



MacDonald Women's Hospital
Geauga Medical Center

Winter & Spring 2012 Schedule

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.

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.

Dancing For Birth

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 unique birth experience. You’ll learn birth dancing moves inspired by Belly dance, African dance, Latin dance and Caribbean dance. Babies whose moms take Dancing for Birth™ prenatal/postpartum dance classes love the motion of dancing and are easily soothed after birth by being held while you dance. You’ll regain your pre-pregnancy shape and tone more quickly when you continue Dancing for Birth™. No experience necessary! For additional information, visit www.dancingforbirth.com.

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 and a small blanket to class sessions. For additional information, visit 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.

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.

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

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 “*Crash Course for New Dad's*” book and a baby onesie. Breakfast or lunch will be provided. For additional information, visit www.DadsAdventure.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

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.

Mom & Baby Too

Make a new friend! Exchange parenting ideas and survival tips. An informal discussion group with occasional guest speakers covering topics of special interest to new parents. Led by an RN Lactation Consultant. Baby scale available for weights. 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. to 12 noon

UH Westlake Health Center

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

UH Geauga Medical Center

216-595-5354, once a month, every third Saturday, 12 noon – 1 p.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.

Car Seat Safety

Four out of five child restraints are installed or used incorrectly possibly making them ineffective in protecting your child in a car crash. Learn how to safely transport your child. The class will focus on how to properly install a child restraint and secure your child in the seat. The steps to correctly transport all children will be discussed with a focus on newborns. This class is taught by NHTSA certified child passenger safety technicians from the Injury Prevention Center at UH Rainbow Babies & Children's Hospital. Class fees are \$30. A Graco or Evenflo car seat may be purchased at the class for \$35. To obtain a second car seat at an additional cost of \$60, please call 216-595-5355 prior to scheduled class.

Safety Store

Located at the atrium entrance to UH Rainbow Babies & Children's Hospital, the Safety Store offers a wide range of safety products, including baby-proofing items, car seats, booster seats, carbon monoxide detectors, smoke detectors and other safety products. All items are sold at cost, well below retail prices. The Safety Store is run by the Rainbow Injury Prevention Center. To place an order with payment, either stop by the Safety Store to view the items in the display case, phone 42277 and choose option 2 for the Safety Store or contact us at 216-844-2277 x2. You will be contacted by a Safety Store staff member to arrange a delivery of your order. To download a Safety Store order form, go to RainbowBabies.org/safetystore.

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.

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.)

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”

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.



Winter 2012

\$ Saver Classes: Reduced class fee or no class fee.

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

UH Chagrin Highlands Health Center

Thu Feb 9 7 – 8:30 p.m.

Dancing For Birth (4 Sessions)

UH Chagrin Highlands Health Center

Mon Feb 6 – 27 7 – 8 p.m.

Prepared Childbirth (4 Sessions)

UH Case Medical Center

Mon Jan 9 – 30 7 – 9:15 p.m.

Mon Mar 5 – 26 7 – 9:15 p.m.

UH Chagrin Highlands Health Center

Wed Jan 4 – 25 7 – 9:15 p.m.

Wed Mar 7 – 28 7 – 9:15 p.m.

UH Geauga Medical Center

Tue Jan 10 – 31 7 – 9:15 p.m.

Express Prepared Childbirth (1 or 2 Sessions)

NO REFUNDS. Can only be rescheduled once.

UH Case Medical Center

Sat Feb 18 9 a.m. – 4 p.m.

UH Chagrin Highlands Health Center

Sat Jan 14 9 a.m. – 4 p.m.

Sat Jan 28 9 a.m. – 4 p.m.

Wed Feb 8 & 15 6:30 – 9:30 p.m.

Sat Mar 3 9 a.m. – 4 p.m.

Sat Mar 31 9 a.m. – 4 p.m.

UH Geauga Medical Center

Sat Feb 11 9 a.m. – 4 p.m.

Tue Mar 20 – 27 6:30 – 9:30 p.m.

UH Westlake Health Center

Sat Feb 25 9 a.m. – 4 p.m.

UH Richmond Medical Center

Mon Feb 13 & 20 6:30 – 9:30 p.m.

**\$ Express Prepared Childbirth (2 Sessions)
& Infant Care/The Happiest Baby On The Block
(1 Session)**

UH Richmond Medical Center

Mon Feb 13, 20 & 27 6:30 – 9:30 p.m.

\$ E-Learning Prepared Childbirth

Online curriculum with one group session.

