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.

UH MacDonald Women’s Hospital is the only hospital in Ohio solely dedicated to the unique health care needs for every stage of a woman’s life – from adolescence through mature adulthood. A trusted leader in obstetrics and gynecology for 125 years, UH MacDonald Women’s Hospital consistently ranks among the top hospitals nationally for gynecologic care. Part of University Hospitals Cleveland Medical Center, UH MacDonald Women’s Hospital enjoys close relationships with UH Rainbow Babies & Children’s Hospital, UH Seidman Cancer Center and UH Harrington Heart & Vascular Institute. Maternal Fetal Medicine specialists collaborate closely with neonatal specialists, creating the safest and most comprehensive care for pregnant women and their babies – all under one roof, so mothers and their babies are never separated. Today, more babies in Northeast Ohio are born full-term and healthy thanks to successful programs in collaboration with UH MacDonald Women’s Hospital and groundbreaking research to reduce preterm deliveries.

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 convenient access to the advanced expertise of UH MacDonald Women’s Hospital and UH Rainbow Babies & Children’s Hospital.

UH MacDonald Women’s Hospital has received international recognition as a Baby-Friendly designated maternity hospital committed to providing the best possible environment for successful breastfeeding. To learn more about the Baby Friendly Hospital Initiative (BFHI) please visit BabyFriendlyUSA.org.

Childbirth and Parenting Education Programs and Services
Provided by UH MacDonald Women’s Hospital and the Center for Women’s Health at UH Geauga Medical Center
Descriptions for Childbirth and Parenting Education Programs and 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.

Expectant and New Parent eNewsletter
When you are an expectant or new parent, UH MacDonald Women’s Hospital and UH Rainbow Babies & Children’s Hospital are pleased to provide you with a trusted resource to guide you through pregnancy, labor and delivery, and the first years of your baby’s life with our weekly pregnancy and parenting email. Starting as early as week seven of pregnancy, this free service includes customized information, news and resources—as well as announcements from UH MacDonald Women’s Hospital. When you welcome your new baby, you’ll start receiving our weekly parenting email from infancy to your child’s third birthday from the pediatric experts at UH Rainbow Babies & Children’s Hospital. To sign up or learn more about the eNewsletter, visit RainbowBabies.org/UnderTheRainbow.

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.

Prenatal Couples Massage
There are many benefits of massage during each trimester of pregnancy, labor and delivery, as well as the postpartum period. Massage can help release muscular tension and pain, improve circulation, increase joint flexibility, reduce mental and physical fatigue and stress, improve posture, and reduce blood pressure. Massage is also known to promote better sleep, improve concentration, reduce anxiety and create an overall sense of well-being.

Taught by Tori Kline, RN, MSN, LMT, a certified perinatal massage instructor and Therapeutic Touch teacher, this class is offered for pregnant moms and their partners and/or support person. The class discusses common discomforts of pregnancy and the techniques to relieve them. Demonstrations will include a variety of massage positions and strokes that can be easily learned and self-applied as well as others that may be applied by a partner. The class will teach a variety of massage positions and strokes helpful during each trimester of pregnancy as well as touch techniques useful during labor.

Pregnancy/Postpartum Massage
Massage during your pregnancy and postpartum weeks is a wonderful way to relax, increase your energy, relieve physical symptoms and help you cope with stress. Private sessions are available. To schedule an appointment at UH MacDonald Women’s Hospital or UH Landerbrook Health Center, or for more information, call 216-831-8315 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 birthing 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 prepregnancy shape and tone more quickly when you continue Dancing For Birth. No experience necessary! For additional information, visit 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 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 classes, one-day express class, e-learning class (online curriculum with one three-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 Birthworks.org.

HypnoBirthing™ – The Mongan Method
A childbirth method that uses relaxation and self-hypnosis techniques to eliminate fear and tension from the birthing experience, replacing them with confidence, calm and comfort. Best taken during the second trimester of pregnancy. For additional information, visit HypnoBirthing.com.

