

**Childbirth/Parenting Education Programs & Services**



A commitment to teaching is part of our mission and ensures that our patients and their families are well informed about their health and health care options. That's why we offer a complete series of childbirth education programs and services designed to help you prepare for — *and achieve* — a memorable birthing experience.

## Childbirth/ Parenting Education Programs and Services

Winter &  
Spring 2010

### Going Green — Pregnancy, Birth & Beyond

Expectant parents have many concerns as they prepare for birth and parenting. Creating a healthy environment by raising a baby in an environmentally friendly household is an option. This one session class explores what “going green” means and easy ways to get started. Topics include nursery and baby items such as clothing and baby care products, baby's nutrition, public places, and other topics and resources. Start today in a quest to “go green.” Small changes can make a difference.

### Pregnancy/Postpartum Massage

Massage during your pregnancy and postpartum weeks is a wonderful way to relax, increase your energy, relieve your physical symptoms and help you cope with stress. Private sessions with a licensed massage therapist and clinical nurse specialist. For appointments, call 216-831-8311 x5.

### Prenatal Yoga

The natural vital and restorative energies of the body and mind are enhanced through gentle yoga postures and breathing work. Even if you have never practiced yoga before, being pregnant can provide the motivation for beginning this healthful practice that you can carry on long after your baby is born.

### Prepared Childbirth (Based on Lamaze Method)

Childbirth classes prepare expectant parents for the physical and emotional aspects of the later stages of pregnancy, labor and birth. These classes are taken during the last trimester of pregnancy. Couples need to bring two bed pillows to class sessions. For additional information, visit [www.lamaze.org](http://www.lamaze.org).

#### *Topics include:*

- labor and birth process
- medication and anesthesia
- relaxation skills
- pushing techniques
- breathing techniques
- cesarean birth
- birthing options
- recovery

Offered as a four-week series, two evening, one-day express class, e-learning class (online curriculum with one 3 hour group session) or private class.

### Birth Works Natural Childbirth

A childbirth class designed for all expectant parents committed to having a natural childbirth. This program explores mind/body connections and helps empower parents to make choices in childbirth. Best taken at the beginning of the second trimester of pregnancy. For additional information, visit [www.birthworks.org](http://www.birthworks.org).

### HypnoBirthing Childbirth Classes

A childbirth method that uses relaxation and self-hypnosis techniques to eliminate fear and tension from the birthing experience replacing it with confidence, calm and comfort. Best taken during the second trimester of pregnancy. For additional information, visit [www.hypnobirthing.com](http://www.hypnobirthing.com).

### Teen Childbirth Preparation

Expectant teen parents may attend this class to prepare for labor and birth. Other topics include breast feeding and infant care. Call 216-595-5355 for information.

### Refresher Prepared Childbirth/ Vaginal Birth After Cesarean Birth (VBAC)

This class prepares you for vaginal birth after you've had a cesarean birth or as a refresher for prepared childbirth. *Topics include:*

- emotional preparation
- labor and birth process
- relaxation
- labor support and breathing techniques
- postpartum recovery

### Cesarean Birth Preparation

This class helps you prepare for a planned cesarean birth. For additional information, call 216-595-5355.

### Miraculous Multiples

This one-session class covers all aspects of preparing for a multiple birth, caring for multiple babies and adjusting as a couple.

### Bedrest Education Program

Available for high risk pregnancies on strict bedrest. For additional information, call 216-595-5355.

### Boot Camp for New Dads (For Expectant Dads)

Veterans (new fathers who bring along their babies) orient rookies (fathers-to-be) on the realities of fatherhood. Under the direction of a trained coach, this program enables new fathers to step up to the challenges of being a dad and feel confident about bringing their new baby home. Grandfathers are also welcome. Rookies receive a gift. For additional information, visit [www.newdads.com](http://www.newdads.com).

### Breastfeeding — The Facts and Beyond

Breastfeeding is a learned experience. You and your baby will benefit from increased knowledge and confidence. This class is usually taken during the last trimester of pregnancy. Support person is strongly recommended to attend.

*Topics include:*

- anatomy and physiology of breastfeeding
- practical hints on feeding positions and techniques
- expressing, storing and freezing breast milk
- returning to work

### Mom & Baby Too

Make a new friend! Exchange parenting ideas and survival tips. An informal discussion group with guest speakers covering topics of special interest to new parents. No registration or fees are required. Classes are held at the following locations:

#### **UH Chagrin Highlands Health Center**

216-595-5354, Tuesdays, 11 a.m. – 12 noon

#### **UH Westlake Health Center**

440-250-2035, Thursdays, 11 a.m. to 12 noon

#### **UH Concord Health Center**

216-595-5354, Fridays, 10 to 11 a.m.

