

## 2009 Childbirth Education Classes

### *Congratulations!*

Your pregnancy is an exciting and challenging time as you prepare for the arrival of your baby. At Metro Health Hospital, we have a variety of classes to help you gain the knowledge and confidence needed as you journey into parenthood.

### *Registration*

Register Early! (Registering during the 4<sup>th</sup> or 5<sup>th</sup> month is ideal.)

To register for educational classes or to schedule a tour, please call (616) 252-7183.

### *Insurance Coverage*

Please check with your insurance provider to see if childbirth education classes are covered. Pre-payment of any fee (or co-pay) reserves your place in a class.

### *Tours*

Two Evening tours and one Saturday afternoon tour are offered each month.

(Remember: A tour is included with any Childbirth Class.)

### *Childbirth Classes*

**Brand new for 2009 is the e-Learning class option** in addition to the traditional class series. Please read through both options to see which best suits your needs and learning style. Both options are designed to prepare expectant parents for a positive birth experience and the first weeks at home.

#### **Traditional Childbirth Class Series**

This series involves 10 hours of class time at the hospital for you and your coach.

You may choose between four Monday evenings OR two consecutive Saturdays.

Topics include: hospital admission, stages & phases of labor, medical & technical aspects of labor, relaxation & breathing techniques, comfort measures, the coach's role, medical pain management, cesarean birth and care of mother and baby in early postpartum.

A tour is included. Schedule your class to finish 4-6 weeks from your due date.

Class fee is \$90.

#### **Monday Series**

Time: 6:30 p.m. - 9:00 p.m.

January 5, 12, 19, 26

February 2, 9, 16, 23

March 9, 16, 23, 30

April 6, 13, 20, 27

May 4, 11, 18 (skip 5/25), June 1

June 8, 15, 22, 29

July 6, 13, 20, 27

August 3, 10, 17, 24

September 8/31 (skip 9/7) 14, 21, 28

October 5, 12, 19, 26

November 2, 9, 16, 23

December 7, 14, 21, 28

### Saturday Series

Time: 9:00 a.m. - 2:00 p.m.

January 10 & 17  
February 21 & 28  
March 14 & 21  
April 18 & 25  
May 2 & 9  
June 13 & 20

July 18 & 25  
August 1 & 8  
September 19 & 26  
October 10 & 17  
November 7 & 14  
\*Dec 4 & 5 (Fri/Sat)

**\*This class is condensed, Fri.6:30-9:00 pm & Sat. 9 am-3 pm**

### e-Learning Childbirth Class Series

This class is designed for the expectant parents who prefer having to schedule fewer hours of class instruction at the hospital and are willing to use a specially designed book that utilizes online video clips for some of their learning.

Class time at the hospital will be spent practicing many "hands-on" techniques and strategies to cope with labor, as well as touring the Spartan Stores Family Childbirth Center and having the opportunity to ask questions. Class time will total 4 hours. Choose **two** Tuesday evenings or **one** Saturday morning. Class fee is \$75.

Tuesdays ( 7 - 9 pm):

January 6 & 13  
February 3 & 10  
March 10 & 17  
May 5 & 12

Saturday (9 am - 1 pm):

January 24  
February 7  
March 7  
April 4  
May 7  
June 6

### *Breast Feeding Class*

This class provides important information beyond what is covered in the childbirth classes. Expectant Parents considering and /or planning to breast feed their baby will benefit from this class that is taught by a Lactation Consultant. Topics include: emotional and physical benefits of breast feeding, mother and baby nutrition, practical "how to's" and use of breast pumps. Nursing and the working mother is also discussed. Fathers are encouraged to attend. Class fee is \$20.

Time: 6:30 p.m. - 9:00 p.m.

January 7  
February 4  
March 4  
April 1  
May 6  
June 3

July 1  
August 5  
September 2  
October 7  
November 4  
December 2

### ***Breast Feeding Support Group***

This group provides free on-going support for breast feeding moms and babies and is led by a Certified Lactation Consultant. Call 252-7894 for location/directions or more information.

- Every Monday (except major holidays)
- Time: 1:30 p.m. - 3:00 p.m.



### ***Sibling Preparation Class***

This class is designed for children who are anticipating the arrival of a new brother or sister. Parent(s) attend the class with their child(ren). The discussion centers on creative preparation for the new baby. Children practice with dolls and have fun with a tour which includes visiting a real mom and her baby. Class fee is \$10 per family.

(Important: limited to children at least 3 years old.)

Class is held once a month on Wednesday from 5:00 - 6:00 p.m.

January 21  
February 18  
March 18  
April 15  
May 20  
June 17

July 15  
August 19  
September 16  
October 21  
November 18