

WINTER SPRING 2024 SCHEDULE

# In-Person and Virtual Childbirth, Parenting Education Programs and Services

Provided by UH MacDonald Women's Hospital, the Center for Women's Health  
at UH Geauga Medical Center and the Steve and Loree Potash Women &  
Newborn Center at UH Ahuja Medical Center



# Descriptions for In-person and Virtual Childbirth, 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. Childbirth and parenting classes are now being offered both in-person and virtually (take classes from home with a live instructor).

## **Babyscripts myJourney App**

When you are an expectant or new parent, University Hospitals is pleased to provide you with a trusted resource to guide you through pregnancy, labor and delivery, and the first year of your baby's life via the Babyscripts myJourney app. The app provides resources, tips, and reminders for your pregnancy from OBGYN experts at University Hospitals and for your baby from the pediatric experts at UH Rainbow Babies & Children's delivered right to your phone. Answers to all of your pregnancy and postpartum questions accessible any time, any place, through the easy-to-use mobile app.

*Download the Babyscripts myJourney app at the Apple or Google Play app stores and ask your providers office to send you your unique access code.*

## **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 with Therapeutic Touch –**

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 Toni 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. This class will include an introduction to Therapeutic Touch as developed by Dr. Delores Krieger and Dora Kunz. Therapeutic Touch is a wholistic energy modality that can help with relaxation,, pain relief and decreasing tension and anxiety.. The focus will be on using Therapeutic Touch for self-care.

## **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 with Toni Kline, RN, MSN, LMT, a licensed massage therapist. To schedule an appointment at UH MacDonald Women's Hospital or UH Landerbrook Health Center, or for additional information, call 216-831-8311 x5.

## **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](http://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 two or four-week series, one-day express class, blended learning class (Online curriculum with one three-hour group session) or private class.

### **Birth Works Natural Childbirth**

Because every birth is unique, this six-week class is for first-time and experienced parents who value a thorough approach to preparing for their birth experience. This class focuses on helping expectant parents gain confidence in the birth process and their ability to create a positive experience. Birth companions will also learn ways they can be most supportive. Topics of discussion include the physiology of birth, the emotions of the childbearing year, how beliefs and attitudes shape our experience, the full range of safe birth options, informed decision-making and advocacy skills, and multiple tools to decrease fear and increase confidence, all presented in an interactive format. Best taken at the beginning of the second trimester of pregnancy. For additional information, visit [Birthworks.org](http://Birthworks.org).

### **HypnoBirthing® – The Mongan Method**

This proven method of childbirth preparation uses relaxation and self-hypnosis techniques to enable the birthing person to labor and give birth in a calm and confident manner, free of tension and fear. The five-week series is a complete childbirth preparation program that includes discussions of the physiology of birth, informed decision-making, comfort measures, self-hypnosis exercises, reframing negatives into positives, the partner's role and instruction on how to effectively use the program during pregnancy and birth. Best taken during the second trimester of pregnancy. For additional information, visit [Hypnobirthing.com](http://Hypnobirthing.com).

### **Comfort and Coping Techniques for Childbirth**

As a valuable supplement to prepared childbirth classes or as a refresher for subsequent births, this class offers comprehensive preparation for the birthing person and birth companion. Learn how to create a relaxed and supportive labor and birth environment. Discover how movement and positioning relates to comfort and coping and contributes to labor progress. Practice multiple techniques for minimizing the discomfort of back labor.

### **Spinning Babies® Parent Class**

Spinning Babies® is based on the Three Principles of Balance, Gravity and Movement<sup>SM</sup>. The class highlights your baby's active role in pregnancy and birth and is best taken in the second or early third trimester. Learn basic pelvic anatomy and how it affects your baby's position and birth; Daily Essentials® activities and how to do them most effectively; the Three Balances® for pregnancy and labor; how to Rest Smart<sup>SM</sup> and Move Smart<sup>SM</sup> to create the perfect balance in your body for your baby; how you can influence your baby's rotation and descent through your pelvis; and techniques for labor progress.

### **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. For additional information, visit [DadsAdventure.com](http://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
- Hand expression techniques
- Exploring work options.

