Preparing for a Healthy Pregnancy

Understanding Pregnancy: This FREE class is designed for women and their support person to find out what to expect when you are expecting. It is intended for 1st and 2nd trimester (up to 24 weeks) of pregnancy. Women who are planning a pregnancy are also welcome. Topics include:

- Physical and emotional changes
- Fetal development
- Weight gain, nutrition, diet and exercise
- Common discomforts/comfort measures

NEW! Dancing for Birth™

Prenatal/Postpartum dance classes incorporate dance moves from around the world that best prepare you to give birth. You’ll become stronger, more agile, more at ease with your body and both mentally and physically ready to embrace your birth experience.

Learn birth dancing moves inspired by Belly dancing, Latin dance, African dance and Caribbean dance. It’s a workout that relaxes and uplifts you. No experience necessary!

Weekly classes are offered to keep you dancing through pregnancy and postpartum with your baby.

Call 440.356.0347 for more information. Fairview Hospital Wellness Center

Prenatal Yoga Class: 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

Fairview Hospital Wellness Center
To register call Carole Lesko 440.477.0270.

Parenting Connection e-newsletter

We are pleased to offer expecting and new parents a free weekly email full of information about pregnancy and the changes happening to the mom and baby during this time. The email can begin as early as the seventh week of pregnancy, and can continue until the child’s third birthday. An easy opt-out option is available.

Visit clevelandclinic.org/parentingconnection to register.
Thank you for choosing Cleveland Clinic to bring your new little one(s) into the world!

The decision to become a parent is one of the most important decisions you will make in your life. As babies do not come with instruction manuals, you rely on healthcare professionals for education and guidance.

Making the decision about how you will feed your baby is a choice that all parents must face. Our goal is to provide you with the best possible information to make an informed decision.

The Cleveland Clinic birthing hospitals are taking special steps to create the best possible environment for successful breastfeeding by maintaining certification as Baby Friendly Hospitals.

Fairview and Lakewood Hospitals have received prestigious international recognition as a Baby-Friendly® birth facilities.

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.

The Cleveland Clinic is committed to improving the long-term health and wellness of our community. Breastfeeding offers an unmatched beginning for all new babies and is recommended by the American Academy of Pediatrics (AAP) as the primary source of nutrition for the first year of life. Scientific studies have shown that breastfed babies are sick less often, have reduced risk of Sudden Infant Death Syndrome (SIDS) and less childhood cancers and diabetes.

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 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 an 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 breastfed infants no food or drink other than breastmilk, unless medically indicated
7. Practice “rooming-in” by allowing mothers and infants to remain together 24 hours a day
8. Encourage breastfeeding on demand
9. Give no artificial nipples, pacifiers, dummies or soothers 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

Outpatient Lactation Consultations
Call for more details.
216.476.7222.
Classes to Prepare You for Childbirth

Childbirth Preparation/Lamaze Class

Class topics include:
• Process of labor and birth
• Supportive coaching techniques
• Use of birth ball, water therapy
• Comfort measures (including relaxation) for labor and birth
• Medical interventions
• Medicines
• Cesarean birth
• Postpartum care and emotional needs

Suggested Guidelines: Register for Prepared Childbirth classes around your fifth month of pregnancy. Begin classes by the seventh month and complete classes at least three to four weeks before your due date. Recommendations vary for mothers of multiples and high risk pregnancy.

Classes are offered at Fairview and Medina locations.

Weeknight Prepared Childbirth
Four weeks of Lamaze, tour, Baby Basics, and Breastfeeding all in one six week series.

Weekend Prepared Childbirth
(Saturday/Sunday)
Complete childbirth series with extra time spent practicing relaxation, breathing techniques, and discussion. Includes tour.

Just the Facts
One-day Saturday class
Condensed, complete childbirth series, designed for those with challenging schedules. Less time spent on relaxation and breathing techniques. Includes tour.

Saturday morning Prepared Childbirth
Two Saturday mornings
Condensed, complete childbirth series, designed for those with challenging schedules. Less time spent on relaxation and breathing techniques. Includes tour.

NEW! HypnoBirthing®

HypnoBirthing® is a unique method of childbirth education that teaches women/couples how to work with their birthing bodies using:
• Hypnosis, imagery and relaxation
• Stress management techniques
• Releasing the fear and tension which accompany pain
• Breathing techniques synchronized for birthing
• Supportive coaching methods
• 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 at the time of birth.