### Safe Sitter Class (For Adolescents Ages 11 to 13)

Adolescents age 11 to 13 will learn safe, nurturing child care techniques including; basic first aid, and rescue techniques through this nationally recognized program. Safe Sitter® is offered through the Rainbow Injury Prevention Center for \$30. To schedule/register for a class or for more information please contact Tracey Stehura at 216-983-1110. Arrangements can be made for your group.



## Childbirth/ Parenting Education Programs and Services

Winter &  
Spring 2010

### Car Seat Safety

Over 90% of child restraints are installed or used incorrectly. This program will teach new parents how to install a seat in your automobile and to properly secure your child in the seat. Topics will include proper seat angle, seat tightness and harness adjustment. Certified technicians from Rainbow's Greater Cleveland Safe Kids Safe Communities Coalition. A Graco car seat may be purchased at the class for \$30. To obtain a second car seat at an additional cost of \$50, please call 216-595-5355 prior to scheduled class.

### Infant Care — Basics & Beyond

It is never too early to learn infant care.

*Infant Care:* Infant care classes provide practical information for first-time parents. This class is usually taken during the second trimester of pregnancy. *Topics include:*

- choosing your baby's doctor
- care and characteristics of a newborn
- cord and circumcision care
- bathing and dressing the baby
- signs and symptoms of newborn illnesses
- safety concerns

*The Happiest Baby on the Block:* Expectant and new parents can learn an extraordinary approach to keeping your baby happy. In our Happiest Baby class, new parents will learn step-by-step how to help their baby sleep better and how to soothe even the fussiest baby in minutes...even seconds. Taught by certified instructors, this class is based on the highly effective approach to babies pioneered by Dr. Harvey Karp, pediatrician and child development expert. Includes parent kit (a \$40 retail value) — choice of VHS/DVD and Soothing Sounds CD. For additional information, visit [www.thehappiestbaby.com](http://www.thehappiestbaby.com).

*Express Breastfeeding:* Focuses on a good beginning — initiating breast feeding, practical hints on feeding positions and techniques to establish and maintain breast milk production.

### Baby Massage

Infant massage is a safe satisfying non-pharmacologic intervention that not only strengthens the bond between parent and child, but can enhance infant mental and motor development. This class can be taken either before birth or for babies up to one year of age. (Group or private.)

### Baby Signs Parent Workshop

The Baby Signs® Parent Workshop is designed for parents of children up to 24 months. Parents will learn 20–25 signs and easy ways to incorporate signs into daily routines. Two decades of research has proven that using the Baby Signs® Program reduces frustration, strengthens the parent/infant bond, helps babies learn to talk and promotes positive emotional and intellectual development. Each enrollment includes the Baby Signs® Parent Kit. The kit includes two DVDs, bookmarks, a parent guide and a signs-at-a-glance flip chart. This class is for parents only. For additional information, visit [www.babysigns.com](http://www.babysigns.com).

### Family & Friends CPR

*American Heart Association* This program teaches how to perform CPR in adults, children, or infants and how to help an adult, child, or infant who is choking. Upon completion, a course participation card is issued. Information is included on how to make the environment safe for your child.

### Family & Friends First Aid For Children

*American Heart Association* This program teaches how to manage illness and injuries in a child for the first few minutes until professional help arrives.

*Topics include:*

- preventing injuries
- recognizing and treating basic first aid emergencies
- relief of choking in infants and children

### Grandparenting Today

Grandparenting today can be an exciting experience. This class is designed to help prepare grandparents for their new role prior to and after the birth of a grandchild. *Topics include:*

- childbirth and infant care today
- the “ins” and “outs” of being a grandparent
- what it's like to be a “grandperson”

### **Doula Program**

Doula labor support is the continuous emotional support of both the laboring mother and her partner by a trained certified companion, who utilizes non-invasive, non-medical, comfort techniques and information. For more information on the Doula Program, please call 216-595-5355.

### **Prenatal Tours**

Tours address admitting procedures and your childbirth concerns. The program also includes tours of the LDRs, nursery and postpartum floor. For additional information, call University Hospitals Women's Health Line at 216-844-4000 or University Hospitals Geauga Medical Center at 440-285-6450.

### **Big Brothers/Big Sisters-To-Be Program**

This sibling class helps older children develop positive acceptance toward the new baby. Children's topics include a slide/videotape show, tour of the nursery and "doll play" to learn how to hold and gently touch the newborn. Topics include how to help your child adjust to a new baby. Call the Women's Health Line at 216-844-4000 for more information about the sibling program, class dates and times.