UH Chagrin Highlands Health Center

Sat Mar 24 9 a.m. – 12 noon

Birth Works Natural Childbirth (8 Sessions)

UH Chagrin Highlands Health Center

Tue Feb 14 – Apr 3 7 – 9 p.m.

Hypnobirthing Childbirth Classes (5 Sessions)

UH Chagrin Highlands Health Center

Tue Jan 10 – Jan 31 7 – 9:30 p.m.

Refresher Childbirth/VBAC (1 Session)

UH Chagrin Highlands Health Center

Thu Feb 2 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 22 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 7 9 a.m. – 12 noon

Sat Mar 24 9 a.m. – 12 noon

UH Chagrin Highlands Health Center

Sat Feb 25 9 a.m. – 12 noon

UH Westlake Health Center

Sat Feb 11 9 a.m. – 12 noon

Breastfeeding — The Facts & Beyond (1 Session)

UH Case Medical Center

Thu Feb 16 6:30 – 9 p.m.

UH Chagrin Highlands Health Center

Thu Jan 5 6:30 – 9 p.m.

Thu Mar 1 6:30 – 9 p.m.

UH Geauga Medical Center

Sat Jan 21 9 – 11:30 a.m.

Sat Mar 17 9 – 11:30 a.m.

UH Westlake Health Center

Wed Jan 25 6:30 – 9 p.m.

Wed Mar 7 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 26..... 6:30 – 9:30 p.m.

UH Chagrin Highlands Health Center

Sat Jan 7 9 a.m. – 12 noon
Tue Mar 13..... 6:30 – 9:30 p.m.

UH Geauga Medical Center

Mon Feb 6 6:30 – 9:30 p.m.

UH Westlake Health Center

Thu Jan 19..... 6 – 9 p.m.
Thu Mar 29..... 6 – 9 p.m.

UH Richmond Medical Center

Mon Feb 27 6:30 – 9:30 p.m.

**\$ Infant Care/The Happiest Baby On The Block/
Express Breastfeeding**

UH Chagrin Highlands Health Center

Sat Feb 4 9 a.m. – 1 p.m.

**\$ Infant Care/The Happiest Baby On The Block/
Baby Massage**

UH Case Medical Center

Sat Mar 3..... 9 a.m. – 1 p.m.

\$ Car Seat Safety (1 Session)

UH Case Medical Center

Thu Jan 12..... 7 – 8:30 p.m.
Thu Mar 15..... 7 – 8:30 p.m.

UH Chagrin Highlands Health Center

Mon Feb 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 Feb 1 6:30 – 9:30 p.m.
Wed Feb 29 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 Jan 21 9 a.m. – 12:30 p.m.
Sat Jan 21 12 noon – 3:30 p.m.
Sat Mar 10..... 9 a.m. – 12:30 p.m.
Sat Mar 10..... 12 noon – 3:30 p.m.

**\$ UH MacDonald Women's Hospital
Prenatal Tour (1 Session)**

Sun Jan 8..... 2 – 3:45 p.m.
Wed Jan 18..... 7:30 – 9:15 p.m.
Wed Jan 25..... 7:30 – 9:15 p.m.
Sun Feb 12 2 – 3:45 p.m.
Wed Feb 15 7:30 – 9:15 p.m.
Thu Feb 23 7:30 – 9:15 p.m.
Wed Mar 14..... 7:30 – 9:15 p.m.
Sun Mar 18..... 2 – 3:45 p.m.
Thu Mar 29..... 7:30 – 9:15 p.m.

\$ UH Geauga Medical Center Prenatal Tour
To register, call 440-285-6450.

**Big Brother/Big Sisters-To-Be Program
(1 Session)**

UH Case Medical Center

Sat Jan 14..... 1:30 – 3 p.m.
Sun Feb 26 1:30 – 3 p.m.
Sat Mar 31..... 1:30 – 3 p.m.

UH Geauga Medical Center

Sat Jan 28..... 11 a.m. – 12:30 p.m.
Sat Mar 3..... 11 a.m. – 12:30 p.m.

\$ Grandparenting Today (1 Session)

UH Chagrin Highlands Health Center

Tue Feb 21 7 – 9 p.m.

Safe Sitter Class (1 Session)

For additional information, dates, class location or to register, call Tracey Stehura at 216-983-1110.

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

\$ Saver Classes: Reduced class fee or no class fee.

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

UH Chagrin Highlands Health Center
Wed May 30 7 – 8:30 p.m.

Dancing For Birth (4 Sessions)

UH Chagrin Highlands Health Center
Mon Apr 2 – 30 (off Apr 9) 7 – 8:15 p.m.
Mon Jun 11 – Jul 2 7 – 8:15 p.m.

