

Mount Carmel St. Ann's Childbirth Education Classes, 2009

Thank you for considering childbirth education and parenting classes through the *Little Miracles* maternity program at Mount Carmel St. Ann's. 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 East 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.*

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

Begins

January 11
February 8
March 8
April 5 *off April 12*
May 17 *off May 31*
July 12
August 9
September 13
October 11
November 8, 15, 22, 29

Ends

February 1
March 1
March 29
May 3
June 14
August 2
August 30
October 4
November 1

Mondays, 6:30 - 9 p.m.

Begins

January 19
February 23
March 30
May 4, *off May 25*
July 20
September 14
October 26

Ends

February 16
March 23
April 27
June 8
August 17
October 12
November 23

Wednesdays, 6:30 - 9 p.m.

Begins

January 7
February 4
March 4
April 15
May 13
September 9
October 7
November 4 *off November 25*

Ends

January 28
February 25
March 25
May 6
June 3
September 30
October 28
December 2

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 St. Ann's Labor and Birth class. Call 614-898-MOMS for dates and times, and to register.**

Little Miracles®

Maternity Program at Mount Carmel

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.*

One-Day Class

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

Dates

January 10	February 21	March 14	April 4
May 9	June 6	July 25	August 29
September 19	October 3	November 7	December 19

Two-Day (Weekend) Class

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

Dates

January 23, 24	February 27, 28	March 27, 28
May 15, 16	June 12, 13	July 17, 18
August 21, 22	October 23, 24	November 20, 21
December 4, 5		

Marvelous Multiples

\$60

A class designed just for those who are expecting twins or multiples. Topics include nutrition, bed rest, breathing and relaxation, medications and anesthetics, Cesarean birth and prematurity. A tour of the maternity unit and special care nursery is included. You will also have a chance to meet other parents of multiples.

Sunday, 9 a.m. - 3:30 p.m.

Dates

April 19	June 7	July 12	August 16
----------	--------	---------	-----------

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 only offered at Mount Carmel St. Ann's.*

Sunday, 6:30 - 9 p.m.

Begins

January 25
April 19
July 26
October 25

Ends

February 22
May 17
August 23
November 22

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, 6:30 - 9 p.m.

Dates

January 25	February 22	March 29	April 26
May 31	June 28	July 26	August 30
September 20	October 25	November 22	December 20

Thursday, 6:30 - 9 p.m.

Dates

January 8	February 5	March 12	April 2
May 14	June 4	July 9	August 13
September 3	October 1	November 5	December 3

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)

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, 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 —

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, 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.

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.*

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 10	January 24	February 7	February 21
March 7	March 21	April 4	April 25
May 2	May 16	June 6	June 20
July 11	July 25	August 1	August 15
September 12	September 19	October 3	October 17
November 7	November 21	December 5	December 19

Heading Home:

\$40/couple

The First Three Months

Prepare yourself and another caregiver for baby's home-coming 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.*

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

Dates

January 6, 13	February 3, 10	March 3, 10
April 7, 14	May 5, 12	June 2, 9
July 7, 14	August 4, 11	September 1, 8
October 6, 13	November 3, 10	December 1, 8

Saturday, 9 a.m. - 2 p.m.

Dates

January 31	February 14	March 21	April 25
May 30	June 27	July 11	August 15
September 26	October 31	November 14	December 12

Car Seat Basics

Free

Join a certified car seat technician to learn all you need to know about the best car seat protection for your child based on his or her age and weight. Learn how to – properly! – fit a car seat into your car or van, how to correctly use the safety belt system and how to adjust LATCH (lower anchors and tethers for children).

Wednesday, 6:30 - 8 p.m.

Dates

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

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.*

Registration for Mount Carmel St. Ann's 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
St. Ann's