### **Children at Childbirth**

This class consists of individualized preparation for children, who will attend the birth of a new baby. Call 216-595-5355 for more information.

### **Breastfeeding Services**

The Lactation Centers located at the **UH Chagrin Highlands Health Center** and **UH Westlake Health Center** provide assistance to those mothers and babies who need a little extra help with breastfeeding. Certified lactation consultants are available to work with you and your infant to ensure a successful and satisfying experience. For additional information or to make an appointment, call Eastside: 216-595-5354 or Westside: 440-250-2035.

### **Breast Pump Rental/Sales, Breastfeeding Supplies**

Electric breast pumps, rental/sales, maternity/breastfeeding bras and other breastfeeding supplies are available at the **UH MacDonald Lactation Center** in **UH Chagrin Highlands Health Center** at 216-595-5354, **UH Westlake Health Center** at 440-250-2035.



**Going Green — Pregnancy, Birth & Beyond  
(1 Session)**

**UH Chagrin Highlands Health Center**

Mon Jan 25.....7 – 8:30 p.m.  
Mon Mar 8.....7 – 8:30 p.m.

**PRENATAL YOGA (5 Sessions)**

**UH Chagrin Highlands Health Center**

Tue Feb 2 – Mar 2 ..... 7 – 8:15 p.m.  
Tue Mar 9 – Apr 13 (off Mar 23).... 7 – 8:15 p.m.

**PREPARED CHILDBIRTH (4 Sessions)**

**UH Case Medical Center**

Tue Jan 19 – Feb 9.....7 – 9:15 p.m.

**UH Chagrin Highlands Health Center**

Wed Jan 6 – 27.....7 – 9:15 p.m.  
Wed Mar 3 – 24.....7 – 9:15 p.m.

**UH Geauga Medical Center**

Tue Mar 9 – 30.....7 – 9:15 p.m.

**UH Richmond Medical Center**

Mon Feb 1 – 22.....7 – 9:15 p.m.

**EXPRESS PREPARED CHILDBIRTH (1 or 2 Sessions)**

**UH Case Medical Center**

Sat Feb 20 .....9 a.m. – 4 p.m.  
Sat Mar 20.....9 a.m. – 4 p.m.

**UH Chagrin Highlands Health Center**

Sat Jan 9.....9 a.m. – 4 p.m.  
Sat Jan 23.....9 a.m. – 4 p.m.  
Wed Feb 10 & 17 .....6:30 – 9:30 p.m.  
Sat Mar 13.....9 a.m. – 4 p.m.

**UH Geauga Medical Center**

Sat Jan 16.....9 a.m. – 4 p.m.  
Thu Feb 18 & 25 .....6:30 – 9:30 p.m.

**UH Westlake Health Center**

Sat Feb 27 .....9 a.m. – 4 p.m.

**E-LEARNING PREPARED CHILDBIRTH  
(Online Curriculum With 1 group session)**

**UH Chagrin Highlands Health Center**

Sat Feb 13 .....9 a.m. – 12 noon

**BIRTH WORKS NATURAL CHILDBIRTH (8 Sessions)**

**UH Chagrin Highlands Health Center**

Tue Jan 12 – Mar 9 (off Jan 19) 7 – 9 p.m.

**HYPNOBIRTHING CHILDBIRTH CLASSES  
(5 Sessions)**

**UH Chagrin Highlands Health Center**

Tue Mar 16 – Apr 13 .....7 – 9 p.m.

**REFRESHER CHILDBIRTH/VBAC (1 Session)**

**UH Chagrin Highlands Health Center**

Wed Feb 24 .....6:30 – 9:30 p.m.

**TEEN CHILDBIRTH PREPARATION**

Call 216-595-5355 for specific dates and times.

**MIRACULOUS MULTIPLES (1 Session)**

**UH Chagrin Highlands Health Center**

Wed Feb 3 .....6:30 – 9 p.m.

**CESAREAN BIRTH PREPARATION**

Call 216-595-5355 for specific dates and times.

**BOOT CAMP FOR NEW DADS (1 Session)**

**UH Case Medical Center**

Sat Jan 16.....9 a.m. – 12 noon

**UH Chagrin Highlands Health Center**

Sat Feb 20 .....9 a.m. – 12 noon

**BREASTFEEDING — THE FACTS & BEYOND  
(1 Session)**

**UH Case Medical Center**

Thu Feb 18 .....6:30 – 9 p.m.

