

# January-June 2019



View and register for the most current schedule of classes online at [hillcresthospital.org/childbirthed](http://hillcresthospital.org/childbirthed) or call 440.312.4647.

## Childbirth, Parenting and Community Education

Health Information For Patients and the Community

### Hillcrest Hospital Childbirth Education Classes

Suggested Guidelines:

For class description and details please visit [hillcresthospital.org/childbirthed](http://hillcresthospital.org/childbirthed)

- **Registration is required for all classes unless noted.**
- Classes may be canceled due to low enrollment
- Register for Prepared Childbirth classes around the 5th month of pregnancy.
- Begin attending classes by the 7th month of pregnancy
- Plan to complete all classes 3-4 weeks prior to your due date
- Interpretative services available upon request for all classes and tours.

### Hillcrest Hospital Maternity Tour

View the maternity center on a guided tour with the opportunity to ask questions. **Registration is required.**

#### Saturday Tours

11:30 am and 12:45 pm

#### Sunday Tours

11:30 am and 12:45 pm  
(Select Sundays)

#### Weekday Tours

First Thursday of each month at 6pm  
Third Tuesday of each month at 11am

### Preparing for Childbirth

#### Private Childbirth Preparation

Private classes are available for Cesarean birth, Vaginal Birth After Cesarean (VBAC), Multiples, Private Lamaze or Hypnobirthing. Other circumstances are also considered upon request and at the availability of the instructor. Please call 440.312.4647 for more information.

#### Birth E-Class

Online Birth Preparation Class designed for those unable to attend a traditional birthing class. Please call 440.312.4647 for more information.

#### Holistic Services

Reiki, Guided Imagery, and Hypnotherapy are available in a private setting. Please call 440.312.4647 for more information.

### HypnoBirthing\*#

Tuesdays- 4:30-7pm \$180/Couple

A practical method of childbirth that teaches a woman how to work with their birthing body in the absence of fear and tension. These mind and body tools include hypnosis, positive focus, breathing and relaxation techniques.

January 15th-29

February 5th-26th

March 5th-26th

April 2nd-23rd

May 7th-28th

June 4th-25th

### Mind. Body. Baby.\*#

Wednesdays-5-7pm \$80/Couple

Understand the mind, body and baby connection-you are one. Practice techniques to respond to labor positively and slowly, without fear.

January 2nd-30th

March 6th-27th

May 1st-22nd

### Lamaze Series#

\$80/Couple

Comprehensive childbirth preparation class with an emphasis on breathing and relaxation techniques.

Meets four consecutive weeks.

Saturday, February 2nd-23rd 9-11:15am

Saturday, April 27th-May 18th 9-11:15am

### Lamaze Plus#

\$140/Couple

Six week childbirth class that includes Lamaze, Baby Basics and Breastfeeding Basics.

#### Series 1

**Lamaze:** Mondays, March 4th-25th  
6-8:15pm

**Baby Basics:** April 1st 6-9pm

**Breastfeeding Basics:** April 8th 6-9pm

#### Series 2

**Lamaze:** Tuesdays, June 4th-25th  
6-8:15pm

**Baby Basics:** July 2nd 6-9pm

**Breastfeeding Basics:** July 9th 6-9pm

### Just The Facts Lamaze#

Saturdays 9-4pm \$80/Couple

Condensed, **ONE DAY** complete childbirth class designed for those with challenging schedules. Less time spent on relaxation and breathing techniques.

January 26th

February 16th

March 30th

April 20th

May 11th

June 22nd

### Fast Track Lamaze#

\$80/Couple

Condensed, **TWO DAY** complete childbirth class designed for those with challenging schedules. Less time spent on relaxation and breathing techniques.

Thursday, January 3rd and 10th 5-8pm

Monday, January 7th and 14th 6-9pm

Tuesday, January 15th and 22nd 5-8pm

Friday, January 25th and February 1st 5-8pm

Tuesday, February 5th and 12th 5-8pm

Wednesday, February 6th and 13th 5-8pm

Friday, February 22nd and March 1st 5-8pm

Sunday, February 24th and March 3rd 5-8pm

Saturday, March 2nd and 9th 9-Noon

Friday, March 15th and 22nd 5-8pm

Tuesday, March 19th and 26th 5-8pm

Saturday, March 23rd and 30th 9-Noon

Tuesday, April 9th and 16th 5-8pm

Saturday, April 13th and 20th 9-Noon

Wednesday, April 17th and 24th 5-8pm

Friday, April 26th and May 3rd 5-8pm

Friday, May 3rd and 10th 5-8pm

Thursday and Friday, May 16th & 17th 5-8pm

Tuesday, May 21st and 28th 5-8pm

Friday, May 31st and June 7th 5-8pm

Saturday, June 8th and 15th 9-Noon

Tuesday, June 11th and 18th 5-8pm

Wednesday, June 19th and 26th 5-8pm



**#Please bring 2-3 Bed pillows and a blanket to class.**

**\*Tour is included with class.**

## Preparing for Baby

### Baby Basics and Tour

**\$35/Couple**

This class covers the first six weeks of a baby's life. Newborn care, behavior, dressing and safety will be discussed.

