

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.



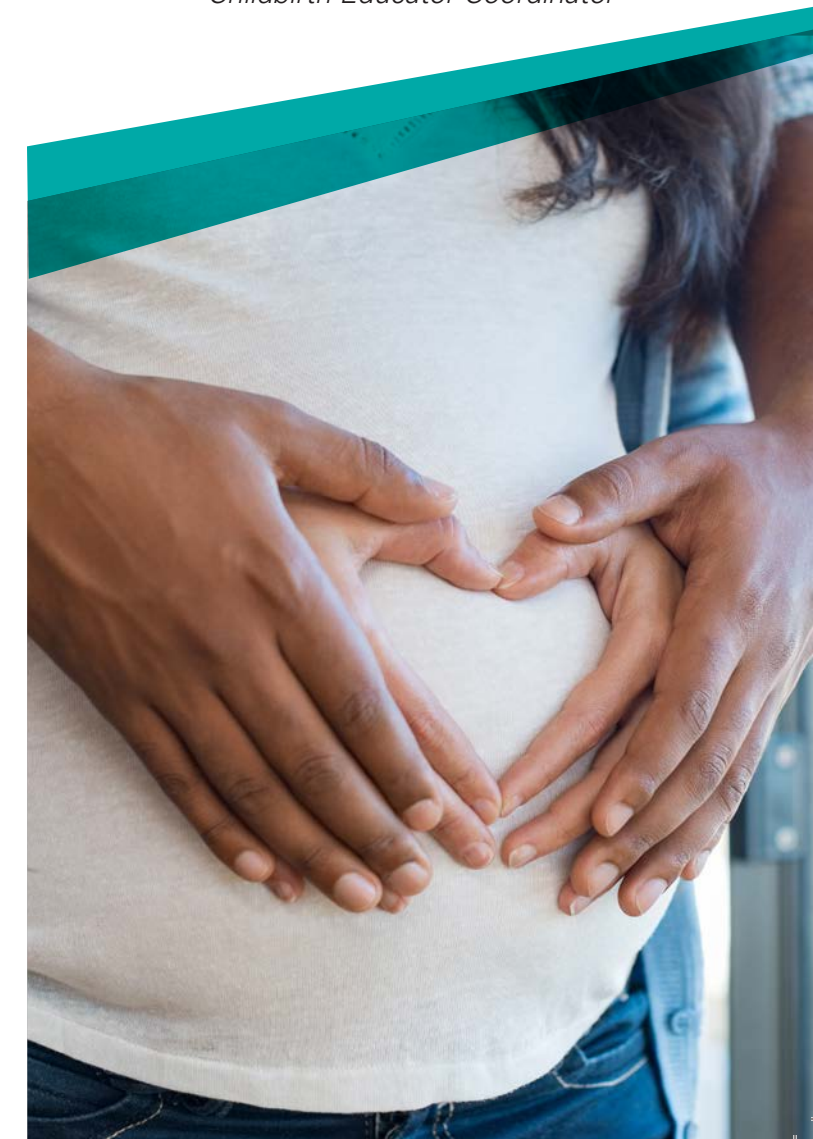
Birthing & Perinatal Center
metrohealth.org/birthing



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*



2021 Schedule

Childbirth Preparation Classes

MetroHealth Medical Center, Main Campus

All classes are currently offered virtually.

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

Series 1 (no class Jan 20)

Tuesdays: Jan 12, Jan 19, (Jan 27, Feb 3)

Wednesday: Jan 6, Jan 13, Jan 20, Jan 27

Series 2

Tuesdays: Feb 2, Feb 9

Wednesday: Feb 3, Feb 10, Feb 17, Feb 24

Series 3

Tuesdays: CBE Express Mar 16, Mar 23

Wednesdays: Mar 3, Mar 10, Mar 17, Mar 24

Series 4

Tuesdays: CBE Express Apr 20, Apr 27

Wednesdays: Apr 7, Apr 14, Apr 21, April 28

Series 5

Tuesdays: May 4, May 11

Wednesdays: May 5, May 12, May 19, May 26

Series 6

Tuesday: CBE Express June 15, June 22

Wednesday: June 2, June 9, June 23, June 30

Series 7 (no class Sept 9)

Tuesday: CBE Express Aug 17 and Aug 24

Wednesday: Jul 21, Jul 28, Aug 4, Aug 11

Series 8

Tuesday: CBE Express Sept 7, Sept 14

Tuesday CBE Express Oct 5, Oct 12

Wednesdays: Sept 15, Sept 22, Sept 29, Oct 6

Series 9 (no class Nov 25, Nov 30)

Tuesdays: Nov 9, Nov 16, Dec 7, Dec 14

Wednesdays: Nov 10, Nov 17, Dec 8, Dec 15

Labor & Delivery Tour

MetroHealth Medical Center

Tours are currently offered virtually

Jan 8 Wed	May 13 Wed	Sept 16 Wed
Feb 12 Wed	June 7 Sun	Oct 21 Wed
Mar 11 Wed	July 26 Sun	Nov 11 Wed
April 8 Wed	August 12 Wed	Dec 9 Wed
April 26 Sun		

Breastfeeding Class

MetroHealth Medical Center-virtual

Thursdays: 6 pm -details will be confirmed at registration

January 7	June 10	September 23
February 11	July 8	October 14
March 11	Aug 12	November 11
April 8	Sept 9	December 9
May 13		

Sibling Class

MetroHealth Medical Center-currently on hold

9:30 - 11:30 a.m.

January 23	July 24
March 13	September 25
May 22	November 13

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

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



Baby Care and Safety

MetroHealth Medical Center

Tuesday: classes offered virtually

February 9	September 14
May 11	December 7

Baby Steps Registration Choices:

If you are registered for *Childbirth Preparation Classes*, *Baby Steps* is already included as part of the course. If you are interested in Baby Care only, this is the class for you. Time TBD.

Questions? Please call **216-778-3381** to speak with our Childbirth Education Coordinator to learn more or to register for any of our classes.

Classes in Other Locations

MetroHealth Broadway Health Center

6835 Broadway Avenue
Cleveland, OH 44105

Childbirth Preparation Classes

Broadway Health Center Conference Room

Tuesdays: 3 - 5:30 p.m.

Childbirth Classes are currently virtual
Choose from any of the series listed

Times and dates are confirmed at registration

Boot Camp for New Dads

Broadway Health Center: Virtual classes

Saturday 9 a.m. - Noon

Jan 2, Feb.6, Mar 6, Apr 3, May 1, June 5, Jul 10,
Aug 7, Sept 4, Oct 2, Nov 6, Dec.

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 3: Thurs. Mar 4, Mar 11, Mar 18, Mar 25

Series 4: Thurs. May 6, May 13, May 20, May 27

Series 8: Thurs. Oct 14, Oct 21, Oct 28, Nov 4