

Mount Carmel East

Childbirth Education Classes, 2010

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 labor and birth preparation series features instruction in techniques for promoting a satisfying birth experience. The small class size allows time to focus on relaxation and coping techniques with weekly practice of skills such as massage, positioning, visual imagery and breathing techniques. Content includes what to expect during labor, comfort strategies for coping with labor including medications and epidurals, and guidance for making informed decisions about medical procedures. Facilitated by the instructor, your labor partner will help you identify and practice coping preferences and techniques. *A guided tour of the maternity unit is included.*

Four-Week Series

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

Begins

January 4
March 8
April 12
July 12
October 11
November 8

Ends

January 25
March 29
May 3
August 2
November 1
November 29

Sundays, 12:30 - 3:30 p.m.

Begins

February 7
May 16 *off May 30*
August 8
September 12

Ends

February 28
June 13
August 29
October 3

Labor and Delivery Rehearsal Tour

Free

This free one-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 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 epidurals, 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 unit is included.*

One-Day Class

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

Dates

January 16	February 13	March 13
April 3	May 1	June 12
July 10	August 14	September 11
October 2	November 13	December 18

Two-Day (Weekend) Class

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

Dates

April 9, 10	June 4, 5	July 30, 31
August 20, 21		

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.*

HypnoBirthing®

\$135/couple

This class is designed for self-motivated individuals who wish to use self-hypnosis relaxation techniques during labor. Daily practice at home is required. HypnoBirthing® book and tapes are included. *Maternity tour is not included with this class. This class is offered at Mount Carmel St. Ann's only. Call 614-898-MOMS for dates and times, and to register.*

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 17	February 21	March 7
April 11	May 16	June 13
July 18	August 15	September 19
October 17	November 14	December 12

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.

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 age 3.*

Saturday, 9:30 - 10:30 a.m. or 11 a.m. - 12 p.m., or 12:30 p.m. (for children under 3 years of age)

Dates

January 16	February 20	March 20
April 17	May 15	June 19
July 17	August 21	September 18
October 23	November 6	December 11

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 — Adult/Child and Infant

\$45

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, locations, 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, locations, and to register.*

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

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, locations, 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: The First Three Months \$40/couple

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 - 9 p.m.

Dates

January 20, 27	February 10, 17	March 17, 24
April 7, 14	May 19, 26	June 16, 23
July 21, 28	August 18, 25	September 15, 22
October 20, 27	November 10, 17	December 1, 8

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 HealthCALL, 793 West State Street, Columbus, Ohio 43222.** 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