

# Childbirth Education Classes July - December 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 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: July 12 – Aug. 16
- Mondays: July 16 – Aug. 20
- Wednesdays: Aug. 15 – Sept. 19
- Mondays: Aug. 20 – Oct. 1
- Thursdays: Aug. 23 – Sept. 27
- Wednesdays: Sept. 19 – Oct. 24
- Mondays: Oct. 1 – Nov. 5
- Thursdays: Oct. 4 – Nov. 8
- Wednesdays: Nov. 7 – Dec. 19

### \*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:

- Aug. 7 – Sept. 11
- Sept. 18 – Oct. 23
- Nov. 6 – Dec. 11

### \*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.

- July 27 – Aug. 17
- Sept. 28 – Oct. 19

### Fast Forward Series Childbirth Preparation Wellness Center

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

*Mondays and Wednesdays*

- Nov. 5 and 7
- Nov. 12 and 14
- Nov. 19 and 21
- Nov. 26 and 28

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

Saturday & Sunday, 9 a.m. – 3 p.m. Includes hospital tour. \$80 per couple. Bring 2 pillows and 1 blanket to class. Meet instructor on the first floor concourse near security/information desk.

- July 28 and 29
- Aug. 11 and 12
- Sept. 8 and 9
- Oct. 27 and 28
- Nov. 17 and 18
- Dec. 1 and 2

### \*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.

- July 21 and 28
- Sept. 22 and 29
- Oct. 20 and 27
- Nov. 10 and 17
- Dec. 8 and 15

### \*HypnoBirthing Wellness Center 4:30 - 7 p.m. Four-class series \$160 per couple.

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

### \*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.

July 7	Sept. 8	Nov. 3
July 28	Sept. 29	Nov. 17
Aug. 4	Oct. 6	Dec. 1
Aug. 25	Oct. 27	Dec. 15

### \*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.

- Wednesday, July 18 6 p.m.
- Saturday, Aug. 18 9 a.m.
- Wednesday, Sept. 12 6 p.m.
- Wednesday, Dec. 12 6 p.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, Jul 3 6:30 – 9 p.m.
- Tuesday, July 31 6:30 – 9 p.m.
- Tuesday, Aug. 7 6:30 – 9 p.m.
- Thursday, Aug. 16 6:30 – 9 p.m.
- Monday, Aug. 20 6:30 – 9 p.m.
- Tuesday, Sept. 11 6:30 – 9 p.m.
- Wednesday, Sept. 19 6:30 – 9 p.m.
- Wednesday, Sept. 26 6:30 – 9 p.m.
- Thursday, Sept. 27 6:30 – 9 p.m.
- Monday, Oct. 1 6:30 – 9 p.m.
- Tuesday, Oct. 9 6:30 – 9 p.m.
- Tuesday, Oct. 23 6:30 – 9 p.m.
- Monday, Nov. 5 6:30 – 9 p.m.
- Thursday, Nov. 8 6:30 – 9 p.m.
- Saturday, Nov. 10 1 – 3:30 p.m.
- Tuesday, Nov. 13 6:30 – 9 p.m.
- Saturday, Dec. 1 1 – 3:30 p.m.
- Tuesday, Dec. 11 6:30 – 9 p.m.
- Wednesday, Dec. 12 6:30 – 9 p.m.

## Baby Basics – Hands On!

### Wellness Center

\$35 per couple. Class size limited.

- Tuesday, July 10 6:30 – 9 p.m.
- Wednesday, July 25 6:30 – 9 p.m.
- Thursday, Aug. 2 6:30 – 9 p.m.
- Saturday, Aug. 11 9 – 11:30 a.m.
- Tuesday, Aug. 28 6:30 – 9 p.m.
- Saturday, Sept. 8 9 – 11:30 a.m.
- Monday, Sept. 17 6:30 – 9 p.m.
- Tuesday, Sept. 25 6:30 – 9 p.m.
- Monday, Oct. 8 6:30 – 9 p.m.
- Monday, Oct. 22 6:30 – 9 p.m.
- Tuesday, Nov. 6 6:30 – 9 p.m.
- Thursday, Nov. 29 6:30 – 9 p.m.
- Saturday, Dec. 1 6:30 – 9 p.m.
- Monday, Dec. 10 6:30 – 9 p.m.

## Baby Basics for Adoptive Parents

Please call 440.356.0347.

## Expecting Multiples

### Wellness Center

\$45 per couple

- Tuesday, July 24 6:30 – 9 p.m.
- Thursday, Nov. 15 6:30 – 9 p.m.

## Preparing the Family

### Grandparenting for the New Millennium

### Wellness Center

\$15 per Grandparent

- Saturday, July 14 9 – 11:30 a.m.
- Tuesday, Aug. 14 6:30 – 9 p.m.
- Tuesday, Sept. 11 6:30 – 9 p.m.
- Tuesday, Oct. 30 6:30 – 9 p.m.
- Thursday, Nov. 29 6:30 – 9 p.m.
- Tuesday, Dec. 4 6:30 – 9 p.m.

## Boot Camp for New Dads

### Wellness Center

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

- July 7 Oct. 13
- Aug. 4 Nov. 10
- Sept. 8 Dec. 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.

- July 14 • Oct. 20
- Aug. 4 • Nov. 3
- Sept. 15 • Dec. 1

## Infant & Child Safety

### CPR for Infant & Child

### Wellness Center

\$30 per person

- Wednesday, July 11 6:30 – 9 p.m.
- Saturday, July 14 9 – 11:30 a.m.
- Tuesday, July 17 6:30 – 9 p.m.
- Wednesday, July 18 6:30 – 9 p.m.
- Monday, Aug. 6 6:30 – 9 p.m.
- Wednesday, Aug. 8 6:30 – 9 p.m.
- Tuesday, Aug. 21 6:30 – 9 p.m.
- Wednesday, Aug. 22 6:30 – 9 p.m.
- Wednesday, Sept. 5 6:30 – 9 p.m.
- Saturday, Sept. 15 9 – 11:30 a.m.
- Tuesday, Sept. 18 6:30 – 9 p.m.
- Monday, Oct. 15 6:30 – 9 p.m.
- Tuesday, Oct. 30 6:30 – 9 p.m.
- Saturday, Nov. 10 9 – 11:30 a.m.
- Wednesday, Nov. 14 9 – 11:30 a.m.
- Tuesday, Nov. 27 6:30 – 9 p.m.
- Wednesday, Nov. 28 6:30 – 9 p.m.
- Wednesday, Dec. 5 6:30 – 9 p.m.
- Thursday, Dec. 6 6:30 – 9 p.m.
- Saturday, Dec. 8 6:30 – 9 p.m.

## Prepare your Dog for the Newborn

### Wellness Center

\$25 per couple.

Please bring a photo of your dog.

- Monday, July 9 6:30 – 8 p.m.
- Saturday, Oct. 20 9 – 11:30 a.m.

## After Delivery – Support

### Private Lactation Consults

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

## Infant Massage Class – Learn How to Massage Your Baby!

### Wellness Center

Tuesdays | 10 – 11 a.m.

July 10, Aug. 14, Sept. 11, Oct. 9, Nov. 13, Dec. 11

\$30 (2 caregivers + baby/multiples)

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

Bring your baby to this fun and educational class led by Lisa Falkenstein, CPD, CNMI. She will teach you hands-on infant massage techniques to enhance your baby'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 end 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\***