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

Preventing 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
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

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
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®

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
- Hypoesthesia
- 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.

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

Hilcrest Hospital: 440.312.4647 | Fairview Hospital: 440.356.0347
hilcresthospital.org/childbirthed fairviewhospital.org/childbirthed

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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

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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.

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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 are 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 birthing 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).

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

Hilcrest Hospital: 440.312.4647 | Fairview Hospital: 440.356.0347
hilcresthospital.org/childbirthed fairviewhospital.org/childbirthed
For a schedule of class dates, times and locations, or to register, go to clevelandclinic.org/childbirthed or call:

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<tr>
<th>Hospital</th>
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<tr>
<td>Akron General</td>
<td>330.344.5705</td>
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<tr>
<td>Fairview Hospital</td>
<td>216.476.7222</td>
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<tr>
<td>Hillcrest Hospital</td>
<td>440.312.5332</td>
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<tr>
<td>Main Campus</td>
<td>216.445.7919</td>
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For more information, call 440.312.0267 or email Mayfield6777@ccf.org.

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<tr>
<td>Summit</td>
<td>330.344.5705</td>
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<tr>
<td>Lakewood Avenue</td>
<td>216.476.7222</td>
<td>440.356.0347</td>
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<tr>
<td>Hillcrest Hospital, North Campus</td>
<td>3035 Wooster Rd., Room 101, Rocky River, OH 44116</td>
<td>216.476.7222</td>
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<td>Fairview Hospital Wellness Center</td>
<td>3035 Wooster Rd., Room 101, Rocky River, OH 44116</td>
<td>216.476.7222</td>
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<tr>
<td>Hillcrest Hospital, North Campus</td>
<td>6777 Mayfield Road, Mayfield Heights, OH 44124</td>
<td>440.312.5332</td>
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<tr>
<td>Westown Physicians Center</td>
<td>10654 Lorain Avenue, Cleveland, OH 44111</td>
<td>216.941.8888</td>
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Registration Options

• Online: clevelandclinic.org/childbirthed  
  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

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