Prepared Childbirth (4 Sessions)

UH Case Medical Center
Mon May 7 – Jun 4 (off May 28) ... 7 – 9:15 p.m.

UH Chagrin Highlands Health Center
Wed May 2 – 23 7 – 9:15 p.m.

UH Geauga Medical Center
Tue Apr 3 – 24 7 – 9:15 p.m.

Express Prepared Childbirth (1 or 2 Sessions)
NO REFUNDS. Can only be rescheduled once.

UH Case Medical Center
Sat Apr 21 9 a.m. – 4 p.m.
Sat Jun 9 9 a.m. – 4 p.m.

UH Chagrin Highlands Health Center
Wed Apr 11 & 18 6:30 – 9:30 p.m.
Sat Apr 14 9 a.m. – 4 p.m.
Sat May 12 9 a.m. – 4 p.m.
Sat Jun 2 9 a.m. – 4 p.m.
Wed Jun 13 & 20 6:30 – 9:30 p.m.

UH Geauga Medical Center
Tue May 8 & 15 6:30 – 9:30 p.m.
Sat Jun 16 9 a.m. – 4 p.m.

UH Richmond Medical Center
Mon Apr 23 & 30 6:30 – 9:30 p.m.
Mon Jun 4 & 11 6:30 – 9:30 p.m.

UH Westlake Health Center
Thu Apr 19 & 26 6 – 9 p.m.
Sat Jun 30 9 a.m. – 4 p.m.

\$ Express Prepared Childbirth (2 Sessions) & Infant Care/The Happiest Baby On The Block (1 Session)

UH Westlake Health Center
Thu Apr 19 & 26, May 3 6 – 9 p.m.

UH Richmond Medical Center
Mon Apr 23 & 30, May 7 6:30 – 9:30 p.m.
Mon Jun 4, 11 & 18 6:30 – 9:30 p.m.

\$ E-Learning Prepared Childbirth
Online curriculum with one group session.
UH Chagrin Highlands Health Center
Sat Jun 30 9 a.m. – 12 noon

Birth Works Natural Childbirth (8 Sessions)
UH Chagrin Highlands Health Center
Tue May 15 – Jul 3 7 – 9:30 p.m.

Hypnobirthing Childbirth Classes (5 Sessions)
UH Chagrin Highlands Health Center
Tue Apr 10 – May 8 7 – 9:30 p.m.

Refresher Childbirth/VBAC (1 Session)
UH Chagrin Highlands Health Center
Thu Jun 21 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 9 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 May 5 9 a.m. – 12 noon

UH Chagrin Highlands Health Center
Sat Apr 21 9 a.m. – 12 noon
Sat Jun 23 9 a.m. – 12 noon

UH Westlake Health Center
Sat Jun 2 9 a.m. – 12 noon

Breastfeeding – The Facts & Beyond (1 Session)

UH Case Medical Center

Thu Apr 5 6:30 – 9 p.m.
Thu Jun 14..... 6:30 – 9 p.m.

UH Chagrin Highlands Health Center

Thu May 10 6:30 – 9 p.m.

UH Geauga Medical Center

Sat May 19 9 – 11:30 a.m.

UH Westlake Health Center

Wed May 23 6:30 – 9 p.m.

Infant Care — Basics & Beyond (1 Session)
Infant Care/The Happiest Baby On The Block

UH Case Medical Center

Thu Apr 12 6:30 – 9:30 p.m.

UH Geauga Medical Center

Mon Apr 2 6:30 – 9:30 p.m.
Mon Jun 4..... 6:30 – 9:30 p.m.

UH Westlake Health Center

Thu May 3 6 – 9 p.m.

UH Richmond Medical Center

Mon May 7 6:30 – 9:30 p.m.
Mon June 18..... 6:30 – 9:30 p.m.

**Infant Care/The Happiest Baby On The Block/
Express Breastfeeding**

UH Chagrin Highlands Health Center

Sat Apr 28 9 a.m. – 1 p.m.
Sat Jun 9..... 9 a.m. – 1 p.m.

**Infant Care/The Happiest Baby On The Block/
Baby Massage**

UH Case Medical Center

Sat May 19 9 a.m. – 1 p.m.

Car Seat Safety (1 Session)

UH Case Medical Center

Thu May 17 7 – 8:30 p.m.

