

Childbirth Education Classes

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.

Includes tour of MetroHealth's birthing center.

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.

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 a seat in a free Childbirth Education Class.
- Click "Pregnancy & Birthing Education" and then select "Childbirth Preparation Classes" to see a list of available 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.

 **MetroHealth**
Birthing & Perinatal Center
metrohealth.org/birthing



MyChart
metrohealth.org/mychart

 **MetroHealth**

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



Childbirth Education 2019 Schedule

Classes in Other Locations

Childbirth Preparation Classes

MetroHealth Medical Center, Main Campus

6:30 - 9 p.m. Choice of Monday or Wednesday series

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

Series 1 (no class Jan 21)

Mondays: Jan 7, Jan 14, Jan 28, Feb 4, Feb 11
Wednesday: Jan 9, Jan 16, Jan 23, Jan 30, Feb 6

Series 2

Mondays: Mar 4, Mar 11 **Childbirth Express**
Wednesday: Feb 13, Feb 20, Feb 27, Mar 6, Mar 13

Series 3

Mondays: Mar 18, Mar 25, Apr 1, Apr 8
Wednesdays: Mar 20, Mar 27, Apr 3, Apr 10, Apr 17

Series 4

Mondays: Apr 29, May 6, May 13, May 20
Wednesdays: May 1, May 8, May 15, May 22

Series 5

Mondays: June 3, June 10, June 17, June 24, Jul 1
Wednesdays: June 5, June 12, June 19, June 26

Series 6

Mondays: July 22, July 29 **Childbirth Express**
Wednesday: July 10, July 17, July 24, July 31, Aug 7

Series 7 (no class week of September 1)

Mondays: Aug 12, Aug 19, Aug 26, Sept 9, Sept 16
Wednesday: Aug 14, Aug 21, Aug 28, Sept 11, Sept 18

Series 8

Mondays: Sept 30, Oct 7, Oct 21, Oct 28, Nov 4
Wednesdays: Oct 2, Oct 9, Oct 16, Oct 23, Nov 6

Series 9 (no class Nov 27, Dec 2)

Mondays: Nov 18, Nov 25, Dec 9, Dec 16
Wednesdays: Nov 13, Nov 20, Dec 4, Dec 11, Dec 18

Labor & Delivery Tour

MetroHealth Medical Center, Labor & Delivery Waiting Area

7 - 8 p.m. Wednesday
2 - 3 p.m. Sunday

Jan 9 Wed	May 8 Wed	Sept 11 Wed
Feb 13 Wed	June 12 Wed	Oct 9 Wed
Mar 13 Wed	July 14 Sun	Oct 27 Sun
Apr 3 Wed	Aug 4 Sun	Nov 13 Wed
April 28 Sun	August 13 Wed	Dec 11 Wed

Breastfeeding Class

MetroHealth Medical Center, Rammelkamp Room 170
Thursdays: 6 - 8:30 p.m.

January 10	May 23	September 12
February 14	June 13	September 26
March 14	July 11	October 10
April 11	Aug 8	November 14
May 9		December 12

Sibling Class

Sibling(s) complete one Saturday class.

MetroHealth Medical Center 9:30 - 11:30 a.m.

January 26
March 30
May 18
June 22
September 14
November 9



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

Dads attend (1) Saturday session.

MetroHealth Medical Center, Rammelkamp Room 170
9 a.m. - Noon



January 19
February 16
March 16
April 6
May 18
June 22
July 20
August 17
September 21
October 19
November 16
December 14

Happiest Baby on the Block

This new class will be offered at MetroHealth Broadway Health Center on Tuesdays at 3 p.m.

- February 5th
- April 23
- August 27
- November 26

Registration Options:

If you are registered for *Childbirth Preparation Classes* at our **Broadway** location, the *Happiest Baby on the Block* class will be included as part of the course.

If you are interested in signing up for a one-time *Happiest Baby on the Block* class, without the full *Childbirth Preparation* course, that is also an option.

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



MetroHealth Broadway Health Center

6835 Broadway Avenue
Cleveland, OH 44105

Childbirth Preparation Classes

Broadway Health Center Conference Room
Tuesdays: 3 - 5:30 p.m.

Series 2: Jan 15, Jan 22, Jan 29, Feb 5

Series 4: Apr 2, Apr 9, Apr 16, Apr 23

Series 7: Aug 6, Aug 13, Aug 20, Aug 27

Series 9: Nov 5, Nov 12, Nov 19, Nov 26

Boot Camp for New Dads

Broadway Health Center Conference Room
9 a.m. - Noon

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



MetroHealth Middleburg Heights November Family Health Center

7800 Pearl Road
Middleburg Heights, OH 44130

Childbirth Preparation Classes

Middleburg Heights Health Center
Conference Room
Thursdays: 6:30 - 9p.m.

Series 2: Feb 21, Feb 28, Mar 7, Mar 14

Series 4: May 16, May 23, June 6, June 13

Series 7: Sept 19, Sept 26, Oct 3, Oct 10