### **Breastfeeding Services (In-person and telelactation virtual visits available)**

The Lactation Centers located at UH Landerbrook and UH Westlake Health Centers, UH MacDonald Women's Hospital and UH Rainbow Center for Women & Children 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 rental/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 virtual discussion group covering topics of special interest to new parents. Led by an RN Lactation Consultant. No registration or fees are required. Both In-Person and Virtual groups are held at the following locations:

#### **UH Landerbrook Health Center**

Tuesdays, 11 a.m. – 12 p.m.

For more information, please call 440-995-3830

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

Thursdays, 11 a.m. – 12 p.m.

For more information, please call 440-250-2035.

### **UH Rainbow Ahuja Baby Cafe**

Come join us at UH Rainbow Ahuja Baby Café! A free weekly drop-in center offering support and assistance from professionals and other expectant and new moms-in a relaxed environment with coffee, tea, and snacks.

### **UH Rainbow Babies & Childrens' Ahuja Center for Women & Children**

Thursdays, 10a.m. - 12 p.m.

For more information, please call 216-675-6626

<https://www.babycafeusa.org/>

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

Adolescents ages 11 to 13 (6-8 grade) 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 \$50.

To register for a class or for more information, please contact Rachel Farinelli at 216-983-1107. 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 Rainbow Babies & Children's Hospital Monday through Friday from 9 a.m. - 4 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 \$82 Infant carrier car seats (rear-facing only) starting at \$90. To schedule an appointment at either location and/or to purchase a car seat, call 216-844-2277.

### **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, sleep sack swaddles, 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, stop by the Safety Store to view the items in the display case and pick up a product list. To download the Safety Store product list, go to [UHRainbow.org/SafetyStore](http://UHRainbow.org/SafetyStore). Review the Safety Store product list and contact the Safety Store at 216-844-2277 to order and schedule pick up or delivery. Items can be delivered to patient rooms, picked up at the Safety Store window in Rainbow or in the Rainbow parking garage at the Car Seat Fitting Station. Products cannot be shipped. Payment can be accepted at the time of order or pick-up/delivery. Credit cards only.

### **Baby Massage**

Infant massage is a safe, satisfying, non-pharmacologic 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:

- choosing your baby's doctor
- infant safe sleep environment
- bathing and dressing the baby
- safety concern
- care and characteristics of a newborn
- cord and circumcision care
- signs and symptoms of newborn illnesses

**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. You will not receive a course completion card, only a card of participation.

## Pediatric Heartsaver First Aid®

Pediatric Heartsaver course is ideal for the new parent or anyone caring for children. This class will teach you how to:

- Recognize and respond to illness and emergencies in a variety of situations.
- Provides you with the skills to either treat at home or determine if the ER is needed.
- Learn skills that are helpful in caring for minor illnesses or injuries.

## 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.

### Topics include:

- childbirth and infant care today
- the "ins" and "outs" of being
- a safe home environment
- what it's like to be a "grandperson" a grandparent

## 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 tours for UH MacDonald Women's Hospital & UH Steve and Loree Potash Women & Newborn Center Prenatal Tour at UH Ahuja Medical Center or UH Geauga Medical Center at 440-285-6450.

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

Online Learning for the whole family! This eClass teaches parents how to prepare their child to become a big brother or sister, answer tough questions, and reduce jealousy. Plus, there are fun activities to do together, complete with kid-friendly video clips, coloring pages, and activities. For more information, call 440-995-3835



# Winter / Spring 2024 In-Person Classes

## **\$** **Saver Classes:**

Reduced class fee or no class fee.

## **\$** **Going Green –**

### **Pregnancy, Birth & Beyond (1 Session)**

#### **UH Landerbrook Health Center**

Wed., Feb 7 ..... 7:00 p.m. – 8:30 p.m.

Wed., Apr 10 ..... 7:00 p.m. – 8:30 p.m.

## **\$** **Prenatal Couples Massage**

### **with Therapeutic Touch (1 Session)**

#### **UH Landerbrook Health Center**

Sat., Feb 10 ..... 1:00 p.m. – 4:00 p.m.

Sat., Apr 20 ..... 1:00 p.m. – 4:00 p.m.

