

Childbirth Education Classes

Fairview Hospital

July—December 2019

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.

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

*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 Jun 6 - Jul 18
- Mondays July 1 - Aug. 6
- Wednesdays Aug 7 - Sep 11
- Mondays Aug. 26 - Oct. 7
- Thursdays Sep 5 - Oct. 10
- Thursdays Oct 17 - Nov 21*
- Mondays Nov 4 - Dec. 9
- Thursdays Dec 5 - Jan. 16

*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:

- Jun 25 - Jul 30
- Aug 6 - Sept 10
- Sept 24 - Oct 29
- Nov 12 - Dec 17

*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:
- Jul 19 - Aug. 9
 - Oct. 4 - Oct. 25

*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.

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| Jul 27 & 28 | Sep 21 & 22 |
| Oct 19 & 20 | Nov 16 & 17 |
| Dec 14 & 15 | |

*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.

- Jul 20 & 27
- Aug 10 & 17
- Sep 21 & 28
- Oct 12 & 19
- Nov 16 & 23
- Dec 14 & 21

*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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| July 6 | Jul 27 | Aug. 3 |
| Aug 24 | Sept 7 | Sept 28 |
| Oct 5 | Oct 19 | Nov. 2 |
| Nov 23 | Dec 7 | Dec 21 |

*Fast Forward Series Childbirth Preparation

Wellness Center

Two nights per week for *three* weeks, 6:30 – 9:00 p.m. \$140 per couple. Please bring 2 pillows and 1 blanket to class. ***Includes Baby Basics – Hands On!, Breastfeeding Preparation and a Fairview Hospital tour.***

Mondays and Wednesdays:

- October 7, 9, 14, 16, 21 & 23

*Private Childbirth Preparation classes

Wellness Center

By appointment with our Certified Childbirth Educators. \$50 per 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

Wellness Center

This one time class will focus on ways to respond positively to labor with movement, massage, breathing and more, for increased comfort and labor progress, to use both at home, and in hospital. All expectant couples welcome, whether having a first baby, or returning for a refresher or VBAC after a previous birth, \$40 per couple.

- Saturday, Sep 7 9 a.m. - 12:30
- Saturday, Nov 2 9 a.m. - 12:30

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.

Preparing for the Baby

Breastfeeding Basics

Wellness Center

\$30 per couple

Dads are encouraged to attend.

- Tuesday, Jul 2 6:30 – 9 p.m.
- Thursday, Jul 18 6:30 – 9 p.m.
- Tuesday, Jul 30 6:30–9 p.m.
- Monday, Aug 5 6:30 – 9 p.m.
- Tuesday, Aug 6 6:30 – 9 p.m.
- Tuesday, Sep 10 6:30 – 9 p.m.
- Tuesday, Sep 17 6:30 – 9 p.m.
- Monday, Oct 7 6:30 – 9 p.m.
- Thursday, Oct 10 6:30 – 9 p.m.
- Saturday, Oct 12 1:00 – 3:30 p.m.
- Tuesday, Oct 15 6:30 – 9 p.m.
- Wednesday, Oct 23 6:30 – 9 p.m.
- Tuesday, Oct 29 6:30 – 9 p.m.
- Tuesday, Nov 5 6:30 – 9 p.m.
- Saturday, Nov 9 1 – 3:30 p.m.
- Thursday, Nov 21 6:30 – 9 p.m.
- Saturday, Dec 7 1:00 – 3:30 p.m.
- Monday, Dec 9 6:30 – 9 p.m.
- Monday, Dec. 16 6:30 – 9 p.m.

Baby Basics – Hands On!

Wellness Center

\$35 per couple. Class size limited.

- Monday, Jul 15 6:30 – 9 p.m.
- Thursday, Jul 25 6:30 – 9 p.m.
- Saturday, Aug 10 9 – 11:30 a.m.
- Monday, Aug 19 6:30 – 9 p.m.
- Thursday, Aug 29 6:30 – 9 p.m.
- Thursday, Sep 12 6:30 – 9 p.m.
- Saturday, Sept 14 9 – 11:30 a.m.
- Wednesday, Oct 9 6:30 – 9 p.m.
- Monday, Oct 28 6:30 – 9 p.m.
- Thursday, Nov 7 6:30 – 9 p.m.
- Tuesday, Nov 19 6:30 – 9 p.m.
- Thursday, Dec 5 6:30 – 9 p.m.

