

Mount Carmel East

Childbirth Education Classes, 2009

Thank you for considering childbirth education and parenting classes through the *Little Miracles* maternity program at Mount Carmel East. Our classes are designed to help you and your partner welcome this special time in your life strengthened by a foundation of knowledge, confidence and love. Because at Mount Carmel, having a baby is more than a procedure...it's a *miracle*.

Classes are also offered at Mount Carmel St. Ann's and Mount Carmel West. If you don't see what you need here, call 614-898-MOMS (6667) for more information. *Register early to get your first choice of dates, times and locations.*

Labor and Birth Deluxe

\$80/couple

This comprehensive, 12-hour labor and birth preparation course features instruction in techniques for promoting a satisfying birth experience. Content includes what to expect during labor, developing a realistic birth plan, medications and anesthetics, comfort strategies for coping with labor and coaching techniques for your labor support person. Pick a series ending two to four weeks before your due date. *A guided tour of the maternity areas is included.*

Four-Week Series

Mondays, 6:30 - 9:30 p.m.

Begins

January 12
March 9
April 13
August 10
October 12
November 9

Ends

February 2
March 30
May 4
August 31
November 2
November 30

Sundays, 3 - 6 p.m.

Begins

February 8
May 17 *no class May 31*
July 12
September 13

Ends

March 1
June 14
August 2
October 4

Labor and Delivery Rehearsal Tour

Free

This free 1½ hour tour should be taken four weeks before your due date so you'll know what to do when the big day arrives. You'll get an overview of what to do when you come to the hospital — where to park, where to go and what to expect during your delivery. Space is limited. **Rehearsal tours are suggested if couples are NOT participating in a Mount Carmel East Labor and Birth class. Call 614-898-MOMS for dates and times, and to register.**

Express Labor and Birth

\$85/couple

This 7-hour class provides the basics of labor and birth preparation. Instruction focuses on essential information for mother and her birth partner including what to expect during labor and birth, techniques for coping with labor discomforts, medications and anesthetics, and medical interventions. Breathing, relaxation and comfort strategies are discussed and written instructions are provided for at-home practice. *A guided tour of the maternity areas is included.*

Two-Day (Weekend) Class

Friday, 6 - 9:30 p.m. and
Saturday, 9 a.m. - 12:30 p.m.

Dates

May 29, 30
August 14, 15

June 26, 27
December 18, 19

July 24, 25

One-Day Class

Saturday, 9 a.m. - 4:30 p.m.

Dates

January 3
April 4
July 11
October 3

February 7
May 2
August 1
November 7

March 7
June 6
September 5
December 5

Pregnancy Massage

Many of the aches and pains that accompany the joy of pregnancy can be eased by therapeutic bodywork. At Mount Carmel, our licensed massage therapists are highly trained professionals who are experts at working with pregnant women. Gift certificates are available. *Call Mount Carmel St. Ann's Maternity Pavilion for an appointment at 614-898-5534. A physician's release is necessary to attend this appointment.*

Little Miracles®

Maternity Program at Mount Carmel

Breastfeeding Basics \$35/couple

This one-day class is designed for expectant mothers who have chosen or are considering breastfeeding. We encourage your support person to attend class with you. Class topics include the benefits of breastfeeding for baby and mother, physiology of milk production, tips for preparation before delivery, nursing techniques, tips for Mom's support person to aid her success and sources of support and help after delivery. *Register to take this class early in your last three months of pregnancy.*

Sunday, 6 - 8:30 p.m.

Dates

January 11	February 8	March 1
April 5	May 3	June 14
July 12	August 9	September 13
October 4	November 8	December 6

NEW! Breastfeeding Support Group Free

The time following the birth of your baby is a joyous one, with new experiences for everyone involved. For you, one of those new experiences may be breastfeeding. And while breastfeeding provides many benefits for both you and your baby, it can be challenging. Please join us and our certified lactation consultant as she offers you a chance to learn, ask questions, get good advice and share your experience with other moms in a private, nurturing environment. Babies are welcome! *This support group is only offered at Mount Carmel St. Ann's.*

Every Wednesday, 10 – 11 a.m.
(except for April 1, November 25 and December 23)

I'm Special, Too! Sibling Class and Tour

\$10/one child \$15/two children \$20/three or more

Prepare children ages 3 to 8 for the arrival of a new brother or sister. Children will learn about their mother's hospital stay, the newborn baby and their role as a big sister or brother. Take this one-hour class about one month before your due date. *Call 614-898-MOMS to register. You may request a free condensed tour for children under three.*

Saturday, 9:30 - 10:30 a.m. or 11 a.m. - 12 p.m.

