

# Childbirth Education Classes January - June 2018

## Fairview Hospital

Class registration is available online:  
[clevelandclinic.org/childbirthed](http://clevelandclinic.org/childbirthed)  
[fairviewhospital.org/childbirthed](http://fairviewhospital.org/childbirthed)

To schedule classes, call  
**440.356.0347**

Email: [ChildbirthEd@ccf.org](mailto: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 5<sup>th</sup> month of pregnancy
- Begin classes by the 7<sup>th</sup> 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 11 – Feb. 15
- Mondays: Jan. 22 – Feb. 26
- Wednesdays: Jan. 24 – Feb. 28
- Thursdays: Feb. 22 – March 29
- Mondays: March 26 – Apr. 30
- Thursdays: Apr. 12 – May 17
- Mondays: May 7 – June 18
- Thursdays: May 24 – June 28

### \*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. 9 - Feb. 13
- Feb. 20 - Mar. 27
- Apr. 3 - May 8
- May 15 - June 19
- June 26 - July 31

### \*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.

- Feb. 16 - March 9
- Apr. 20 - May 11

### \*Fast Forward Series Childbirth Preparation Wellness Center

Two nights/week for two weeks, 6:30 – 9:00 p.m., \$80. per couple. Bring 2 pillows and 1 blanket to class. Includes tour of Fairview Hospital Birthing Center.

#### Mondays and Wednesdays

- Jan 8 and 10
- Jan. 15 and 17
- Mar 5 and 7
- Mar 12 and 14

### \*Weekend Series – Childbirth Preparation Fairview Hospital

Saturday & Sunday, 9 a.m. – 3 p.m. Includes hospital tour. \$110 per couple. Bring 2 pillows and 1 blanket to class. Meet instructor on the first floor concourse near security/information desk.

- January 6 and 7
- February 17 and 18
- March 10 and 11
- April 21 and 22
- May 5 and 6

### \*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 20 and 27
- Feb. 10 and 17
- March 3 and 10
- Apr. 14 and 21

### \*HypnoBirthing Wellness Center

4:30 - 7 p.m. Four-class series. \$160 per couple.

- March 15 – April 5\*
- June 14 – July 5\*

#### \*DATES SUBJECT TO CHANGE

Call 440.356.0347 for information and hospital tour.

### \*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 tours separately.

Jan. 6	Mar. 3	May 5
Jan. 27	Mar. 24	May 19
Feb. 3	Apr. 7	Jun. 2
Feb. 24	Apr. 28	Jun. 30

### \*Private Childbirth Preparation classes

*By appointment with our Certified Childbirth Educators. \$50 an hour/ family, 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/refresher course. \$40 per couple.

- Saturday, April 14: 9 a.m.
- Saturday, June 23: 9 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/family plus set up time. Please call 440.356.0347. Times subject to instructor availability.

### Cesarean Birth Wellness Center

Call 440.356.0347 for information.

**\*For the most up-to-date class schedule, visit [fairviewhospital.org/childbirthed](http://fairviewhospital.org/childbirthed)**

# Preparing for the Baby

## Breastfeeding Basics

### Wellness Center

\$30 per couple

Dads are encouraged to attend.

- Tuesday, Jan. 16 6:30 – 9 p.m.
- Tuesday, Feb. 13 6:30 – 9 p.m.
- Thursday, Feb. 15 6:30 – 9 p.m.
- Tuesday, Feb. 20 6:30 – 9 p.m.
- Saturday, Feb. 24 1 – 3:30 p.m.
- Monday, Feb. 26 6:30 – 9 p.m.
- Wednesday, Feb. 28 6:30 – 9 p.m.
- Tuesday, Mar. 6 6:30 – 9 p.m.
- Saturday, Mar. 24 1 – 3:30 p.m.
- Tuesday, Mar. 27 6:30 – 9 p.m.
- Thursday, Mar. 29 6:30 – 9 p.m.
- Tuesday, Apr. 10 6:30 – 9 p.m.
- Monday, Apr. 30 6:30 – 9 p.m.
- Tuesday, May 8 6:30 – 9 p.m.
- Tuesday, May 15 6:30 – 9 p.m.
- Thursday, May 17 6:30 – 9 p.m.
- Tuesday, June 5 6:30 – 9 p.m.
- Monday, June 18 6:30 – 9 p.m.
- Tuesday, June 19 6:30 – 9 p.m.
- Thursday, June 28 6:30 – 9 p.m.

## Baby Basics – Hands On!

### Wellness Center

\$35 per couple. Class size limited.