Baby Basics for Adoptive Parents

Please call 440.356.0347.

Expecting Multiples

Wellness Center

\$45 per couple

- Tuesday, Jul 23 6:30 – 9 p.m.
- Tuesday, Oct 15 6:30 – 9 p.m.

Preparing the Family

Grand-parenting for the New Millennium

Wellness Center

\$15 per Grandparent

- Saturday, Jul. 13 9:00 – 11:30 a.m.
- Wednesday, Aug 7 6:30 – 9:00 p.m.
- Tuesday, Sept 17 6:30 – 9:00 p.m.
- Tuesday, Oct 22 6:30 – 9 p.m.
- Tuesday, Nov 5 6:30 – 9 p.m.
- Monday, Dec 16 6:30 – 9 p.m.

Boot Camp for New Dads

Wellness Center

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

- Jul 6 Aug 3
- Sep 7 Oct 5
- Nov 2 Dec 14

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.

- Jul 6 Aug 3
- Sep 7 Oct 12
- Nov 2 Dec 7

Infant & Child Safety

CPR for Infant & Child

Wellness Center

\$30 per person

- Wednesday, Jul 10 6:30 – 9 p.m.
- Saturday, Jul 13 9 – 11:30 a.m.
- Tuesday, Jul 16 6:30 – 9 p.m.
- Wednesday, Jul 17 6:30 – 9 p.m.
- Wednesday, Aug. 14 6:30 – 9 p.m.
- Tuesday, Aug 20 6:30 – 9 p.m.
- Wednesday, Aug 21 6:30 – 9 p.m.
- Thursday, Aug 22 6:30 – 9 p.m.
- Wednesday, Sep 18 6:30 – 9 p.m.
- Thursday, Sep 19 6:30 – 9 p.m.
- Tuesday, Sep 24 6:30 – 9 p.m.
- Tuesday, Oct 1 6:30 – 9 p.m.
- Saturday, Oct 5 9 – 11:30 a.m.
- Thursday, Oct 17 6:30 – 9 p.m.
- Wednesday, Oct 30 6:30 – 9 p.m.
- Wednesday, Nov 13 6:30 – 9 p.m.
- Wednesday, Nov 20 6:30 – 9 p.m.
- Monday, Nov. 25 6:30 – 9 p.m.
- Tuesday, Nov 26 6:30 – 9 p.m.
- Tuesday, Dec 3 6:30 – 9 p.m.
- Wednesday, Dec 4 6:30 – 9 p.m.
- Thursday, Dec 12 6:30 – 9 p.m.

Prepare your Dog for the Newborn

Wellness Center

\$25 per couple. Please bring a photo of dog.

- Saturday Jul 13 12:30 – 2 p.m.
- Monday, Oct 2 6:30 – 8 p.m.

After Delivery – Support

Private Lactation Consultations

Wellness Center

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

Infant Massage Class

Wellness Center

Learn How to Massage Your Baby!

Held the 2nd Tuesday of Every Month | 10 to 11 a.m. \$30 per class, plus \$4 booklet fee due at class (exact change). Advance registration is required. Register online at fairviewhospital.org/wellnesscenter. Call 440.356.0670, option 4 if you have any questions.

In Support of Women Retail Boutique

6777 Mayfield Rd. (Hillcrest North Campus), Mayfield Hts., OH 44124 | 440.312.0267

In Support of Women Retail Boutique is committed to supporting breastfeeding mothers by providing breast pumps and accessories along with certified lactation consultation and support groups for stay at home & working mothers. Email: insupportofwomen@ccf.org

Store Hours: Monday - Friday 10:00 a.m. – 2:00 p.m.

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.

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

**FAIRVIEW HOSPITAL
BREASTFEEDING
WARM LINE:
216.476.7222**