p.m.
- Tuesday, Jun. 18 6:30 – 9 p.m.

Baby Basics – Hands On!

Wellness Center

\$30 per couple. Class size limited.

- Monday, Jan. 7 6:30 – 9 p.m.
- Saturday, Jan. 12 9 – 11:30 a.m.
- Wednesday, Jan. 23 6:30 – 9 p.m.
- Monday, Feb. 4 6:30 – 9 p.m.
- Tuesday, Feb. 19 6:30 – 9 p.m.
- Wednesday, Mar. 6 6:30 – 9 p.m.
- Saturday, Mar. 16 9 – 11:30 a.m.
- Monday, Mar. 18 6:30 – 9 p.m.
- Tuesday, Apr. 9 6:30 – 9 p.m.
- Saturday, April 20 9 – 11:30 a.m.
- Thursday, Apr. 17 6:30 – 9 p.m.
- Wednesday, May 8 6:30 – 9 p.m.
- Monday, May 20 6:30 – 9 p.m.
- Wednesday, Jun. 5 6:30 – 9 p.m.
- Saturday, Jun. 8 9 – 11:30 a.m.
- Thursday, Jun. 20 6:30 – 9 p.m.

Baby Basics for Adoptive Parents

Please call 440.356.0347.

Expecting Multiples

Wellness Center

\$45 per couple

- Tuesday, Jan. 22 6:30 – 9 p.m.
- Tuesday, Apr. 30 6:30 – 9 p.m.

Preparing the Family

Grand-parenting for the New Millennium

Wellness Center

\$15 per Grandparent

- Monday, Jan. 14 10 a.m. – 12:30
- Saturday, Feb. 9 9 – 11:30 a.m.
- Saturday, Mar. 9 9 – 11:30 a.m.
- Monday, Apr. 1 6:30 – 9 p.m.
- Saturday, May 11 9 – 11:30 a.m.
- Wednesday, Jun. 12 6:30 – 9 p.m.

Boot Camp for New Dads

Wellness Center

Saturdays, 9 a.m. – 12 p.m., \$20 per dad.

- Jan. 5 Apr. 6
- Feb. 2 May 4
- Mar. 2 Jun. 1

Sibling Celebration!

Fairview Hospital

Saturdays, \$25 per family

Ages 3 to 5: 11:30 a.m. – 12:30 p.m.

Ages 5 to 9: 1 – 2 p.m.

- Jan. 19 Apr. 13
- Feb. 2 May 11
- Mar. 2 Jun. 1

Infant & Child Safety

CPR for Infant & Child

Wellness Center

\$30 per person

- Tuesday, Jan. 8 6:30 – 9 p.m.
- Tuesday, Jan. 15 6:30 – 9 p.m.
- Saturday, Feb. 2 9 – 11:30 a.m.
- Wednesday, Feb. 20 6:30 – 9 p.m.
- Tuesday, Feb. 26 6:30 – 9 p.m.
- Wednesday, Feb. 27 6:30 – 9 p.m.
- Tuesday, Mar. 12 6:30 – 9 p.m.
- Wednesday, Mar. 13 6:30 – 9 p.m.
- Saturday, Mar. 23 9 – 11:30 a.m.
- Wednesday, Apr. 10 6:30 – 9 p.m.
- Tuesday, Apr. 16 6:30 – 9 p.m.
- Wednesday, May 15 6:30 – 9 p.m.
- Tuesday, May 21 6:30 – 9 p.m.
- Wednesday, May 22 6:30 – 9 p.m.
- Wednesday, June 19 6:30 – 9 p.m.
- Tuesday, June 25 6:30 – 9 p.m.

Prepare your Dog for the Newborn

Wellness Center

\$25 per couple.

Please bring a photo of your dog.

- Monday, Jan. 28 6:30 – 8 p.m.
- Monday, Apr. 22 6:30 – 8 p.m.

After Delivery – Support

Private Lactation Consults

By appointment only. Covered by insurance in-network. Call 216.476.7222 to schedule.

Infant Massage Class

Wellness Center

Infant Massage Class – Learn How to Massage Your Baby!

Jan. 8; Feb. 12; March 12; April 9; May 7; or June 4 | 10 to 11 a.m.

Jan. 16; Feb. 20; March 20; April 17; May 15; or June 19 | 6:30 p.m. to 7:30 p.m.

\$30 per session, plus \$4 booklet fee due at class (exact change).

This class is open to new parents and caregivers with newborns to pre-crawlers. Pregnant and expectant parents are also encouraged to attend, a doll will be used for practice in class. **Advance registration is required.** Register online at fairviewhospital.org/wellnesscenter. Call 440.356.0670, option 4 if you have any questions.

Breastfeeding Support Groups

Fairview Hospital Wellness Center

Mondays and Fridays 1 – 3 p.m.

3035 Wooster Rd., **Rocky River**

No registration required.

Call 440.356.0347 for information

Lakewood

Wednesdays, 9:30 – 11 a.m.

Lakewood United Methodist Church

15700 Detroit Rd., Summit Ave. entrance

No registration required.

Call 440.356.0347 for more information.

Strongsville Family Health Center

Wednesdays, 1:30 – 3:30 p.m.

16761 South Park Center

Community Room A

No registration required.

Call 440.356.0347 for more information.

**FAIRVIEW HOSPITAL
BREASTFEEDING
HELP LINE:
216.476.7222**

***TO BE RESPECTFUL
OF YOUR TIME,
ALL CLASSES START
PROMPTLY***