Dates

January 17	February 28	March 14
April 18	May 23	June 6
July 18	August 8	September 12
October 10	November 14	December 12

Postpartum Depression Consultation

Find help coping with the overwhelming emotions that you may be experiencing following the birth of a baby. If you are feeling depressed, anxious, or nervous, or are suffering from sleep disturbances or uncontrollable crying, you may wish to speak with a social worker who specializes in postpartum depression. *Call 614-898-MOMS for more information.*

CPR Heartsaver — \$45 Adult/Child and Infant

The Heartsaver CPR course is designed to teach CPR and foreign-body airway obstruction (FBAO) to all lay rescuers, particularly those who are expected to respond to emergencies in the workplace or required to obtain a course completion card. The course includes a videotaped presentation of the Chain of Survival, proper CPR technique and warning signs of cardiovascular emergencies, as well as instructor-led discussion to reinforce signs of heart attack, cardiac arrest, stroke and choking. Participants will need to demonstrate competency in the CPR skills before a completion card is issued. *Call 614-898-MOMS for dates and times, and to register.*

CPR: Family and Friends — Infant Only \$25

This course provides video instruction on CPR and foreign body airway obstruction relief for infants who are between the ages of birth and 1 year. Participants will practice and demonstrate the skills during the course and receive a participation card upon completion. *Call 614-898-MOMS for dates and times, and to register.*

CPR: Family and Friends — \$40 Adult/Child and Infant

Designed for laypersons who want to learn rescue skills for loved ones, this course is an appropriate level of training for school-age children and family members who want to learn and be prepared to administer CPR and choking relief during an emergency situation. Participants will practice and demonstrate these skills during the course and receive a participation card upon completion. *Call 614-898-MOMS for dates and times, and to register.*

Mount Carmel is a provider of American Heart Association (AHA) CPR courses. The AHA strongly promotes knowledge and proficiency in BLS, ACLS, and PALS, and has developed instructional materials for this purpose. Use of these materials in an education course does not represent sponsorship by the AHA, and fees charged do not represent income to the AHA.

Heading Home: \$40/couple The First Three Months

Prepare yourself and another caregiver for baby's homecoming with information on newborn safety, bathing, diapering, feeding, and commonly experienced post-delivery emotions and how to cope. You will also learn about infant growth and development, sleep needs and health issues. *Register to take this class early in your last three months of pregnancy.*

Two-Week Series

Wednesdays, 6:30 - 9:30 p.m.

Dates

January 14, 21	February 11, 18	March 11, 18
April 8, 15	May 20, 27	June 17, 24
July 15, 22	August 12, 19	September 16, 23
October 14, 21	November 11, 18	December 9, 16

Registration for Mount Carmel East Childbirth Education Classes

Please use your current address and telephone number. If you plan to move before the first class, also include your new address. If paying by check or money order, please make payable to Mount Carmel. **Enclose your fee and mail to: Mount Carmel, Dept. 72, P.O. Box 634323, Cincinnati, OH 45263-4323.** Expect confirmation within 2-3 weeks.

REFUND POLICY — Refunds or class changes will be made until 1 week before the start of the first class. No refunds or class changes will be made after that time. Refunds take 6-8 weeks to process.

Mother

Name: _____ Date of Birth: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: home _____ work _____

Due or Delivery Date: _____

Hospital: _____

Doctor: _____ or Clinic _____

Dates of previous deliveries: _____

Children's names and ages: _____

Her Partner

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: home _____ work _____

Relationship to Mother: _____

Are either of you employed by Mount Carmel? Yes No *(If yes, please call 614-898-MOMS about an employee discount.)*

We are enrolling in the following course(s):

Name of Course _____ Fee: _____

1st choice day & time _____ 2nd choice day & time _____

Start date _____

Name of Course _____ Fee: _____

1st choice day & time _____ 2nd choice day & time _____

Start date _____

Name of Course _____ Fee: _____

1st choice day & time _____ 2nd choice day & time _____

Start date _____

Name of Course _____ Fee: _____

1st choice day & time _____ 2nd choice day & time _____

Start date _____

Name of Course _____ Fee: _____

1st choice day & time _____ 2nd choice day & time _____

Start date _____

Total: _____

Payment enclosed

VISA MasterCard Discover American Express

Card Number _____ Security Code _____ Exp. Date _____

Signature _____

*Little Miracles Classes —
everywhere you need them*

*Can't find a time and class schedule
that meets your needs?*



Many pregnancy and parenting-related classes
are available at other Mount Carmel sites
through the *Little Miracles* program.
Please call 614-898-MOMS for more information.

To register by phone, call 614-898-MOMS.
For classes with a fee, be sure to have your
credit card information handy.



MOUNT CARMEL
East