Teen Childbirth Preparation
Expectant teen parents may attend this class to prepare for labor and birth. Other topics include breastfeeding and infant care. Call 216-844-7926 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

Cesarean Birth Preparation
This class helps you prepare for a planned cesarean birth. For additional information, call 440-995-3831.

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

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 Dads” book and a baby onesie. Breakfast or lunch will be provided. For additional information, visit DadsAdventure.com. Call 216-844-4000 for additional dates and locations.
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
• Hand expression techniques
• Exploring work options

Breastfeeding Services
The Lactation Centers located at the UH Landerbrook and Westlake health centers 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: 440-995-3830 or Westside: 440-250-2035.

Breast Pump Rental/Sales, Breastfeeding Supplies
Electric breast pump rentals/sales, maternity/breastfeeding bras and other breastfeeding supplies are available at the UH Lactation Centers in UH Landerbrook Health Center at 440-995-3830 and 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 Landerbrook Health Center 440-995-3830, Tuesdays, 11 a.m. – 12 p.m.
• Mobile Baby/Mom Too
  Every second Thursday, 11 a.m. – 12 p.m.
  Every fourth Wednesday, 11 a.m. – 12 p.m.
  Monthly evening session, first Thursday, 6:30 – 7:30 p.m.
• UH Westlake Health Center 440-250-2035, Thursdays, 11 a.m. – 12 p.m.
  Monthly evening session, second Wednesday, 6 – 7 p.m.

Healthy Mom and Baby Program
Having a baby? Are you a new mother? Join WIC Peer Helpers along with other expectant and new moms and babies as they come together to share stories and learn from each other about breastfeeding. A healthy snack will be served. This is a free program, and no registration or fees are required. All babies and children are welcome. This class is a joint effort between UH MacDonald Women’s Hospital and the Cuyahoga County WIC Program.

UH Otis Moss Jr. Health Center 216-957-9435, select Fridays, 11 a.m. – 12 p.m.

Safe Sitter Class® (For Adolescents Ages 11 to 13)
Adolescents ages 11 to 13 will learn safe, nurturing childcare techniques including basic first aid and rescue techniques through this nationally recognized program. Safe Sitter is offered through the Rainbow Injury Prevention Center for $40. To schedule/register for a class or for more information, please contact Mandy Nagle at 216-983-1105. Arrangements can be made for your group.

Car Seat Safety
Knowing how to safely transport your child is one of your first responsibilities as a parent. Car seat styles, selection and installation can be confusing and overwhelming. That’s why UH Rainbow Babies & Children’s Hospital offers a private tutorial to educate new parents and parents-to-be on everything they need to know to transport children as safely as possible. A nationally certified Child Passenger Safety Technician educates parents on the basics of car seat installation, including getting a tight fit in the vehicle, proper seat angle and adjusting the harness straps. This service is offered free of charge at UH Ahuja Medical Center on Tuesdays and Thursdays from 2 to 5 p.m. and at UH Rainbow’s Babies & Children’s Hospital Monday through Friday from 12 to 3 p.m. by appointment. Car seats are also available for purchase through this program. Convertible car seats (can be used rear-facing and forward-facing) are available for $65. Infant carrier seats (rear-facing only) are available for $80. To schedule an appointment at either location and/or to purchase a car seat, call 216-844-2277 and choose option #6.

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, 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 x 2. You will be contacted by a Safety Store staff member to arrange delivery of your order. To download a Safety Store order form, go to RainbowBabies.org/SafetyStore.

Baby Massage
Infant massage is a safe, satisfying, nonpharmacologic intervention that not only strengthens the bond between parent and child, but also 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).

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:
• Care and characteristics of a newborn
• Cord and circumcision care
• Signs and symptoms of newborn illnesses

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 ($40 retail value) – DVD and Soothing Sounds CD. For additional information, visit Thehappiestbaby.com.

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

Family & Friends® CPR
This American Heart Association 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.

Heartsaver First Aid®
The American Heart Association Heartsaver First Aid course provides first responders with training in basic first-aid procedures – including the first-aid skills recommended by OSHA – in a format that can be delivered in a single day. The course covers:
• First-aid basics
• Injury emergencies
• Includes infant/child

Grandparenting Today (Two Hours) and Infant Care (One Hour)
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. This class includes one hour of Infant Care.