**UH Chagrin Highlands Health Center**

Mon Jan 11.....6:30 – 9 p.m.  
Mon Mar 15.....6:30 – 9 p.m.

**UH Geauga Medical Center**

Sat Jan 23.....9 – 11:30 a.m.  
Sat Mar 27.....9 – 11:30 a.m.

**UH Westlake Health Center**

Wed Jan 27.....6:30 – 9 p.m.  
Wed Mar 10.....6:30 – 9 p.m.

**INFANT CARE — BASICS & BEYOND (1 Session)**  
**INFANT CARE/THE HAPPIEST BABY**  
**ON THE BLOCK**

**UH Case Medical Center**

Thu Jan 7.....6:30 – 9:30 p.m.  
Thu Mar 18.....6:30 – 9:30 p.m.

**UH Chagrin Highlands Health Center**

Wed Mar 31.....6:30 – 9:30 p.m.

**UH Geauga Medical Center**

Tue Jan 12.....6:30 – 9:30 p.m.

**UH Westlake Health Center**

Thu Feb 11 .....6:30 – 9:30 p.m.

**INFANT CARE/THE HAPPIEST BABY ON**  
**THE BLOCK/EXPRESS BREASTFEEDING**

**UH Chagrin Highlands Health Center**

Sat Feb 6 .....9 a.m. – 1 p.m.

**INFANT CARE/THE HAPPIEST BABY**  
**ON THE BLOCK/BABY MASSAGE**

**UH Chagrin Highlands Health Center**

Sat Jan 30.....9 a.m. – 1 p.m.

UH Geauga Medical Center

Sat Mar 13.....9 a.m. – 1 p.m.

**CAR SEAT SAFETY (1 Session)**

**UH Case Medical Center**

Tue Feb 23 .....7 – 8:30 p.m.

**UH Chagrin Highlands Health Center**

Thu Jan 21.....7 – 8:30 p.m.

Thu Mar 25.....7 – 8:30 p.m.

**FAMILY & FRIENDS CPR (1 Session)**

**NO REFUNDS. Can only be rescheduled once**  
**with a medical reason.**

**UH Chagrin Highlands Health Center**

Thu Jan 14.....6:30 – 9:30 p.m.

Thu Jan 28.....6:30 – 9:30 p.m.

**FAMILY & FRIENDS CPR/FIRST AID FOR CHILDREN**  
**(1 Session) NO REFUNDS. Can only be rescheduled**  
**once with a medical reason.**

**UH Chagrin Highlands Health Center**

Sat Feb 27 .....9 a.m. – 12:30 p.m.

Sat Feb 27 .....12 noon – 3:30 p.m.

Sat Mar 27.....9 a.m. – 12:30 p.m.

Sat Mar 27.....12 noon – 3:30 p.m.

**BABY SIGNS PARENT WORKSHOP (1 Session)**

**UH Chagrin Highlands Health Center**

Thu Feb 4 .....7 – 8:30 p.m.

**UH MACDONALD WOMEN'S HOSPITAL**  
**PRENATAL TOUR (1 SESSION)**

Wed Jan 6.....7 – 8:45 p.m.

Sun Jan 10.....2 – 3:45 p.m.

Wed Jan 20.....7 – 8:45 p.m.

Thu Feb 11 .....7 – 8:45 p.m.

Wed Feb 24 .....7 – 8:45 p.m.

Sun Feb 28 .....2 – 3:45 p.m.

Thu Mar 11.....7 – 8:45 p.m.

Sun Mar 21.....2 – 3:45 p.m.

Wed Mar 31.....7 – 8:45 p.m.

**UH GAUGA MEDICAL CENTER PRENATAL TOUR**

( To register, call 440-285-6450)

**BIG BROTHER/BIG SISTERS-TO-BE PROGRAM**

**UH Case Medical Center**

Sun Jan 24.....1:30 – 3 p.m.

Sat Feb 13 .....1:30 – 3 p.m.

Sun Mar 14.....1:30 – 3 p.m.

**UH Geauga Medical Center**

Sat Feb 6 .....11 a.m. – 12:30 p.m.

**GRANDPARENTING TODAY (1 Session)**

**UH Chagrin Highlands Health Center**

Tue Feb 16 .....7 – 9 p.m.

**SAFE SITTER CLASS (1 Session)**

For additional information, dates, class location  
or to register, call Tracey Stehura at 216-844-7352.

For program  
descriptions  
and additional  
childbirth/parenting  
services, please  
refer to information  
in the front of  
this brochure.