Sat., Jun 22 ..... 1:00 p.m. – 4:00 p.m.

## **Prepared Childbirth (4 Sessions)**

#### **UH Landerbrook Health Center**

Wed., Feb 21 – Mar 13 ..... 6:45 p.m. – 9:00 p.m.

Wed., Apr 17 – May 8 ..... 6:45 p.m. – 9:00 p.m.

Wed., Jun 5 - Jun 26 ..... 6:45 p.m. – 9:00 p.m.

## **Express Prepared Childbirth (1 or 2 Sessions)**

#### **UH Landerbrook Health Center**

Sat., Jan 13 ..... 9:00 a.m. – 4:00 p.m.

Wed., Jan 17 & Jan 24 ..... 6:00 p.m. – 9:00 p.m.

Sat., Feb 24 ..... 9:00 a.m. – 4:00 p.m.

Wed., Mar 27 & Apr 3 ..... 6:00 p.m. – 9:00 p.m.

Sat., Apr 13 ..... 9:00 a.m. – 4:00 p.m.

Wed., May 22 & May 29 ..... 6:00 p.m. – 9:00 p.m.

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

Sat., Apr 6 ..... 9:00 a.m. – 4:00 p.m.

Sat., May 4 ..... 9:00 a.m. – 4:00 p.m.

#### **UH Rainbow Babies and Children's**

##### **Ahuja Center for Women & Children**

Sat., May 11 & 18 ..... 9:00 a.m. – 12:00 p.m.

## **Blended Prepared Childbirth**

Online curriculum with one group session.

#### **UH Rainbow Babies and Children's**

##### **Ahuja Center for Women & Children**

Sat., Mar 9 ..... 9:00 a.m. – 12:00 p.m.

Sat., Jun 15 ..... 9:00 a.m. – 12:00 p.m.

## **Birth Works Natural Childbirth (6 Sessions)**

#### **UH Landerbrook Health Center**

Tues., May 14 - Jun 18 ..... 6:30 p.m. – 9:00 p.m.

## **HypnoBirthing® –**

### **The Mongan Method (5 Sessions)**

#### **UH Landerbrook Health Center**

Tue., Jan 16 – Feb 13 ..... 6:30 p.m. – 9:00 p.m.

Tue., Mar 26 – Apr 23 ..... 6:30 p.m. – 9:00 p.m.

## **Comfort and Coping Techniques for Childbirth (1 Session)**

#### **UH Landerbrook Health Center**

Tues., Feb 20 ..... 6:00 p.m. – 9:00 p.m.

Tues., Apr 30 ..... 6:00 p.m. – 9:00 p.m.

## **Spinning Babies (1 Session)**

#### **UH Landerbrook Health Center**

Tue., Mar 5 ..... 6:00 p.m. – 9:00 p.m.

Tue., May 7 ..... 6:00 p.m. – 9:00 p.m.

## **Miraculous Multiples (In-Person or Virtual)**

1 Private Session. Call 440-995-3835 to schedule class.

## **Cesarean Birth Preparation (In-Person or Virtual)**

1 Private Session. Call 440-995-3835 to schedule class.

## **Boot Camp For New Dads (1 Session)**

#### **UH Landerbrook Health Center**

Sat., Jan 27 ..... 9:00 a.m. – 12:00 p.m.

Sat., Mar 16 ..... 9:00 a.m. – 12:00 p.m.

Sat., May 4 ..... 9:00 a.m. – 12:00 p.m.

## **UH Rainbow Babies and Children's**

### **Ahuja Center for Women & Children**

Sat., Feb 17 ..... 9:00 a.m. – 12:00 p.m.

Sat., Apr 27 ..... 9:00 a.m. – 12:00 p.m.

Sat., Jun 1 ..... 9:00 a.m. – 12:00 p.m.

## **Breastfeeding – The Facts & Beyond (1 Session)**

#### **UH Landerbrook Health Center**

Thu., Jan 25 ..... 6:30 p.m. – 9:00 p.m.

Thu., Feb 15 ..... 6:30 p.m. – 9:00 p.m.

Thu., Jun 6 ..... 6:30 p.m. – 9:00 p.m.