Topics include:
• A safe home environment
• The “ins” and “outs” of being a grandparent

Safe Sitter Class® CPR
The American Heart Association Heartsaver First Aid course provides first responders with training in basic first-aid procedures – including the first-aid skills recommended by OSHA – in a format that can be delivered in a single day. The course covers:
• First-aid basics
• Injury emergencies
• Includes infant/child

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 the UH Women’s Health Line at 216-844-4000 or UH 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 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 UH Women’s Health Line at 216-844-4000 for more information about the sibling program, class dates and times.

UHhospitals.org/BirthClass
SAVER CLASSES:
Reduced class fee or no class fee.

Going Green – Pregnancy, Birth & Beyond (1 Session)
UH Landerbrook Health Center
Wed Jul 19 ................................. 7 – 8:30 p.m.

Dancing For Birth (Free Weekly Sessions)
UH Cleveland Medical Center
Call 216-844-7926
Every Fri ................................. 4 p.m.

Prenatal Couples Massage (1 Session)
UH Landerbrook Health Center
Sat Aug 19 ................................. 1 – 3 p.m.

Prepared Childbirth (4 Sessions)
UH Cleveland Medical Center
Mon Aug 14 & 21 ................................. 6:30 – 9:30 p.m.
Mon Sep 11 & 18 ................................. 6:30 – 9:30 p.m.

UH Landerbrook Health Center
Wed Jul 5 & 12 ................................. 6:30 – 9:30 p.m.
Sat Jul 15 ................................. 9 a.m. – 4 p.m.
Sat Aug 12 ................................. 9 a.m. – 4 p.m.
Wed Sep 13 & 20 ................................. 6:30 – 9:30 p.m.
Sat Sep 16 ................................. 9 a.m. – 4 p.m.

UH Geauga Medical Center
Wed Jul 12 & Thu Jul 20 ................................. 6:30 – 9:30 p.m.
Sat Aug 19 ................................. 9 a.m. – 4 p.m.

UH Westlake Health Center
Sat Sep 9 ................................. 9 a.m. – 12 p.m.
Sat Sep 16 ................................. 9 a.m. – 12 p.m.

UH Bedford Medical Center
Sat Jul 22 ................................. 9 a.m. – 12 p.m.
Sat Aug 26 ................................. 9 a.m. – 12 p.m.
Sat Sep 9 ................................. 9 a.m. – 12 p.m.

UH Otis Moss Jr. Health Center
Call Healthmate at 216-844-4000
for class dates and times.

Breastfeeding – The Facts & Beyond (1 Session)
UH Cleveland Medical Center
Thu Jul 13 ................................. 6:30 – 9 p.m.
Thu Sep 14 ................................. 6:30 – 9 p.m.

UH Landerbrook Health Center
Thu Jul 27 ................................. 6:30 – 9 p.m.
Thu Aug 31 ................................. 6:30 – 9 p.m.
Thu Sep 28 ................................. 6:30 – 9 p.m.

UH Geauga Medical Center
Sat Aug 5 ................................. 9 – 11:30 a.m.

UH Westlake Health Center
Wed Jul 26 ................................. 6:30 – 9 p.m.
Wed Sep 27 ................................. 6:30 – 9 p.m.

Infant Care – Basics & Beyond (1 Session)
UH Cleveland Medical Center
Thu Jul 20 ................................. 6:30 – 9:30 p.m.
Thu Sep 21 ................................. 6:30 – 9:30 p.m.

UH Landerbrook Health Center
Tue Aug 15 ................................. 6:30 – 9:30 p.m.
Wed Sep 6 ................................. 6:30 – 9:30 p.m.

UH Geauga Medical Center
Tue Jul 25 ................................. 6:30 – 9:30 p.m.

UH Westlake Health Center
Wed Aug 30 ................................. 6 – 9 p.m.

Safe Sitter Class (1 Session)
For additional information, dates, and class location, or to register, call Mandy Nagle at 216-983-1105.