**GOING GREEN – PREGNANCY, BIRTH, AND BEYOND (1 Session)**

**UH Chagrin Highlands Health Center**

Wed June 2..... 7 – 8:30 p.m.

**PRENATAL YOGA (5 Sessions)**

**UH Chagrin Highlands Health Center**

Tue Apr 20 – May 18..... 7 – 8:15 p.m.

Tue May 25 – June 22 ..... 7 – 8:15 p.m.

**PREPARED CHILDBIRTH (4 Sessions)**

**UH Case Medical Center**

Tue May 4 - 25..... 7 – 9:15 p.m.

**UH Chagrin Highlands Health Center**

Wed May 5 - 26..... 7 – 9:15 p.m.

**EXPRESS PREPARED CHILDBIRTH (1 or 2 Sessions)**

**UH Case Medical Center**

Tue Apr. 6 & 13 ..... 6:30 – 9:30 p.m.

Sat Jun 12..... 9 a.m. – 4 p.m.

**UH Chagrin Highlands Health Center**

Wed Apr 14 & 21..... 6:30 – 9:30 p.m.

Sat May 8 ..... 9 a.m. – 4 p.m.

Sat May 22 ..... 9 a.m. – 4 p.m.

Wed Jun 9 & 16 ..... 6:30 – 9:30 p.m.

**UH Geauga Medical Center**

Thu Apr 22 & 29..... 6:30 – 9:30 p.m.

Sat May 15 ..... 9 a.m. – 4 p.m.

Thu June 17 & 24 ..... 6:30 – 9:30 p.m.

**UH Richmond Medical Center**

Sat Apr 24 ..... 9 a.m. – 4 p.m.

Mon Jun 7 & 14 ..... 6:30 – 9:30 p.m.

**UH Westlake Health Center**

Thu Apr 15 & 22..... 6:30 – 9:30 p.m.

Sat June 5..... 9 a.m. – 4 p.m.

**E-LEARNING PREPARED CHILDBIRTH ( Online Curriculum With 1 Group Session)**

**UH Chagrin Highlands Health Center**

Sat Apr 10..... 9 a.m. – 12 noon

Sat June 26..... 9 a.m. – 12 noon

**BIRTHWORKS NATURAL CHILDBIRTH**

**UH Chagrin Highlands Health Center**

Tue Apr 20 – June 8 ..... 7 – 9 p.m.

**HYPNOBIRTHING CHILDBIRTH CLASSES (5 Sessions)**

**UH Chagrin Highlands Health Center**

Tue Jun 15 – July 13 ..... 7 – 9 p.m.

**REFRESHER CHILDBIRTH/VBAC (1 Session)**

**UH Chagrin Highlands Health Center**

Wed Apr 28 ..... 6:30 – 9:30 p.m.

**TEEN CHILDBIRTH PREPARATION**

Call 216-595-5355 for specific dates and times.

**MIRACULOUS MULTIPLES (1 Session)**

**UH Westlake Health Center**

Wed May 12 ..... 6:30 – 9 p.m.

**CESAREAN BIRTH PREPARATION**

Call 216-595-5355 for specific dates and times.

**BOOT CAMP FOR NEW DADS (1 Session)**

**UH Case Medical Center**

Sat Jun 26..... 9 a.m. – 12 noon

**UH Chagrin Highlands Health Center**

Sat May 15 ..... 9 a.m. – 12 noon

**BREASTFEEDING – THE FACTS & BEYOND (1 Session)**

**UH Case Medical Center**

Thu Apr 15 ..... 6:30 – 9 p.m.

Thu Jun 3..... 6:30 – 9 p.m.

**UH Chagrin Highlands Health Center**

Mon May 10 ..... 6:30 – 9 p.m.

**UH Geauga Medical Center**

Sat May 22 ..... 9 – 11:30 a.m.

**UH Westlake Health Center**

Wed May 5 ..... 6:30 – 9 p.m.

**INFANT CARE — BASICS & BEYOND (1 Session)**  
**INFANT CARE/THE HAPPIEST BABY**  
**ON THE BLOCK**

**UH Chagrin Highlands Health Center**

Thu May 20 ..... 6:30 – 9:30 p.m.  
Wed Jun 30..... 6:30 – 9:30 p.m.

**UH Geauga Medical Center**

Tue May 11 ..... 6:30 – 9:30 p.m.

**UH Westlake Health Center**

Thu Apr 29 ..... 6:30 – 9:30 p.m.  
Thu Jun 10..... 6:30 – 9:30 p.m.

