

# Mount Carmel St. Ann's Childbirth Education Classes, 2010

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 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.*

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

<u>Begins</u>		<u>Ends</u>
January 10		January 31
February 7		February 28
March 7		March 28
April 11		May 2
May 16	<i>off May 30</i>	June 13
July 11		August 1
August 8		August 29
September 12		October 3
October 10		October 31
November 7	<i>off November 28</i>	December 5

Mondays, 6:30 - 9 p.m.

<u>Begins</u>		<u>Ends</u>
January 18		February 15
February 22		March 22
April 5		May 3
May 24	<i>off May 31</i>	June 28
July 5		August 2
August 16	<i>off September 6</i>	September 20
October 18		November 15
November 22		December 20

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

<u>Begins</u>		<u>Ends</u>
January 6		January 27
February 3		February 24
March 3		March 24
April 14		May 5
May 12		June 2
June 9		June 30
September 1		September 22
September 29		October 20
October 27		November 17

## 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 St. Ann's Labor & Birth, Cesarean Birth or Marvelous Multiples 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 23	February 20	March 20	April 17
May 22	June 19	July 17	August 21
September 18	October 16	November 6	December 4

### Two-Day (Weekend) Class

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

#### Dates

January 8, 9	February 12, 13	March 12, 13
May 14, 15	June 11, 12	July 9, 10
August 6, 7	September 10, 11	October 22, 23
November 19, 20	December 10, 11	

## **NEW!** Cesarean Birth Class

\$20

This class is recommended and specifically designed for those having a cesarean birth at Mount Carmel St. Ann's. Learn all you need to know to make your planned surgical birth as smooth as possible with strategies for your surgery and your recovery. *A maternity tour is included.*

Thursday, 6 - 9:30 p.m.

#### Dates

January 14	March 4	May 20
July 8	October 7	December 2

## 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.*

## 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 Neonatal Intensive Care Unit (NICU) is included. You will also have a chance to meet other parents of multiples.

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

#### Dates

June 13	July 11	August 15
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**Little Miracles®**

Maternity Program at Mount Carmel

## 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. Register early in your pregnancy as practice at home is required.*

Sunday, 6:30 - 9 p.m.

Begins	Ends
January 24	February 21
April 18	May 16
August 1	August 29
October 24	November 21

## 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 10	January 24	February 14	February 28
March 14	March 28	April 11	April 25
May 2	May 23	June 6	June 27
July 11	July 25	August 8	August 29
September 12	September 26	October 3	October 24
November 7	November 21	December 5	December 19

Thursday, 6:30 - 9 p.m.

Dates			
January 7	February 11	March 11	April 8
May 13	June 10	July 8	August 5
September 2	October 7	November 4	December 9

## 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 9	January 23	February 13	February 27
March 13	March 27	April 10	April 24
May 8	May 22	June 12	June 26
July 10	July 24	August 14	August 28
September 11	September 25	October 9	October 23
November 13	November 20	December 4	December 18

## 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.

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

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

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

Dates		
January 30	February 27	March 27
April 24	May 8	June 26
July 31	August 28	September 25
October 30	November 13	December 18

## 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 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  
St. Ann's