Family & Friends® CPR (1 Session)
NO REFUNDS. Can only be rescheduled once with a medical reason.
UH Landerbrook Health Center
Sat Jul 29 ................................. 9 a.m. – 12 p.m.
Sat Aug 26 ................................. 9 a.m. – 12 p.m.

UH MacDonald Women’s Hospital
Prenatal Tour (1 Session)
Thu Jul 6 ................................. 7:30 – 9:15 p.m.
Sun Jul 9 ................................. 2 – 3:45 p.m.
Thu Jul 27 ................................. 7:30 – 9:15 p.m.
Thu Aug 10 ................................. 7:30 – 9:15 p.m.
Sun Aug 13 ................................. 2 – 3:45 p.m.
Thu Aug 24 ................................. 7:30 – 9:15 p.m.
Thu Sep 7 ................................. 7:30 – 9:15 p.m.
Sun Sep 17 ................................. 2 – 3:45 p.m.
Thu Sep 28 ................................. 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 Cleveland Medical Center
Sat Jul 22 ................................. 1:30 – 3 p.m.
Sun Aug 27 ................................. 1:30 – 3 p.m.
Sat Sep 16 ................................. 1:30 – 3 p.m.

UH Geauga Medical Center
Call 440-995-3831 for class dates and times.

Grandparenting Today (1 Session)
UH Landerbrook Health Center
Mon Sep 25 ................................. 6 – 9 p.m.

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 Landerbrook Health Center
Wed Oct. 4------------------------7 – 8:30 p.m.

Dancing For Birth (Free Weekly Sessions)
Call 216-844-7926
Every Fri ------------------------4 p.m.

Prenatal Couples Massage (1 Session)
UH Landerbrook Health Center
Sat Nov. 11----------------------1 – 3 p.m.

Prepared Childbirth (4 Sessions)
UH Cleveland Medical Center
Mon Oct. 16 – Nov. 6 -----------7 – 9:15 p.m.

UH Landerbrook Health Center
Wed Nov. 1 – 29----------------7 – 9:15 p.m.
(Off Nov. 22)

Express Prepared Childbirth (1 or 2 Sessions)
UH Cleveland Medical Center
Mon Nov. 27 & Dec. 4---------6:30 – 9:30 p.m.

UH Landerbrook Health Center
Wed Oct. 11 & 18--------------6:30 – 9:30 p.m.
Sat Oct. 14----------------------9 a.m. – 4 p.m.
Sat Nov. 4----------------------9 a.m. – 4 p.m.
Wed Dec. 13 & 20--------------6:30 – 9:30 p.m.

UH Geauga Medical Center
Thu Oct. 5 & 12----------------6:30 – 9:30 p.m.
Tue Oct. 17----------------------6:30 – 9:30 p.m.
Tue Nov. 28----------------------6:30 – 9:30 p.m.
Sat Dec. 2------------------------9 a.m. – 4 p.m.

UH Westlake Health Center
Wed Oct. 18----------------------6 – 9 p.m.
Tue Oct. 26----------------------6 – 9 p.m.
Thu Nov. 2------------------------6 – 9 p.m.

E-Learning Prepared Childbirth
Online curriculum with one group session.

UH Landerbrook Health Center
Sat Nov. 18-----------------------9 a.m. – 12 p.m.

Hypnobirthing® (5 Sessions)
UH Landerbrook Health Center
Tue Nov. 21 – Dec. 19----------7 – 9:30 p.m.

Refresher Childbirth/VBAC (1 Session)
UH Landerbrook Health Center
Wed Oct. 25----------------------6:30 – 9:30 p.m.

Teen Childbirth Preparation
Call 216-844-7926 for specific dates and times.

Miraculous Multiples (1 Session)
UH Westlake Health Center
Wed Dec. 6------------------------6:30 – 9:00 p.m.

Cesarean Birth Preparation
Call 440-995-3835 for specific dates and times.

Boot Camp for New Dads (1 Session)
UH Cleveland Medical Center
Sat Oct. 21-----------------------9 a.m. – 12 p.m.
Sat Dec. 2------------------------9 a.m. – 12 p.m.