**INFANT CARE/THE HAPPIEST BABY ON THE BLOCK/  
EXPRESS BREASTFEEDING**

**UH Chagrin Highlands Health Center**

Sat Apr 17 ..... 9 a.m. – 1 p.m.  
Sat June 19..... 9 a.m. – 1 p.m.

**INFANT CARE/THE HAPPIEST BABY ON THE BLOCK/  
BABY MASSAGE**

**UH Case Medical Center**

Sat May 1 ..... 9 a.m. – 1 p.m.

**CAR SEAT SAFETY (1 Session)**

**UH Case Medical Center**

Mon Apr 26 ..... 7 – 8:30 p.m.  
Mon Jun 21..... 7 – 8:30 p.m.

**UH Chagrin Highlands Health Center**

Thu May 13 ..... 7 – 8:30 p.m.

**FAMILY & FRIENDS CPR (1 Session)**

**NO REFUNDS. Can only be rescheduled once  
with a medical reason.**

**UH Chagrin Highlands Health Center**

Wed Apr 7 ..... 6:30 – 9:30 p.m.  
Mon Apr 19 ..... 6:30 – 9:30 p.m.  
Thu May 6 ..... 6:30 – 9:30 p.m.  
Mon May 17 ..... 6:30 – 9:30 p.m.

**FAMILY & FRIENDS CPR/FIRST AID FOR CHILDREN  
(1 Session) NO REFUNDS Can only be rescheduled  
once with a medical reason.**

**UH Chagrin Highlands Health Center**

Sat Jun 5..... 9 a.m. – 12:30 p.m.  
Sat Jun 5..... 12 noon – 3:30 p.m.

**BABY SIGNS PARENT WORKSHOP (1 Session)**

**UH Chagrin Highlands Health Center**

Mon May 3 ..... 7 – 8:30 p.m.

**UNIVERSITY MACDONALD WOMEN'S HOSPITAL  
PRENATAL TOUR (1 SESSION)**

**UH Case Medical Center**

Wed Apr 7 ..... 7 – 8:45 p.m.  
Sun Apr 18 ..... 2 – 3:45 p.m.  
Thu Apr 29 ..... 7 – 8:45 p.m.  
Thu May 6 ..... 7 – 8:45 p.m.  
Sun May 16 ..... 2 – 3:45 p.m.  
Thu May 27 ..... 7 – 8:45 p.m.  
Wed Jun 9..... 7 – 8:45 p.m.  
Sun Jun 13..... 2 – 3:45 p.m.  
Wed Jun 23..... 7 – 8:45 p.m.

**UH GAUGA MEDICAL CENTER PRENATAL TOUR**

To register, call 440-285-6450.

**BIG BROTHERS/BIG SISTERS-TO-BE PROGRAM**

**UH Case Medical Center**

Sat Apr 10 ..... 1:30 – 3 p.m.  
Sun May 2 ..... 1:30 – 3 p.m.  
Sat Jun 5..... 1:30 – 3 p.m.

**UH Geauga Medical Center**

Sat Apr 17 ..... 11 a.m. – 12:30 p.m.  
Sat May 15 ..... 11 a.m. – 12:30 p.m.