UH Chagrin Highlands Health Center

Thu Apr 19 7 – 8:30 p.m.
Thu Jun 28..... 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 4 6:30 – 9:30 p.m.
Wed Apr 25 6:30 – 9:30 p.m.
Wed Jun 6..... 6:30 – 9:30 p.m.
Wed Jun 27..... 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 May 5 9 a.m. – 12:30 p.m.
Sat May 5 12 noon – 3:30 p.m.

**UH MacDonald Women’s Hospital
Prenatal Tour (1 Session)**

UH Case Medical Center

Sun Apr 1 2 – 3:45 p.m.
Wed Apr 11 7:30 – 9:15 p.m.
Thu Apr 26 7:30 – 9:15 p.m.
Thu May 3 7:30 – 9:15 p.m.
Sun May 20 2 – 3:45 p.m.
Thu May 31 7:30 – 9:15 p.m.
Thu Jun 7..... 7:30 – 9:15 p.m.
Sun Jun 10..... 2 – 3:45 p.m.
Wed Jun 27..... 7:30 – 9:15 p.m.

UH Geauga Medical Center Prenatal Tour

To register, call 440-285-6450.

Big Brothers/Big Sisters-To-Be Program (1 Session)

UH Case Medical Center

Sun Apr 22 1:30 – 3 p.m.
Sat May 12 1:30 – 3 p.m.
Sun Jun 3..... 1:30 – 3 p.m.

UH Geauga Medical Center

Sat May 5 11 a.m. – 12:30 p.m.

Grandparenting Today (1 Session)

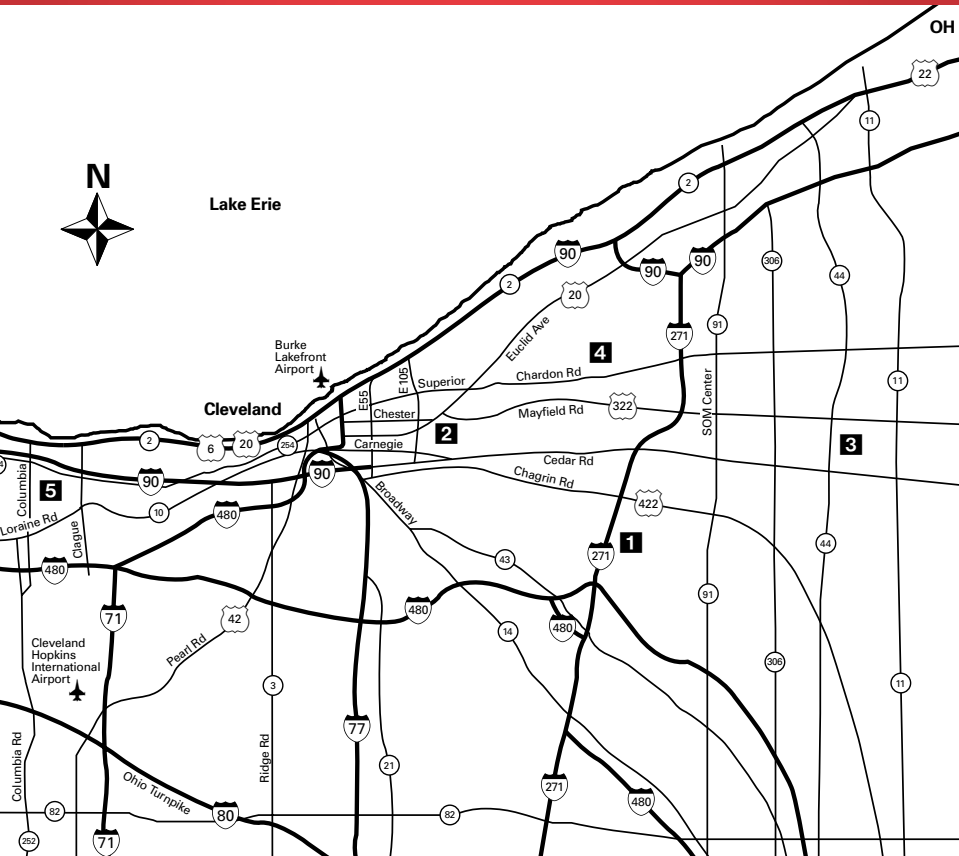
UH Chagrin Highlands Health Center

Tue Apr 24 7 – 9 p.m.

Safe Sitter Class (1 Session)

For additional information, dates, class location or to register, call Tracy Stehura at 216-983-1110.

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 by either completing and mailing the registration form included with this brochure, or call the University Hospitals MSC/Marketing Support 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. Please check all of the classes you wish to attend and include first and second date and session choice.