Thu., Apr 18 ..... 6:30 p.m. – 9:00 p.m.

#### **UH Geauga Medical Center**

Sat., Feb 24 ..... 12:30 p.m. – 2:00 p.m.

Sat., Apr 27 ..... 9:00 a.m. – 11:30 a.m.

Sat., Jun 15 ..... 9:00 a.m. – 11:30 a.m.

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

Wed., Jan 31 ..... 5:30 p.m. – 8:00 p.m.

Wed., Mar 13 ..... 5:30 p.m. – 8:00 p.m.

Wed., May 15 ..... 5:30 p.m. – 8:00 p.m.

#### **UH Rainbow Babies and Children's**

##### **Ahuja Center for Women & Children**

Tue., Feb 27 ..... 1:00 p.m. – 3:30 p.m.

Tue., Apr 2 ..... 1:00 p.m. – 3:30 p.m.

## **Infant Care – Basics & Beyond (1 or 2 Session)**

#### **UH Landerbrook Health Center**

Thu., Jan 18 ..... 6:00 p.m. – 9:00 p.m.

Thu., May 30 ..... 6:00 p.m. – 9:00 p.m.

Thu., Jun 27 ..... 6:00 p.m. – 9:00 p.m.

**UH Geauga Medical Center**

Sat., Jan 13..... 9:00 a.m. – 12:00 p.m.  
 Sat., Mar 9..... 12:30 p.m. – 3:30 p.m.  
 Sat., May 25..... 9:00 a.m. – 12:00 p.m.

**UH Westlake Health Center**

Wed., Feb 7..... 5:30 p.m. – 8:30 p.m.  
 Wed., Apr 10..... 5:30 p.m. – 8:30 p.m.

**Infant Care/Express Breastfeeding****UH Landerbrook Health Center**

Sat., Mar 23..... 9:00 a.m. – 1:00 p.m.  
 Sat., May 11..... 9:00 a.m. – 1:00 p.m.

**Infant Care/Baby Massage .....****UH Landerbrook Health Center**

Sat., Feb 17..... 9:00 a.m. – 1:00 p.m.  
 Sat., Apr 6..... 9:00 a.m. – 1:00 p.m.  
 Sat., Jun 8..... 9:00 a.m. – 1:00 p.m.

**Pediatric Heartsaver First Aid (1 Session)**

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

**UH Landerbrook Health Center**

Wed., Mar 20..... 6:00 p.m. – 9:00 p.m.  
 Wed., May 15..... 6:00 p.m. – 9:00 p.m.

**Family & Friends® CPR (1 Session)**

NO REFUNDS. Can only be rescheduled once with a medical reason. You will not receive a course completion card, only a card of a participation.

**UH Landerbrook Health Center**

Sat., Jan 6..... 9:00 a.m. – 12:00 p.m.  
 Sat., Jan 20..... 9:00 a.m. – 12:00 p.m.  
 Sat., Jan 20..... 1:00 p.m. – 4:00 p.m.  
 Sat., Feb 10..... 9:00 a.m. – 12:00 p.m.  
 Sat., Feb 24..... 9:00 a.m. – 12:00 p.m.  
 Sat., Feb 24..... 1:00 p.m. – 4:00 p.m.  
 Sat., Mar 2..... 9:00 a.m. – 12:00 p.m.  
 Sat., Mar 23..... 9:00 a.m. – 12:00 p.m.  
 Sat., Mar 23..... 1:00 p.m. – 4:00 p.m.  
 Sat., Apr 6..... 9:00 a.m. – 12:00 p.m.  
 Sat., Apr 20..... 9:00 a.m. – 12:00 p.m.  
 Sat., Apr 20..... 1:00 p.m. – 4:00 p.m.  
 Sat., May 4..... 9:00 a.m. – 12:00 p.m.  
 Sat., May 18..... 9:00 a.m. – 12:00 p.m.  
 Sat., May 18..... 1:00 p.m. – 4:00 p.m.  
 Sat., Jun 8..... 9:00 a.m. – 12:00 p.m.  
 Sat., Jun 22..... 9:00 a.m. – 12:00 p.m.  
 Sat., Jun 22..... 1:00 p.m. – 4:00 p.m.

