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.
Also 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 maternity unit and a short video.

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 Unit and the Postpartum Unit to help expectant parents become familiar with the unit before birth.

Teen Clinic
Prenatal care geared to teens with teen classes. Call 216-778-1462.

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.

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.

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
### Childbirth Preparation Classes

**MetroHealth Medical Center, Main Campus**  
6:30 - 9 p.m., Rammelkamp Atrium, Room 170  
Times and rooms may change, details will be confirmed at registration.  

#### Series 1  
- Mondays: Jan 9, Jan 23, Jan 30, Feb 6  
- Wednesday: Jan 11, Jan 18, Jan 25, Feb 1, Feb 8  

#### Series 2  
- Mondays: Feb 13, Feb 27, Mar 6, Mar 13  
- Wednesdays: Feb 15, Feb 22, Mar 1, Mar 8, Mar 15  

#### Series 3 (no class week of March 27)  
- Mondays: Mar 20, Mar 27, Apr 3, Apr 10  
- Wednesdays: Mar 22, Mar 29, Apr 5, Apr 12  

#### Series 4 (no class week of May 28)  
- Mondays: Apr 24, May 1, May 8, May 15, May 22  
- Wednesdays: Apr 26, May 3, May 10, May 17, May 24  

#### Series 5  
- Mondays: June 5, June 12, June 19, June 26  
- Wednesdays: June 7, June 14, June 21, June 28  

**Weekend Series:**  
- Saturdays, 9 a.m. - 3 p.m.: June 3, June 10  

#### Series 6  
- Mondays: July 17, July 24, July 31, Aug 7, Aug 14  
- Wednesday: July 19, July 26, Aug 2, Aug 9, Aug 16  

#### Series 7  
- Mondays: Aug 21, Aug 28, Sept 11, Sept 18, Sept 25  
- Wednesday: Aug 23, Aug 30, Sept 13, Sept 20, Sept 27  

#### Series 8 (no class Oct. 9)  
- Wednesdays: Oct 4, Oct 11, Oct 18, Oct 25, Nov 1  

#### Series 9 (no class Nov 21, Nov 22 or Nov 27)  
- Mondays: Nov 6, Nov 13, Nov 20, Dec 4, Dec 11  
- Wednesdays: Nov 8, Nov 15, Nov 29, Dec 6, Dec 13  

### Labor & Delivery Tour  
**MetroHealth Medical Center, Labor & Delivery Waiting Area**  
7 - 8 p.m. - Wednesday  
2 - 3 p.m. - Sunday  

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

**Jan 12**  
**Feb 9**  
**Mar 9**  
**Apr 6**  
**May 27 (Middleburg)**  
**June 14**  
**July 11**  
**Aug 8**  
**Sept 5**  
**Oct 2**  
**Nov 9**  
**Dec 6**  

### Sibling Class  
Siblings complete one Saturday class.  
**MetroHealth Medical Center, Rammelkamp Room TBA**  
9:30 - 11:30 a.m.  

**Jan 21**  
**March 18**  
**May 20**  
**July 15**  
**September 16**  
**October 21**  
**November 16**  

### Boot Camp for New Dads  
Dads attend (1) Saturday session.  
**MetroHealth Medical Center, Rammelkamp Room 170**  
9 a.m. - Noon  

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### Happiest Baby on the Block  
This new class will be offered at MetroHealth Broadway Health Center on Tuesdays at 3 p.m.  
- March 14  
- June 13  
- September 19  
- December 12  

**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 completing the full Childbirth Preparation course, that is also an option.  

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

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**MetroHealth Medical Center, Rammelkamp Room 170**  

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### Watch MetroHealth’s Birthing & Perinatal Center Video Tour Online!  
[metrohealth.org/birthing/videotour](http://metrohealth.org/birthing/videotour)  
Learn about MetroHealth’s full range of expert care that you can trust.  

### Classes in Other Locations  
**MetroHealth Broadway Health Center**  
6835 Broadway Avenue  
Cleveland, OH 44105  

**MetroHealth Middleburg Heights**  
7800 Pearl Road  
Middleburg Heights, OH 44130  

**MetroHealth Medical Center, Main Campus**  
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