**\*\* No tour available**

Saturday, January 5th	12-3pm
Sunday, January 6th	12-3pm
Tuesday, January 8th	5-8pm
Thursday, January 24th	5-8pm
Monday, January 28th	5-8pm**
Tuesday, February 5th	5-8pm
Sunday, February 10th	12-3pm
Tuesday, February 12th	5-8pm
Wednesday, February 20th	5-8pm
Wednesday, March 6th	5-8pm
Saturday, March 9th	12-3pm
Tuesday, March 12th	5-8pm
Wednesday, April 3rd	5-8pm
Saturday, April 6th	12-3pm
Sunday, April 7th	12-3pm
Wednesday, April 24th	5-8pm
Tuesday, April 30th	5-8pm**
Monday, May 6th	5-8pm
Tuesday, May 14th	5-8pm
Sunday, May 19th	5-8pm
Tuesday, June 11th	5-8pm
Tuesday, June 25th	5-8pm
Sunday, June 30th	12-3pm

### Adoptive Baby Basics

**\$35/Couple**

Specialized baby care preparation class for adoptive and foster families.

Thursday, January 31st	5-7pm
Monday, March 18th	5-7pm
Tuesday, May 28th	5-7pm

### Breastfeeding Basics

**\$30/Couple**

Expectant parents will learn how to get the best start to breastfeeding. Establishing milk supply, correct latch, partner support and returning to work are explained in greater detail in this preparation class.

Saturday, January 5th	9-Noon
Sunday, January 6th	9-Noon
Thursday, January 31st	4-7pm
Saturday, February 9th	9-Noon
Saturday, February 16th	9-Noon
Monday, February 18th	4-7pm
Saturday, March 9th	9-Noon
Sunday, March 17th	9-Noon
Monday, March 25th	4-7pm
Sunday, April 14th	9-Noon
Saturday, April 27th	9-Noon
Saturday, May 4th	9-Noon
Sunday, May 5th	9-Noon
Monday, May 20th	4-7pm
Saturday, June 8th	9-Noon
Sunday, June 9th	9-Noon
Monday, June 17th	4-7pm

### Boot Camp

**Saturday 9 am to Noon \$20/Dad**

This class is designed for expectant Fathers. Vet Dads offer encouragement, tips and support while sharing education to assist with the transition to fatherhood.

January 5th	April 6th
February 2nd	May 4th
March 2nd	June 1st

## Preparing the Family

### Sibling Celebration\*

**10-Noon \$25/Family**

Welcome other children as they take on their new role as a big brother or sister. They will learn what to expect at the hospital and what happens at home. Ages 3+

January 5th	April 6th
February 2nd	May 4th
March 2nd	June 1st

### Grandparenting Today\*

**Thursday, 5:30 to 8:30pm \$15/Person**

Learn the most current methods of childcare practice, including safe sleep, infant nutrition and communication between parents.

January 24th	May 23rd
March 21st	June 20th
April 18th	

### Sitter School/Teen CPR

**\$65/Person**

Designed for ages 11-15. This class encourages safety and confidence establishing a babysitting business. Students will learn how to handle emergency situations, including CPR and accident prevention.

**This class meets consecutively for two days.**

March 2nd 9-1pm & March 3rd 9-Noon
May 4th 9-1pm & May 5th 9-Noon
June 1st 9-1pm & June 2nd 9-Noon

## Infant and Child Safety

### CPR for Infant and Child

**\$30/Person**

The perfect CPR class for friends and family to attend. Learn life saving techniques from the American Heart Association.

Monday, January 7th	6-9pm
Saturday, January 12th	9-Noon or 1-4pm
Tuesday, January 15th	6-9pm
Sunday, January 27th	9-Noon or 1-4pm
Saturday, February 9th	9-Noon or 1-4pm
Thursday, February 14th	6-9pm
Monday, February 18th	6-9pm
Sunday, February 24th	9-Noon
Wednesday, February 27th	6-9pm
Thursday, March 7th	6-9pm
Saturday, March 9th	9-Noon or 1-4pm
Wednesday, March 13th	6-9pm
Sunday, March 17th	9-Noon or 1-4pm
Tuesday, March 26th	6-9pm
Wednesday, April 3rd	6-9pm
Wednesday, April 10th	6-9pm
Saturday, April 13th	9-Noon or 1-4pm
Monday, April 22nd	6-9pm
Sunday, April 28th	9-Noon
Tuesday, May 7th	6-9pm
Saturday, May 11th	9-Noon or 1-4pm
Monday, May 20th	6-9pm
Sunday, May 26th	9-Noon or 1-4pm
Sunday, June 2nd	1-4pm
Wednesday, June 12th	6-9pm
Monday, June 17th	6-9pm
Monday, June 17th	6-9pm
Saturday, June 29th	9-Noon

## Keeping your Baby Safe and Infant-Child CPR

**1:30 to 3:30pm \$10/Person**

Learn the steps to keeping your baby safe in the car and home. Beneficial class to follow CPR.

**Sunday, February 24th  
Sunday, April 28th  
Saturday, June 29th**

## After Delivery Classes and Support

Registration is not required

### Breastfeeding Support Group

**Tuesdays and Fridays 11-12:30pm**

North Campus Building  
6777 Mayfield Road  
West Entrance

FREE

### Evening Breastfeeding Support Group

**1st & 3rd Wed. of each month 6 - 7pm**

North Campus Building  
6777 Mayfield Road  
West Entrance

FREE

### Mommy and Me

**Thursdays 11:30-1pm**

North Campus Building  
6777 Mayfield Road  
West Entrance

FREE