**UH Steve and Loree Potash Women & Newborn Center Prenatal Tour****UH Ahuja Medical Center**

Sun., Jan 7..... 11:00 a.m.-12:00 p.m.

Sun., Jan 7..... 12:00p.m.-1:00 p.m.  
 Sun., Jan 21..... 11:00 a.m.-12:00 p.m.  
 Sun., Jan 21..... 12:00p.m.-1:00 p.m.  
 Sun., Feb 4..... 11:00 a.m.-12:00 p.m.  
 Sun., Feb 4..... 12:00p.m.-1:00 p.m.  
 Sun., Feb 18..... 11:00 a.m.-12:00 p.m.  
 Sun., Feb 18..... 12:00p.m.-1:00 p.m.  
 Sun., Mar 3..... 11:00 a.m.-12:00 p.m.  
 Sun., Mar 3..... 12:00p.m.-1:00 p.m.  
 Sun., Mar 17..... 11:00 a.m.-12:00 p.m.  
 Sun., Mar 17..... 12:00p.m.-1:00 p.m.  
 Sun., Apr 7..... 11:00 a.m.-12:00 p.m.  
 Sun., Apr 7..... 12:00p.m.-1:00 p.m.  
 Sun., Apr 21..... 11:00 a.m.-12:00 p.m.  
 Sun., Apr 21..... 12:00p.m.-1:00 p.m.  
 Sun., May 5..... 11:00 a.m.-12:00 p.m.  
 Sun., May 5..... 12:00p.m.-1:00 p.m.  
 Sun., May 19..... 11:00 a.m.-12:00 p.m.  
 Sun., May 19..... 12:00p.m.-1:00 p.m.  
 Sun., Jun 2..... 11:00 a.m.-12:00 p.m.  
 Sun., Jun 2..... 12:00p.m.-1:00 p.m.  
 Sun., Jun 16..... 11:00 a.m.-12:00 p.m.  
 Sun., Jun 16..... 12:00p.m.-1:00 p.m.

**📍 UH MacDonald Women's Hospital Prenatal Tour (1 session)****UH Cleveland Medical Center**

Thu., Jan 11..... 7:00 p.m. – 8:45 p.m.  
 Sun., Feb 18..... 2:00 p.m. – 3:45 p.m.  
 Sun., Mar 3..... 2:00 p.m. – 3:45 p.m.  
 Sun., Apr 21..... 2:00 p.m. – 3:45 p.m.  
 Thu., May 23..... 7:00 p.m. – 8:45 p.m.  
 Sun., Jun 2..... 2:00 p.m. – 3:45 p.m.

**📍 UH Geauga Medical Prenatal Tour (1 Session)****UH Geauga Medical Center**

Mon., Jan 22..... 6:00 p.m. – 7:00 p.m.  
 Mon., Feb 19..... 6:00 p.m. – 7:00 p.m.  
 Mon., Mar 18..... 6:00 p.m. – 7:00 p.m.  
 Mon., Apr 15..... 6:00 p.m. – 7:00 p.m.  
 Mon., May 20..... 6:00 p.m. – 7:00 p.m.  
 Mon., Jun 24..... 6:00 p.m. – 7:00 p.m.

**Big Brother/Big Sisters-To-Be Program****(1 Session)****(Refer to Virtual Classes)****Grandparenting Today (1 Session)****(1 Session)****(Refer to Virtual Classes)****Safe Sitter Class (1 Session)**

For additional information, dates, class location or to register, please contact Rachel Farinelli at 216-983-1107.

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

# Winter / Spring 2024 Virtual Classes

## **\$ Saver Classes:**

Reduced class fee or no class fee.

