

Childbirth Preparation Classes

This class prepares parents for labor and birth. The class includes stages of labor, comfort options, pushing techniques, after-birth care and more.

Breastfeeding Class

Learn the basics of breastfeeding preparation, feeding and pumping techniques and newborn nutrition from our Certified Lactation Consultants.

Sibling Class

This one-time class is for siblings of the baby, ages 2-10. Children 11 and older are invited to attend a prenatal tour with their parents. Classes include information on how to gently hold and safely interact with a newborn brother or sister, a tour of the mother-baby unit and a short video.

Baby Care and Safety

Interested in learning about care of a baby in a one time class? Learn how to keep baby safe, crying, sleep patterns, care and feeding, signs of illness and needs of baby.

Doula Program

MetroHealth offers the birthing option of a doula, a woman who is trained to provide physical and emotional support for the laboring mother before, during and just after the birth. *Doula availability is limited.*



Boot Camp for New Dads

Geared to first time fathers, you will learn how to make it through the first months and come out a confident, on the job father. Taught by veteran dads with their babies, fathers share experiences and concerns. Fathers also use this time to provide tips on helping the new mother and ways to bond with their new baby. This is one of our most popular classes for men of all ages.

Labor & Delivery Prenatal Tour

This program is a stand-alone tour of the MetroHealth Labor & Delivery and Mother Baby Units to help expectant parents become familiar with these areas before birth.

Do you have a doctor for your baby?

MetroHealth is a recognized leader in providing expert medical care for infants, toddlers, children and adolescents.

metrohealth.org/pediatrics

Register Online!

- Visit metrohealth.org/birthing to request placement in Childbirth Education Classes.
- Click "Pregnancy & Birthing Education" and then select "Childbirth Preparation Classes" to see a list of classes.

You can also register by calling 216-778-3381. Questions can be directed to childbirthed@metrohealth.org

Register early for the class of your choice.

Classes may be canceled or rescheduled based on enrollment. Registration is required.



Birthing & Perinatal Center
metrohealth.org/birthing



Childbirth Education Classes

MetroHealth is pleased to offer a variety of classes to help you and your family prepare for your baby. Childbirth classes are taught by certified childbirth educators.

*Sandi Hoch, RN, BSN, CCE
Childbirth Educator Coordinator*



2022 Schedule

Childbirth Preparation Classes

MetroHealth Medical Center, Main Campus

Classes are currently offered virtually.

Times and dates may change, details will be confirmed at registration.

Series 1

Wednesdays: January 5, 12, 19
Thursdays: January 6, 13, 20

Series 2

Wednesdays: February 2, 9, 16
Thursdays: Feb 3, 10, 17

Series 3

Mondays: March 7, 14, 21
Wednesdays: March 9, 16, 23

Series 4

Wednesdays: April 6, 13, 27

Series 5

Mondays: May 2, 9, 16

Series 6

Mondays: June 6, 13, 20
Wednesdays: June 1, 8, 15,

Series 7

Wednesdays: July 20, 27 Express

Series 8

Mondays: Aug 8, 15, 22
Wednesdays: Aug 3, 10, 17, 24 Express

Series 9

Wednesdays: Sept 14, 21, 28
Thursday: Sept 15, 22, 29

Series 10

Wednesdays: Oct 5, 12, 19, 26 Express

Series 11

Wednesdays: Nov 30, Dec 7, 14
Thursdays: Dec 1, 8, 15

Labor & Delivery Tour

MetroHealth Medical Center

Tours are currently offered on the third Wednesday of each month

Jan 19	June 15	Nov 16
Feb 16	July 20	Dec 21
March 16	Aug 17	
April 20	Sept 21	
May 18	Oct 19	

Breastfeeding Class

MetroHealth Medical Center-virtual

Thursdays: 6 pm -details will be confirmed at registration

January 13	June 9, 23	November 10
February 10	July 14	December 8
March 10	August 11	
April 14	September 8, 22	
May 12	October 13	

Sibling Class

MetroHealth Medical Center-currently on hold

9:30 - 11:30 a.m.

February 26	August 27
April 23	October 22
June 25	November 19

Watch MetroHealth's Birthing & Perinatal Center Video Tour Online!

metrohealth.org/birthing/videotour

Learn about MetroHealth's full range of expert care that you can trust.



Boot Camp for New Dads

MetroHealth Medical Center: Virtual classes

Dads attend (1) Saturday session – 9a.m. to noon

Jan 15	June 11	Nov 19
Feb 19	July 16	Dec 17
March 19	Aug 20	
April 23	Sept 17	
May 21	Oct 15	

Classes in Other Locations

MetroHealth Broadway Health Center

6835 Broadway Avenue
Cleveland, OH 44105

Childbirth Preparation Classes

Series 3: Thurs. Mar 3, 10

Series 5: Wed. May 18, 25

Series 9: Tues. September 13, 20

Series 11: Wed. November 2, 9
Mon. November 14, 21

Times and dates are confirmed at registration

Boot Camp for New Dads

Broadway Health Center: Virtual classes

Saturday 9 a.m. - Noon

Jan 8, Feb 5, March 5, April 2, May 7, June 4,
July 2, Aug 6, Sept 3, Oct 1, Nov 5, Dec 3

MetroHealth Middleburg Heights

November Family Health Center

7800 Pearl Road
Middleburg Heights, OH 44130

Childbirth Preparation Classes

Middleburg Heights Health Center 6:30 pm

Classes are currently offered virtually

Series 4: Thurs. April 7, 14, 28

Series 5: Thurs. May 5, 12, 19

Series 7: Thurs. July 14, 21, 28

Series 10: Thurs. Oct 6, 13, 20