**GRANDPARENTING TODAY (1 Session)**

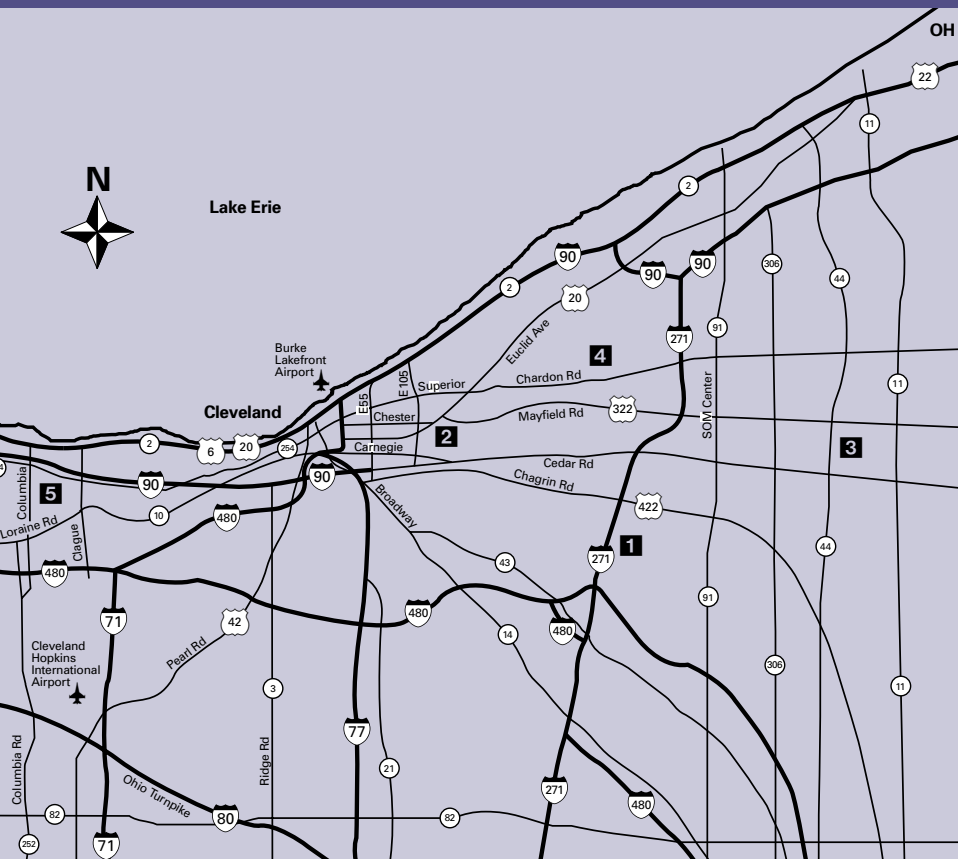
**UH Chagrin Highlands Health Center**

Tue May 4 ..... 7 – 9 p.m.

**SAFE SITTER CLASS (1 Session)**

For additional information, dates, class location  
or to register, call Tracy Stehura at 216-844-7352.

For program  
descriptions  
and additional  
childbirth/parenting  
services, please  
refer to information  
in the front of  
this brochure.



## Program Registration

To register for the program(s) of your choice, please register either online at [UHhospitals.org/birthclass](http://UHhospitals.org/birthclass), complete and mail the registration form included with this brochure, or call the University Hospital Women's Health Line at 216-844-4000.

If inclement weather occurs, please call 216-844-4000 after 4 p.m. for information about cancellations.

- 1 UH Chagrin Highlands Health Center**  
 Located at 3909 Orange Place, Suite 4100, Orange Village.
- 2 UH MacDonald Women's Hospital**  
 Located at 11100 Euclid Avenue. Parking is available in the Cornell/Mayfield Visitor Garage.
- 3 UH Geauga Medical Center**  
 From I-271 go north to the Mayfield East exit; go east on Route 322 to Route 44; take a right onto Route 44. From Route 2 or I-90, go east until you come to the Route 44 exit; turn right on to Route 44 heading south; cross through the Route 322 and Route 44 intersection continuing on Route 44 south for another 2 miles. The hospital is located on the left hand side.
- 4 UH Richmond Medical Center**  
 Located at 27100 Chardon Road (near Loehman's Plaza).
- 5 UH Westlake Health Center**  
 Take I-90 to Clague Road. Follow Clague Road south approximately 1/2 mile to 960 Clague Road.

Dates of childbirth education classes are listed in this brochure or at [UHhospitals.org/birthclass](http://UHhospitals.org/birthclass). Please check all of the classes you wish to attend and include first and second date and session choice.

We offer three methods of registration. Please select one of the following:

- Register online at [UHhospitals.org/birthclass](http://UHhospitals.org/birthclass)
- Mail completed registration form with your check made payable to "A New Life" to MSC/HealthMatch, 3605 Warrensville Center Rd., Shaker Hts., OH 44122-5203
- Call the University Hospital Women's Health Line at 216-844-4000

Written confirmation of class date, time and location will be mailed to you. Your check will confirm your class choice. If inclement weather occurs, please call 216-844-4000 after 4 p.m. for information about cancellations. With 24 hour notice before the scheduled class, partial refunds\* are available for cancellation or class may be rescheduled once (no refunds). Classes may be cancelled or rescheduled to accommodate enrollment.

\*Excluding CPR and Express Prepared Childbirth.