- Wednesday, Jan. 3 6:30 – 9 p.m.
- Saturday, Jan. 13 9 – 11:30 a.m.
- Tuesday, Jan 30 6:30 – 9 p.m.
- Wednesday, Feb. 7 6:30 – 9 p.m.
- Thursday, Feb. 22 6:30 – 9 p.m.
- Thursday, Mar. 15 6:30 – 9 p.m.
- Saturday, Mar. 17 9 – 11:30 a.m.
- Wednesday, Mar. 21 6:30 – 9 p.m.
- Thursday, Apr. 5 6:30 – 9 p.m.
- Saturday, Apr. 7 9 – 11:30 a.m.
- Tuesday, Apr. 17 6:30 – 9 p.m.
- Thursday, May 3 6:30 – 9 p.m.
- Wednesday, May 23 6:30 – 9 p.m.
- Thursday, Jun. 7 6:30 – 9 p.m.
- Saturday, Jun. 9 9 – 11:30 a.m.
- Tuesday, June 27 6:30 – 9 p.m.

## Baby Basics for Adoptive Parents

Please call 440.356.0347.

## Expecting Multiples

### Wellness Center

\$45 per couple

Please call Childbirth Education office for class dates or check online @ [fairviewhospital.org/childbirthed](http://fairviewhospital.org/childbirthed)

## Preparing the Family

### Grandparenting for the New Millennium

### Wellness Center

\$15 per Grandparent

- Wednesday, Jan. 10 6:30 - 9 p.m.
- Saturday, Feb. 10 9 - 11:30 a.m.
- Saturday, Mar. 10 9 - 11:30 a.m.
- Tuesday, Apr. 24 6:30 - 9 p.m.
- Saturday, May 12 9 - 11:30 a.m.
- Tuesday, June 12 6:30 – 9 p.m.

### Boot Camp for New Dads

### Wellness Center

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

Please call Childbirth Education office for class dates or check online @ [fairviewhospital.org/childbirthed](http://fairviewhospital.org/childbirthed)

### 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 13
- Feb. 17
- March 10
- April 14
- May 19
- June 9

## Infant & Child Safety

### CPR for Infant & Child

### Wellness Center

\$30 per person

- Saturday, Jan. 6 9 – 11:30 a.m.
- Monday, Jan. 22 6:30 – 9 p.m.
- Tuesday, Jan. 23 6:30 – 9 p.m.
- Wednesday, Jan. 24 6:30 – 9 p.m.
- Wednesday, Jan. 31 6:30 – 9 p.m.
- Saturday, Feb. 3 9 – 11:30 a.m.
- Monday, Feb. 12 6:30 – 9 p.m.
- Tuesday, Feb. 27 6:30 – 9 p.m.
- Monday, March 12 6:30 – 9 p.m.
- Tuesday, March 13 6:30 – 9 p.m.
- Wednesday, March 14 6:30 – 9 p.m.
- Saturday, March 24 9 – 11:30 a.m.
- Wednesday, Apr. 11 6:30 – 9 p.m.
- Saturday, Apr. 21 9 – 11:30 a.m.
- Saturday, May 5 9 – 11:30 a.m.
- Wednesday, May 16 6:30 – 9 p.m.
- Tuesday, May 22 6:30 – 9 p.m.
- Tuesday, May 29 6:30 – 9 p.m.
- Wednesday, May 30 6:30 – 9 p.m.
- Wednesday, Jun. 20 6:30 – 9 p.m.

## Prepare your Dog for the Newborn

### Wellness Center

\$25 per couple.

Please bring a photo of your dog.

- Tuesday Jan. 9 6:30 – 8:00 p.m.
- Monday Apr. 9 6:30 – 8:00 p.m.

## After Delivery – Support

### Private Lactation Consults

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

### Baby's First Massage Class

### Wellness Center

Tuesdays | 10 – 11 a.m.

Jan. 9, Feb. 13, March 13, April 10, May 8, June 12 or July 10

\$30 (2 caregivers + baby/multiples)

\$4 (booklet fee due at class, exact change)

Lisa Falkenstein, CPD, CNMI, will offer hands-on infant massage techniques to enhance your newborn's digestion; improve circulation; promote a deeper and more restful sleep; promote bonding; and many other benefits! 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. All attendees will leave with a detailed booklet for reference to continue to massage at home with confidence. **Advance registration is required. Call 440.356.0670, option 4 or register online at [fairviewhospital.org/wellnesscenter](http://fairviewhospital.org/wellnesscenter).**

## Breastfeeding Support Groups

### 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\***