

2012 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

A weekday evening tour and a Saturday afternoon tour are offered each month. A tour is included with every childbirth class. Please call (616) 252-MOMS (6667) if you would like to schedule a tour separately from a childbirth class.



ALL Childbirth Classes (Traditional AND e-Learning), “Ask the Expert” Class and Breastfeeding Class are held in the PROFESSIONAL BUILDING, Lower Level Conference Rooms

Childbirth Classes

e-Learning Childbirth Class

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 an especially designed book that utilizes on-line video clips for some of their learning to be done at their own convenience.

Class time at the hospital will be spent on practicing many “hands-on” techniques & strategies to cope with labor, highlighting information & answering questions; including a tour of our Spartan Stores Childbirth Center.

Total class time = 4 hours on a Saturday

An additional book on Mother and New Baby Care with video on-line is included.

Class size is limited to 10 couples.

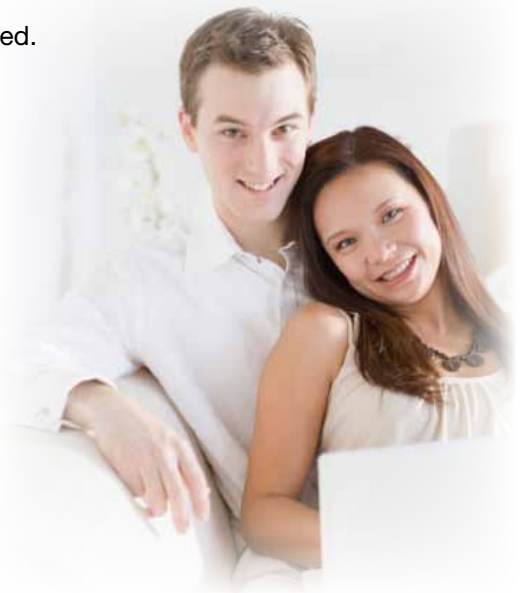
Class fee: \$70.

Note: this makes a great Refresher Class

e-Learning Childbirth Saturday Class

10:00 am to 2:00 pm (1 day)

January 21	July 21
February 25	August 18
March 24	September 22
April 21	October 20
May 19	November 10
June 23	December 1



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Traditional Childbirth Classes

These classes will prepare the expectant parents for a positive birth experience where they will gain the knowledge and confidence to make informed decisions. Topics discussed include: the birth process, medical & technical aspects of labor, relaxation & breathing techniques, comfort measures, the coach's role, medical pain management, cesarean birth, early postpartum & the newborn. Lecture, interactive learning, "hands-on" practice of techniques, video, and a tour are all part of the class; two booklets are provided.

Class size is limited to 10 couples. Classes are offered as a weekend or 3-week series.

Choose between Monday or Tuesday Evenings or Weekends.

Class fee: \$90.

3-Week Traditional Childbirth Class

Mondays

6:30 pm to 9:00 pm

January 9, 16 & 23	July 16, 23 & 30
February 13, 20 & 27	August 13, 20 & 27
March 12, 19 & 26	September 10, 17 & 24
April 9, 16, & 23	October 8, 15 & 22
May 7, 14 & 21	November 5, 12 & 19
June 11, 18 & 25	December 3, 10 & 17

Tuesdays

6:30 pm to 9:00 pm

February 14, 21 & 28	July 17, 24 & 31
March 13, 20 & 27	August 14, 21 & 28
May 8, 15 & 22	October 9, 16 & 23

Weekend Traditional Childbirth Class

Friday 6:30 pm - 9:00 pm

Saturday 9:30 am to 3:30 pm (tour included)

Content is comparable to the 3 evenings of classes.

January 13 & 14	July 13 & 14
February 17 & 18	August 10 & 11
March 16 & 17	September 14 & 15
April 13 & 14	October 12 & 13
May 11 & 12	November 16 & 17
June 15 & 16	December 7 & 8



NEW!

"Ask the Expert" Class

This class is for expectant parents who have already learned a lot about birth. *Class size is limited to 8 couples.* **Class fee: \$35.**

An experienced Labor & Delivery Nurse Educator leads this class. A single session evening class will provide:

- a tour of our Childbirth Center
- two booklets that cover birth, breastfeeding, postpartum and the newborn, including access to on-line videos of current, evidence based information to review at home
- time for asking questions on topics chosen by the participants

Tuesdays

6:30 pm to 9:00 pm

January 24	September 18
April 24	November 13
June 26	December 11

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Breastfeeding Class

This class provides information to expectant parents considering the option of breastfeeding their baby. Topics included are: the emotional and physical benefits of breastfeeding, mother and baby nutrition, and the practical “how to’s”. Also discussed is nursing and the working mother. Fathers are encouraged to attend.

Class size is limited to 16 couples or 32 people.

Class fee \$20.

NOTE: Breastfeeding class may be taken before or after childbirth class

Breastfeeding Class

First Tuesday class each month

6:30 pm to 9:00 pm

January 3	July 10
February 7	August 7
March 6	September 4
April 3	October 2
May 1	November 6
June 5	December 4

Sibling Preparation Class

This class is designed for creative preparation for the new baby. Children practice with dolls, make a card for their baby, and have fun with a tour which includes a visit to a mom with her real newborn baby. Dealing with emotions is discussed and a positive association with coming to the hospital after the birth is established.

For children 3-7 years old. Class size is limited to 6 children. (older children may be allowed if space permits, but be aware the class is geared to the ages stated)

Class fee: \$15 for first child; \$10 for each additional child.

Sibling Preparation Class

Monday classes

6:00 pm to 7:00 pm

Childbirth Center Classroom, Level 2

January 9	July 9
February 13	August 13
March 12	September 10
April 9	October 15
May 14	November 12
June 11	

Contact Information

To register for a class or schedule a tour: 616-252-MOMS (6667)

Mary Lynn Wesorick RN, BSN, Coordinator: 616-252-7320