## Childbirth/Parenting Education Programs and Services Winter/Spring 2010 Registration Form

Name _____	Partner's Name _____
Address _____	
City _____	Zip _____
Home Phone _____	Work Phone _____
Cell Phone _____	E-Mail _____
Doctor or Nurse-Midwife _____	Hospital _____
Expected Delivery Date _____	
MC/VISA/AMX/DISC Number _____	
Expiration Date _____	3-Digit Security Code _____
Signature _____	

<input type="checkbox"/> Going Green-Pregnancy, Birth & Beyond (no charge) 1st choice _____ 2nd choice _____	<input type="checkbox"/> Infant Care/The Happiest Baby on the Block/ Express Breastfeeding (\$60) 1st choice _____ 2nd choice _____
<input type="checkbox"/> Prenatal Yoga (\$55) 1st choice _____ 2nd choice _____	<input type="checkbox"/> Infant Care/The Happiest Baby on the Block/ Baby Massage (\$60) 1st choice _____ 2nd choice _____
<input type="checkbox"/> Prepared Childbirth (4 weeks) (\$80) 1st choice _____ 2nd choice _____	<input type="checkbox"/> Family & Friends CPR (\$30/person) Registrant's Names _____ 1st choice _____ 2nd choice _____
<input type="checkbox"/> Express Prepared Childbirth (1 day or 2 evenings) (\$80) 1st choice _____ 2nd choice _____	<input type="checkbox"/> Family & Friends CPR (\$30/person) Participant's Names _____ 1st choice _____ 2nd choice _____
<input type="checkbox"/> Birth Works Natural Childbirth (\$150) 1st choice _____ 2nd choice _____	<input type="checkbox"/> UH MacDonald Women's Hospital Prenatal Tour (no charge) 1st choice _____ 2nd choice _____
<input type="checkbox"/> HypnoBirthing Childbirth (\$150) 1st choice _____ 2nd choice _____	<input type="checkbox"/> UH Geauga Medical Center Prenatal Tour (no charge) To register, call 440-285-6450.
<input type="checkbox"/> Teen Childbirth Preparation (\$35) To register, call 216-595-5355.	<input type="checkbox"/> Children at Childbirth (\$50/hour private session) To register, call 216-595-5355.
<input type="checkbox"/> Refresher Childbirth/VBAC (\$35) 1st choice _____ 2nd choice _____	<input type="checkbox"/> Big Brothers/Big Sisters-To-Be Program (\$25/family) List names and ages of children. _____ _____
<input type="checkbox"/> Boot Camp for New Dads (\$10) 1st choice _____ 2nd choice _____	<input type="checkbox"/> Baby Signs Parent Workshop (\$55) 1st choice _____
<input type="checkbox"/> Miraculous Multiples (\$30) 1st choice _____ 2nd choice _____	<input type="checkbox"/> Grandparenting Today (no charge) 1st choice _____
<input type="checkbox"/> Cesarean Birth Preparation (\$50/hour private session) To register, call 216-595-5355.	<input type="checkbox"/> Car Seat Safety (\$30) <input type="checkbox"/> First Car Seat \$30 <input type="checkbox"/> Second Car Seat \$50 1st choice _____ 2nd choice _____
<input type="checkbox"/> Breastfeeding – The Facts & Beyond (\$30) 1st choice _____ 2nd choice _____	<input type="checkbox"/> Safe Sitter Class (\$30) To register, call 216-983-1110.
<input type="checkbox"/> Infant Care/The Happiest Baby on the Block (\$50) 1st choice _____ 2nd choice _____	<input type="checkbox"/> <i>I am interested in private instruction.</i>



**University Hospitals**

## MacDonald Women's Hospital Geauga Medical Center

University Hospitals MacDonald Women's Hospital and the Center for Women's Health at UH Geauga Medical Center together provide the highest quality of care for you and your new baby. In fact, University Hospitals is ranked as one of the best hospitals for gynecology care by *U.S. News & World Report*.

Founded in 1891, UH MacDonald Women's Hospital maintains its stature as one of only 11 full-service women's hospitals in the country and the only hospital in Ohio dedicated solely to women's health. UH MacDonald Women's Hospital is among the nation's leaders in the management of high risk pregnancies and along with UH Rainbow Babies & Children's Hospital we care for more complex pregnancies and at risk newborns than any other facility in Northeast Ohio. Because of this expertise, MacDonald is licensed by the State of Ohio as a level III facility and a regional perinatal care center. This is the highest designation available to hospitals offering maternity services.

The Center for Women's Health at UH Geauga Medical Center has more than five decades of experience in providing sensitive, caring obstetrics and gynecology services. By providing a family-centered approach, mothers and families can experience the entire birthing process in a homelike setting. The care environment combines the latest technology with an abundance of amenities. An outstanding team of board-certified obstetricians, neonatologists, nurses, and lactation consultants work together to deliver high quality care. Should the need arise, there is convenient access to the advanced expertise of UH MacDonald Women's Hospital and UH Rainbow Babies & Children's Hospital.

When you choose University Hospitals you are choosing the comfort of knowing you have the best experts in the country for a healthy birth experience and when needed the neonatal experts at UH Rainbow Babies & Children's Hospital.