For more information on HypnoBirthing®, contact Joyce Poplar, Perinatal Educator, 440.312.2777.

Marymount Hospital auditorium
Classes to Prepare You for Childbirth (cont.)

Natural Unmedicated Childbirth
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.

Fairview Hospital Wellness Center

Cesarean Birth
This one time class is for those who have been told they are going to have a cesarean and/or are planning a repeat cesarean delivery. A tour of the birthing center is included.

Class topics include:
- Reasons for Cesarean
- Types of anesthesia
- Cesarean delivery procedure
- Comfort measures after birth
- Care of mother and baby

Fairview Hospital

Private Childbirth Preparation Class
By appt. only with our certified childbirth educators

Birth e-class
Online Childbirth Education classes. Please call 440.356.0347 for more information.

Private Childbirth Refresher and VBAC Preparation
Refresher Lamaze and VBAC (Vaginal Birth after Cesarean) class is for couples who have experienced a previous vaginal or cesarean delivery within the past five years and completed a course in prepared childbirth.

Class topics include:
- Review of process of labor and birth
- Comfort measures for labor and birth
- Medical interventions
- Options for pain relief
- Postpartum recovery
- Sibling preparation

By appt. only with our certified childbirth educators.

Night with the Anesthesiologist and Tour
A free, one night program that includes a Q & A session with an anesthesiologist. A tour of the Birthing Center is included.

Registration is required. Location: Fairview Hospital.

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

Fairview Hospital Wellness Center and Medina Hospital

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
- Prenatal breast preparation
- How baby establishes your milk supply
- Positioning and latch-on
- Pumping and storing milk
- Preparation for returning to work
- Resources available

Fairview Hospital Wellness Center, Lakewood Hospital, and Medina Hospital

Multiple Blessings – Expecting Twins or Triplets
Includes optional tour of Fairview hospital NICU
- 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

Fairview Hospital

Night with a Pediatrician and Tour
A free, one night program that includes a Q & A session with a pediatrician. A tour of the Birthing Center is included.

Registration required. Location: Fairview Hospital.
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 have been 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.

Fairview Hospital Wellness Center

Grandparenting for the New Millenium

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 childbirth 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

Fairview Hospital Wellness Center

Sibling Celebration!

Becoming a Big Brother or 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. Separate classes for ages 3-5 and 5-9.

Fairview Hospital

Sibling Sitters: Older Sibling Preparation Class

Getting ready for the new baby is important for older siblings too. Recommended for ages 9 and up.

By appt only  Call 440.356.0347 to register

Fairview Hospital

Family Centered Birth – Preparing Siblings to Attend the Birth

This private class is required for siblings who will be present during the labor and birth of their new brother or sister. Our experienced instructor will prepare your child(ren) for the work of labor and experiencing the miracle of birth. The instruction is tailored to your child’s age and stage. Please discuss this birth option with your physician/midwife prior to registering. Parents and support person who will be with child during the labor must attend class with the child.

Preparing your Dog for the Newborn

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).

Fairview Hospital Wellness Center

Classes for the Community

CPR for Infant and Child

Focus is on 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

Fairview Hospital Wellness Center and Medina Hospital

Infant and Child Safety

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. Instructors are Child Life Specialists and Certified Car Seat Safety Technicians.

Class topics include:
• car seat safety and installation
• sleep safety
• SIDS prevention
• Water safety
• Baby proofing the home
• Choking and fall prevention

Fairview Hospital

Car Seat Fit Stops

Car seat installation can be tricky. Did you know that 75 percent of all car seats for infants and children are installed incorrectly? Have your car seat installed prior to delivery by making an appointment with one of our Certified Car Seat Safety Technicians. Call 216.476.0200 to schedule.
Breastfeeding Support Groups
A support system for breastfeeding mothers in a group setting. Individual advice and attention from a lactation consultant provided. Problem solving for engorgement, latch, growth spurts, pumping and storing milk, return to work, and more. Mothers only for privacy reasons. Registration not required.

Daytime Support Group at Fairview Hospital Wellness Center
440.356.0347
Monday, Tuesday, Wednesday, and Friday, 1 – 3 p.m.

Evening Support at Fairview Hospital Wellness Center
440.356.0347
Thursday, 5 – 7 p.m.

Lakewood Hospital Support Group
Located at Lakewood United Methodist Church – Summit Ave. entrance, 15700 Detroit Rd. 216.529.5018
Wednesdays, 9:30 – 11 a.m.

