

# 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 4th or 5th month is ideal.)  
To register for educational classes or to schedule a tour, please call (616) 252-MOMS.

## Insurance Coverage

Please check with your insurance provider to see if childbirth education classes are covered. Your company may ask for a diagnostic code (S 9442) and/or a procedure code (V 221). 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 a Weekend Series. 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: 6:30 – 9:00 p.m.**

August 31 (skip 9/7) September 14, 21, 28  
October 5, 12, 19, 26  
November 2, 9, 16, 23  
December 7, 14, 21, 28

### **Weekend Series: Friday evening 6:30 – 9:00 p.m. and Saturday 9:00 a.m. – 3:00 p.m.**

This class covers everything “all in one weekend.” It includes a tour of the Spartan Stores Family Childbirth Center at Metro Health Hospital.

September 25 & 26

October 9 & 10

November 13 & 14

December 4 & 5

### **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 on-line video clips for some of their learning. Class time at the hospital will be spent on practicing many “hands-on” techniques and strategies to cope with labor, as well as taking a tour of 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 \$70.

#### **Tuesdays: 6:30 p.m. – 9:00 p.m.**

September 22 & 29

November 3 & 10

#### **Saturday: 9:00 a.m. – 1:00 p.m.**

September 12

October 24

November 21

December 12

### **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.

### **Wednesday: 6:30 p.m. – 9:00 p.m.**

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 (616) 252-7894 for location/directions or more information.

**Every Monday (except major holidays): 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. Important: limited to children at least 3 years old .

Class fee is \$15. (\$10 for each additional child in the same family)

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

September 16

October 21

November 18