### **Express Prepared Childbirth (1 or 2 Sessions)**

Thur., Jan 18 & 25 .....	6:00 p.m. – 9:00 p.m.
Sat., Jan 27 .....	9:00 a.m. – 4:00 p.m.
Mon., Feb 5 & Feb 12 .....	6:00 p.m. – 9:00 p.m.
Sat., Feb 17 .....	9:00 a.m. – 4:00 p.m.
Thu., Mar 7 & Mar 14 .....	6:00 p.m. – 9:00 p.m.
Sat., Mar 23 .....	9:00 a.m. – 4:00 p.m.
Wed., Apr 17 & 24 .....	6:00 p.m. – 9:00 p.m.
Mon., Apr 22 & 29 .....	6:00 p.m. – 9:00 p.m.
Sat., May 18 .....	9:00 a.m. – 4:00 p.m.
Sat., Jun 1 .....	9:00 a.m. – 4:00 p.m.
Thur., Jun 13 & 20 .....	6:00 p.m. – 9:00 p.m.

### **Miraculous Multiples (In-Person or Virtual)**

1 Private Session. ....  
Call 440-995-3835 to schedule class.

### **Cesarean Birth Preparation (In-Person or Virtual)**

1 Private Session. ....  
Call 440-995-3835 to schedule class.

### **Boot Camp For New Dads (1 Session)**

Sat., Jan 13 .....	9:00 a.m. – 12:00 p.m.
Sat., Feb 03 .....	9:00 a.m. – 12:00 p.m.
Sat., Mar 02 .....	9:00 a.m. – 12:00 p.m.
Sat., Apr 13 .....	9:00 a.m. – 12:00 p.m.
Sat., May 18 .....	9:00 a.m. – 12:00 p.m.
Sat., Jun 29 .....	9:00 a.m. – 12:00 p.m.



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

### **Breastfeeding – The Facts & Beyond (1 Session)**

Thu., Feb 8 ..... 6:30 p.m. – 9:00 p.m.  
Sat., Mar 9..... 9:00 a.m. – 11:30 a.m.  
Sat., Apr 13 ..... 9:00 a.m. – 11:30 a.m.  
Thu., May 23 ..... 6:30 p.m. – 9:00 p.m.  
Wed., Jun 5 ..... 6:30 p.m. – 9:00 p.m.

### **Infant Care – Basics & Beyond (1 or 2 Session)**

Thu., Feb 22 ..... 6:00 p.m. – 9:00 p.m.  
Thu., Mar 14..... 6:00 p.m. – 9:00 p.m.  
Wed., Jun 19 ..... 5:30 p.m. – 8:30 p.m.

### **Infant Care/Express Breastfeeding**

Sat., Jan 6..... 9:00 a.m. – 1:00 p.m.

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

#### **UH Cleveland Medical Center**

Thu., Jan 4..... 7:00 p.m. – 8:45 p.m.  
Sun., Jan 14..... 2:00 p.m. – 3:45 p.m.  
Thu., Feb 8 ..... 7:00 p.m. – 8:45 p.m.  
Thu., Feb 29 ..... 7:00 p.m. – 8:45 p.m.  
Thu., Mar 14..... 7:00 p.m. – 8:45 p.m.  
Thu., Mar 28..... 7:00 p.m. – 8:45 p.m.  
Thu., Apr 11 ..... 7:00 p.m. – 8:45 p.m.  
Thu., Apr 18 ..... 7:00 p.m. – 8:45 p.m.  
Sun., May 5 ..... 2:00 p.m. – 3:45 p.m.  
Thu., May 16 ..... 7:00 p.m. – 8:45 p.m.  
Thu., Jun 13..... 7:00 p.m. – 8:45 p.m.  
Thu., Jun 27..... 7:00 p.m. – 8:45 p.m.

### **UH Geauga Medical Center Prenatal Tour (1 Session)**

#### **UH Geauga Medical Center**

Mon., Jan 8 ..... 6:00 p.m. – 7:00 p.m.  
Mon., Feb 5 ..... 6:00 p.m. – 7:00 p.m.  
Mon., Mar 4 ..... 6:00 p.m. – 7:00 p.m.  
Mon., Apr 1 ..... 6:00 p.m. – 7:00 p.m.  
Mon., May 6..... 6:00 p.m. – 7:00 p.m.  
Mon., Jun 3 ..... 6:00 p.m. – 7:00 p.m.

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

(Online learning for the whole family).

To register, call 440-995-3835...

