



For class dates
and times visit:
HillcrestHospital.org

Click on "Care
Specialties and
Services"

Click on "Women &
Children's Services"

Click on "Childbirth
and Parenting
Education"

Click on "Description
of Classes/Class
Schedule"

Preparing for Baby

Night with an Anesthesiologist

- This FREE class includes a tour of our Family Maternity Center
- Provide expectant parents the opportunity to meet an Anesthesiologist
- Discuss what parents should expect from an Anesthesiologist in the hospital
- Parents may ask Anesthesiologist questions and share concerns
- Relaxed interactive learning experience

Night with a Pediatrician

- This FREE class includes a tour of our Family Maternity Center
- Provide expectant parents the opportunity to meet a general pediatrician, and then ask questions about pediatricians
- Discuss what parents should expect from a pediatrician in the hospital
- Parents may ask pediatrician questions and share concerns
- Relaxed interactive learning experience

Breastfeeding Basics

Gain confidence to have a satisfying breast feeding experience

- Prenatal breast preparation
- How baby establishes your milk supply
- Pumping and Storing Milk
- Positioning and Latch-on
- Resources available

\$35 per couple

Happiest Baby/Infant Massage

Learn how to help babies sleep longer and soothe even the fussiest infants in minutes

- Communicate your love through touch – learn to massage your baby
- Relaxes and soothes
- Deepens bonding
- Improves communication
- Helps baby sleep well
- Helps relieve symptoms of colic

\$50 per couple, includes "The Happiest Baby On The Block" DVD, "Soothing Sounds" CD and Infant Massage Booklet

Baby Basics

A class for expectant and adoptive parents to learn about:

- Newborn reflexes
- Soothing a fussy baby
- Parental adjustment
- Bathing, diapering, dressing and feeding
- Establishing day and night routines
- Newborn's emotional needs

\$35 per couple

To register, please call
440.312.4647 or
216.445.BABY