Medina Hospital Support Group
Medina Hospital, 1000 E. Washington St., Family Birthing Center 330.721.5375
Thursdays, 1 – 3 p.m.

Strongsville Support Group
Strongsville Family Health Center, 16761 South Park Center, Community Room A 440.878.2500
Wednesdays, 1:30 – 3:30 pm

Avon Support Group
Avon Point Family Health Center, 36901 American Way 440.899.5550
Thursdays, 9:30 – 11 a.m.

Private Lactation Consults
By appointment.
Call 216.476.7222 for information.
Covered by in-network insurance with no out of pocket expenses.

Breastfeeding Helplines
Fairview Hospital: 216.476.7222
Lakewood Hospital: 216.529.7596
Medina Hospital: 330.725.1000 ext 2284

New Moms Discussion Group
Fairview Hospital Wellness Center
Bring your baby and come share your experience, questions and concerns as a new mother. Discussion is facilitated by an RN childbirth educator. Designed for mothers and babies ages three weeks to one year (non mobile infants welcome). Registration not required.
Tuesdays, 10 – 12 noon

Loss Support
F.E.E.L. Families Experiencing Early Loss
Informal, free support group for families who have experienced pregnancy loss due to miscarriage, stillbirth, or infant death after live birth. The group is available for any family, regardless of where care was received. The group meets the first Thursday of each month from 7:30-9 pm in Meeting Room C at Fairview Hospital. For more information, call the F.E.E.L. voice mail line, at 216.476.6965. If your call needs more immediate attention, please call Kathy Ballantine, F.E.E.L. program coordinator, at Fairview Birthing Center at 216.476.7120.

Pregnancy and Cardiovascular Outcomes Registry (PCOR)
Physicians are interested in whether or not certain high risk pregnancies are associated with future development of cardiovascular disease.
Volunteers are needed who are currently pregnant and are in any of the following categories:
• Normal pregnancy – OR have current diagnosis of:
  • Preeclampsia/eclampsia
  • Pregnancy induced hypertension (PIH)
  • Gestational diabetes
  • Placental abruption
  • Placental infarction

As a participant in this registry study, you will be provided FREE cardiovascular screenings during seven visits that will extend over a 10 year period.
For more information, call 216.476.0174
General Course Information

Confirmation
Verbal or email confirmation will be given upon completion of the registration process.

Cancellations and Refund Policy
A full refund will be given for classes cancelled at least 10 business days in advance, or due to medical reasons.

Refunds will be prorated for those who cannot complete a class due to medical reasons.

Rescheduling missed classes is subject to class availability. Classes may be cancelled or rescheduled based on low enrollment or instructor availability.

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:
- fairviewhospital.org/childbirthed
- lakewoodhospital.org/childbirthed
- medinahospital.org/childbirthed
Registration Options

• Online: clevelandclinic.org/childbirthed
• Phone: 440.356.0347
• Mail: use mail in form
• Fax: send form below to 216.476.0550

All classes and tours held at Fairview Hospital and Lakewood Hospital require a fee for parking. Classes at Fairview Hospital Wellness Center and Medina Hospital include free parking. For full day classes, lunch is on your own in hospital cafeteria.

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.

Program Locations

Fairview Hospital
18101 Lorain Ave.
Cleveland, OH 44111

Fairview Hospital Wellness Center
3035 Wooster Rd.
Rocky River, OH 44116

Lakewood Hospital
14519 Detroit Ave.
Lakewood, OH 44107

Medina Hospital
1000 E Washington St.
Medina, OH 44256

Name of Expectant Mother

Address

City/Zip Code

Telephone (home/work/cell)

Email address

Support Person

Due Date

OB Provider (MD or Certified Nurse Midwife)

Hospital for Delivery

How did you hear about us?

Class/Series Name Date(s) Location
1) ___________________________________________________
2) ___________________________________________________
3) ___________________________________________________
4) ___________________________________________________
5) ___________________________________________________

Names and ages of children attending sibling classes:

_____________________________________________________
_____________________________________________________

Total fee for all classes $__________

☐ Mastercard  ☐ Visa  ☐ Discover  ☐ American Express
x ____________________________________________________

Account Number ___________________________ Security Code ________________

Expiration Date ___________________________ Signature _________________________

Make check payable to: Fairview Hospital

Mail to: Childbirth Education Room 104
Fairview Hospital Wellness Center
3035 Wooster Road, Rocky River, OH 44116