### **Grandparenting Today (1 Session)**

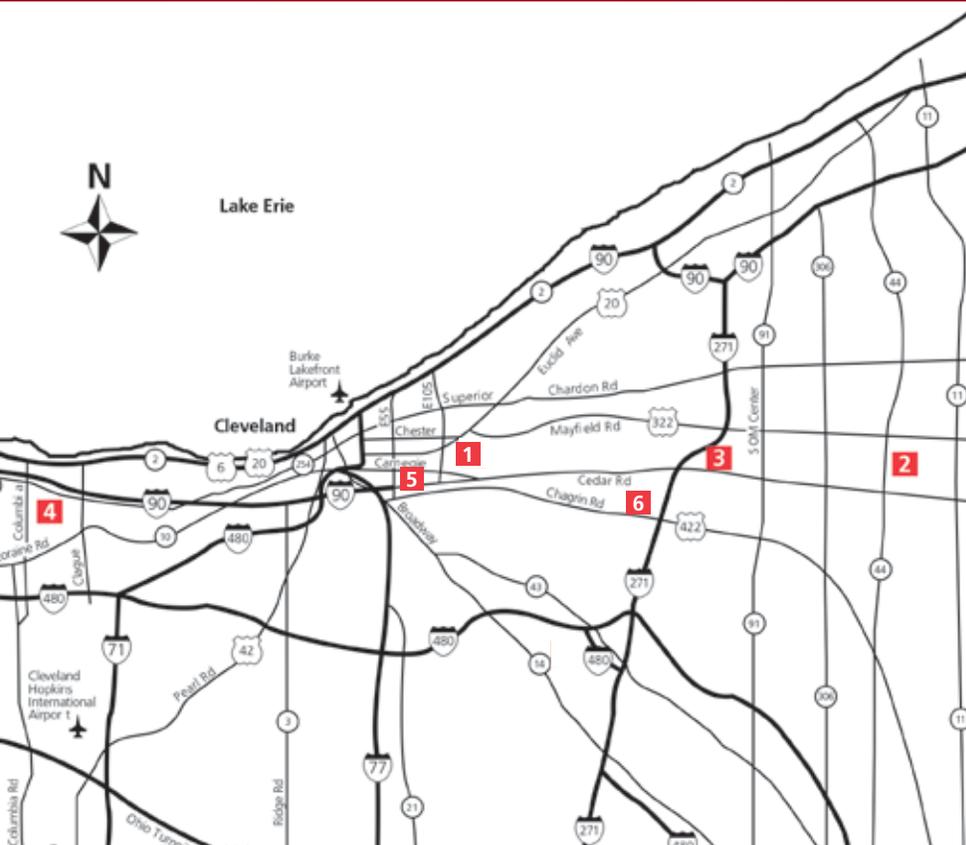
Wed., Feb 28 ..... 5:30 p.m. – 8:30 p.m.  
Wed., Apr 24..... 5:30 p.m. – 8:30 p.m.  
Wed., Jun 12 ..... 5:30 p.m. – 8:30 p.m.

### **Safe Sitter Class (1 Session)**

For additional information, dates, class location or to register, please contact Rachel Farinelli at 216-983-1107

**UHhospitals.org/BirthClass**





**1 UH Cleveland Medical Center**

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

**2 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.

**3 UH Landerbrook Health Center**

Located at 5850 Landerbrook Drive, Suite 110, Mayfield Heights.

**4 UH Westlake Health Center**

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

**5 UH Rainbow Babies and Children's Ahuja Center for Women & Children**

5805 Euclid Avenue  
 Cleveland, Ohio 44103

**6 UH Steve and Loree Potash Women & Newborn Center Prenatal Tour UH Ahuja Medical Center**

3999 Richmond Rd  
 Beachwood, OH 44122

**Program Registration**

To register for the program(s) of your choice, either register online at [UHHospitals.org/BirthClass](http://UHHospitals.org/BirthClass) or complete the registration form included with this brochure and 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.

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 the session and date choice.

Currently, we offer two methods of registration. Please select one of the following:

- Online registration with payment, as required, at [UHhospitals.org/BirthClass](http://UHhospitals.org/BirthClass)
- Complete the registration form included with this brochure and call University Hospitals MSC/Marketing Support at 216-844-4000.