UH Landerbrook Health Center
Sat Nov. 18-----------------------9 a.m. – 12 p.m.

UH Bedford Medical Center
Sat Oct. 7------------------------9 a.m. – 12 p.m.
Sat Nov. 4------------------------9 a.m. – 12 p.m.
Sat Dec. 9------------------------9 a.m. – 12 p.m.

UH Otis Moss Jr. Health Center
Call Healthmatch at 216-844-4000 for class dates and times.

Breastfeeding – The Facts & Beyond (1 Session)
UH Cleveland Medical Center
Thu Nov. 2------------------------6:30 – 9 p.m.

UH Landerbrook Health Center
Thu Oct. 19-----------------------6:30 – 9 p.m.
Thu Nov. 30-----------------------6:30 – 9 p.m.
Thu Dec. 14-----------------------6:30 – 9 p.m.

UH Geauga Medical Center
Sat Oct. 7------------------------9 – 11:30 a.m.
Sat Dec. 16------------------------9 – 11:30 a.m.

Infant Care – Basics & Beyond (1 Session)
UH Cleveland Medical Center
Thu Nov. 16-----------------------6:30 – 9:30 p.m.

UH Landerbrook Health Center
Thu Dec. 21-----------------------6:30 – 9:30 p.m.

UH Geauga Medical Center
Tue Oct. 17-----------------------6:30 – 9:30 p.m.
Tue Nov. 28-----------------------6:30 – 9:30 p.m.

UH Westlake Health Center
Wed Oct. 18------------------------6 – 9 p.m.

Infant Care/The Happiest Baby on the Block/Express Breastfeeding
UH Landerbrook Health Center
Sat Oct. 28-----------------------9 a.m. – 1 p.m.
Sat Dec. 9------------------------9 a.m. – 1 p.m.

Family & Friends® CPR (1 Session)
NO REFUNDS. Can only be rescheduled once with a medical reason.

UH Landerbrook Health Center
Wed Oct. 4------------------------6:30 – 9:30 p.m.
Wed Oct. 25------------------------6:30 – 9:30 p.m.
Wed Nov. 8------------------------6:30 – 9:30 p.m.
Wed Nov. 22-----------------------6:30 – 9:30 p.m.
Sat Dec. 16------------------------9 a.m. – 2 p.m.
Sat Dec. 16------------------------12:30 – 3:30 p.m.

HeartSaver First Aid® (1 Session)
NO REFUNDS. Can only be rescheduled once with a medical reason.

UH Landerbrook Health Center
Sat Oct. 21------------------------9 a.m. – 1 p.m.

UH MacDonald Women’s Hospital
Prenatal Tour (1 Session)
UH Cleveland Medical Center
Thu Oct. 5------------------------7:30 – 9:15 p.m.
Sun Oct. 15------------------------2 – 3:45 p.m.
Thu Oct. 26------------------------7:30 – 9:15 p.m.
Thu Nov. 9------------------------7:30 – 9:15 p.m.
Sun Nov. 12-----------------------2 – 3:45 p.m.
Thu Nov. 30-----------------------7:30 – 9:15 p.m.
Thu Dec. 7------------------------7:30 – 9:15 p.m.
Sun Dec. 17-----------------------2 – 3:45 p.m.

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

Big Brothers/Big Sisters-To-Be Program (1 Session)
UH Cleveland Medical Center
Sun Oct. 1------------------------1:30 – 3 p.m.
Sat Nov. 11------------------------1:30 – 3 p.m.

UH Geauga Medical Center
Call 440-995-3831 for class dates and times.

Grandparenting Today
UH Landerbrook Health Center
Mon Dec. 11-----------------------6 – 9 p.m.

Safe Sitter Class (1 Session)
For additional information, dates and class location, or to register, call Mandy Nagle at 216-983-1105.
Program Registration

To register for the program(s) of your choice, either complete and mail the registration form included with this brochure, or call 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.