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

- Mail completed registration form with your check made payable to "A New Life" to MSC/ Marketing Support, 3605 Warrensville Center Road, Shaker Heights, 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 2012 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 _____	

- | | |
|--|--|
| <p><input type="checkbox"/> \$ Going Green-Pregnancy, Birth & Beyond (free)
1st choice _____
2nd choice _____</p> <p><input type="checkbox"/> Dancing for Birth (4 weeks) (\$40)
1st choice _____
2nd choice _____</p> <p><input type="checkbox"/> Prepared Childbirth (4 weeks) (\$80)
1st choice _____
2nd choice _____</p> <p><input type="checkbox"/> Express Prepared Childbirth (1 day or 2 evenings) (\$80)
1st choice _____
2nd choice _____</p> <p><input type="checkbox"/> \$ E-Learning Prepared Childbirth (\$50)
1st choice _____
2nd choice _____</p> <p><input type="checkbox"/> Birth Works Natural Childbirth (\$150)
1st choice _____
2nd choice _____</p> <p><input type="checkbox"/> \$ Express Prepared Childbirth (2 sessions) & Infant Care/The Happiest Baby on the Block (1 session) (\$110)
1st choice _____
2nd choice _____</p> <p><input type="checkbox"/> HypnoBirthing Childbirth (\$150)
1st choice _____
2nd choice _____</p> <p><input type="checkbox"/> Teen Childbirth Preparation (\$35)
To register, call 216-595-5355.</p> <p><input type="checkbox"/> Refresher Childbirth/VBAC (\$35)
1st choice _____
2nd choice _____</p> <p><input type="checkbox"/> Boot Camp for New Dads (\$10)
1st choice _____
2nd choice _____</p> <p><input type="checkbox"/> Miraculous Multiples (\$30)
1st choice _____
2nd choice _____</p> <p><input type="checkbox"/> Cesarean Birth Preparation (\$50/hour private session)
To register, call 216-595-5355.</p> <p><input type="checkbox"/> Breastfeeding – The Facts & Beyond (\$30)
1st choice _____
2nd choice _____</p> | <p><input type="checkbox"/> Infant Care/The Happiest Baby on the Block (\$50)
1st choice _____
2nd choice _____</p> <p><input type="checkbox"/> \$ Infant Care/The Happiest Baby on the Block/ Express Breastfeeding (\$60)
1st choice _____
2nd choice _____</p> <p><input type="checkbox"/> \$ Infant Care/The Happiest Baby on the Block/ Baby Massage (\$60)
1st choice _____
2nd choice _____</p> <p><input type="checkbox"/> Family & Friends CPR (\$30/person)
Registrant's Names _____
1st choice _____
2nd choice _____</p> <p><input type="checkbox"/> Family & Friends CPR/First Aid for Children (\$40/person)
Participant's Names _____
1st choice _____
2nd choice _____</p> <p><input type="checkbox"/> \$ UH MacDonald Women's Hospital Prenatal Tour (free)
1st choice _____
2nd choice _____</p> <p><input type="checkbox"/> \$ UH Geauga Medical Center Prenatal Tour (free)
To register, call 440-285-6450.</p> <p><input type="checkbox"/> Children at Childbirth (\$50/hour private session)
To register, call 216-595-5355.</p> <p><input type="checkbox"/> Big Brothers/Big Sisters-To-Be Program (\$25/family)
List names and ages of children.
_____</p> <p><input type="checkbox"/> \$ Grandparenting Today (free)
1st choice _____</p> <p><input type="checkbox"/> \$ Car Seat Safety (\$35)
<input type="checkbox"/> First Car Seat \$35 <input type="checkbox"/> Second Car Seat \$60
1st choice _____
2nd choice _____</p> <p><input type="checkbox"/> Safe Sitter Class (\$30) To register, call 216-983-1110.</p> <p><input type="checkbox"/> <i>I am interested in private instruction.</i></p> |
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University Hospitals

MacDonald Women's Hospital Geauga Medical Center

University Hospitals MacDonald Women's Hospital and the Center for Women's Health at University Hospitals Geauga Medical Center together provide the highest quality of care for you and your new baby.

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 University Hospitals 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, UH MacDonald Women's Hospital 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. Our outstanding team of board-certified obstetricians, neonatologists, maternal-fetal medicine specialists, nurse midwives, nurses and lactation consultants work together to deliver high-quality care. Should the need arise, there is a convenient access to the advanced expertise of UH MacDonald Women's Hospital and UH Rainbow Babies & Children's Hospital.