Written confirmation of class date, time and location will be emailed to you. Your cc charge 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.

## Childbirth/Parenting Education Programs and Services Winter & Spring 2024 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"/> <b>\$</b> Going Green-Pregnancy, Birth & Beyond (\$10)<br>Class Date: _____<br><input type="checkbox"/> Prepared Childbirth (4 session) (\$90)<br>Class Date: _____<br><input type="checkbox"/> Express Prepared Childbirth _____ (1 day or 2 evenings) (\$90)<br>Class Date: _____<br><input type="checkbox"/> Prenatal Couple Massage with Therapeutic Touch (1 session) (\$35)<br>_____ Class Date: _____<br><input type="checkbox"/> <b>\$</b> Blended Learning Prepared Childbirth (\$50)<br>Class Date: _____<br><input type="checkbox"/> Birth Works Natural Childbirth (\$180)<br>Class Date: _____<br><input type="checkbox"/> HypnoBirthing® – The Mongan Method (\$180)<br>Class Date: _____<br><input type="checkbox"/> Comfort and Coping Techniques (\$35)<br>Class Date: _____<br><input type="checkbox"/> Spinning Babies (\$35)<br>Class Date: _____<br><input type="checkbox"/> <b>\$</b> Boot Camp for New Dads (No Charge)<br>Class Date: _____<br><input type="checkbox"/> Miraculous Multiples (\$50 in-person or virtual private session)<br>Call 440-995-3835 for class dates and location.<br><input type="checkbox"/> Cesarean Birth Preparation (\$50 in-person or virtual private session)<br>To register, call 440-995-3835.<br><input type="checkbox"/> Breastfeeding – The Facts & Beyond (\$35)<br>Class Date: _____ | <input type="checkbox"/> Infant Care-Basics and Beyond (\$35)<br>Class Date: _____<br><input type="checkbox"/> <b>\$</b> Infant Care – Basics & Beyond / Express Breastfeeding (\$45)<br>Class Date: _____<br><input type="checkbox"/> <b>\$</b> Infant Care- Basics & Beyond / Baby Massage (\$45)<br>Class Date: _____<br><input type="checkbox"/> Family & Friends CPR (\$35 per person)<br>Class Date: _____<br><input type="checkbox"/> Pediatric Heartsaver First Aid ( \$35 per person)<br>Class Date: _____<br><input type="checkbox"/> <b>\$</b> UH MacDonald Women's Hospital Prenatal Tour (free)<br>Class Date: _____<br><input type="checkbox"/> <b>\$</b> UH Steve and Loree Potash Newborn Center Prenatal Tour (free)<br>Class Date: _____<br><input type="checkbox"/> <b>\$</b> UH Geauga Medical Center Prenatal Tour (free)<br>Class Date: _____<br><input type="checkbox"/> Big Brothers/Big Sisters-To-Be Virtual Program (\$35/family)<br>For additional information, call 440-995-3835.<br>_____<br><input type="checkbox"/> <b>\$</b> Grandparenting Today (\$10 per person)<br>(Includes 1 hour of Infant Care)<br>Class Date: _____<br><input type="checkbox"/> <b>\$</b> Car Seat Safety<br>To schedule an appointment, call 216-844-2277<br><input type="checkbox"/> Safe Sitter Class (\$50) To register call 216-983-1107<br><input type="checkbox"/> I am interested in private instruction _____ |
|---|--|



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.

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](http://BabyFriendlyUSA.org).***

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.

The innovative Steve and Loree Potash Women & Newborn Center at UH Ahuja Medical Center serves as a dedicated home for expectant moms and babies. The center also houses the Danielle and Michael Weiner Maternity Suite, and the Richard Horvitz and Erica Hartman-Horvitz Neonatal Unit.

Designed to exceed the highest standards for quality, expert care while meeting the unique needs and delivery preferences of patients and families. From natural, drug-free births and water labor to births requiring advanced care, the Potash Women & Newborn Center accommodates a variety of birth experiences. ***To learn more visit: [UHhospitals.org/AhujaMaternity](http://UHhospitals.org/AhujaMaternity)***