UH Cleveland Medical Center
UH MacDonald Women’s Hospital
Located at 11100 Euclid Avenue. Parking is available in the Cornell/Mayfield Visitor Garage.

UH Geauga Medical Center
From I-271, go north to the Mayfield 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 onto Route 44 heading south; cross 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.

UH Landerbrook Health Center
Located at 5850 Landerbrook Drive, Suite 110, Mayfield Heights.

UH Westlake Health Center
Take I-90 to Clague Road. Follow Clague Road south approximately 1/2 mile to 960 Clague Road.

UH Bedford Medical Center
Located at 44 Blaine Avenue
Bedford, Ohio 44146

Dates of childbirth education classes are listed in this brochure or at UHospitals.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 “UH Center for Women’s Health” to MSC/Marketing Support, 3605 Warrensville Center Road, Shaker Heights, OH 44122-5203.
- Call the UH 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
Summer & Fall 2017 Registration Form

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<th>Date</th>
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Name
Address
City
ZIP
Home Phone
Work Phone
Cell Phone
Email
Doctor or Nurse-Midwife
Hospital
Expected Delivery Date

MC/VISA/AMEX/DISC Number
Expiration Date
3-Digit Security Code
Signature

Name and date of birth

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<tr>
<th>Program Name</th>
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<td>Going Green-Pregnancy, Birth &amp; Beyond ($10)</td>
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<td>Dancing for Birth (free)</td>
<td>Weekly sessions, Fridays at 4 p.m. held at UH Cleveland Medical Center. To register, call 216-844-7926.</td>
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<td>Prenatal Couples Massage (1 week) ($25)</td>
<td>With childbirth class ($15)</td>
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<td>Prepared Childbirth (4 weeks) ($85)</td>
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<td>Birth Works Natural Childbirth ($170)</td>
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<td>Express Prepared Childbirth (2 sessions) &amp; Infant Care/The Happiest Baby on the Block (1 session) ($115)</td>
<td>First choice</td>
<td>Second choice</td>
<td></td>
</tr>
<tr>
<td>Hypnobirthing® – The Mongan Method ($170)</td>
<td>First choice</td>
<td>Second choice</td>
<td></td>
</tr>
<tr>
<td>Teen Childbirth Preparation (No Charge)</td>
<td>To register, call 216-844-7926.</td>
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<tr>
<td>Refresh Childbirth/ VBAC ($35)</td>
<td>First choice</td>
<td>Second choice</td>
<td></td>
</tr>
<tr>
<td>Boot Camp for New Dads (No Charge)</td>
<td>First choice</td>
<td>Second choice</td>
<td></td>
</tr>
<tr>
<td>Miracle Multiples ($30)</td>
<td>First choice</td>
<td>Second choice</td>
<td></td>
</tr>
<tr>
<td>Cesarean Birth Preparation ($50)</td>
<td>Hour private session) To register, call 440-995-3831.</td>
<td></td>
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</tbody>
</table>

- Excluding CPR

Breastfeeding – The Facts & Beyond ($30)
First choice
Second choice
Infant Care/The Happiest Baby on the Block ($50)
First choice
Second choice
Family & Friends® CPR ($30 per person)
Registrants’ Names
First choice
Second choice
Heartsaver First Aid® ($30) per person
Registrants’ Names
First choice
Second choice
UH MacDonald Women’s Hospital Prenatal Tour (free)
First choice
Second choice
UH Geauga Medical Center Prenatal Tour (free)
To register, call 440-285-6450.
Children at Childbirth ($50) per private session
To register, call 440-995-3831.
Big Brother/Big Sister-To-Be Program ($25 per family)
For UH Geauga Medical Center, please call 216-831-8311 ext for class dates and times. List names and ages of children.

- Grandparenting Today ($10 plus one free hour of Infant Care) First choice

Safe Sitter Class ($40) To register for Safe Sitter class only, call 216-844-2277.

- Car Seat Safety

To schedule a one-on-one session, call 216-844-2277 and choose option 6.

- Safe Sitter Class ($40) To register for Safe Sitter class only, call 216-983-1105.

- I am interested in private instruction.