Childbirth Classes

Great Expectations
*Attend as early in pregnancy as possible*
This class helps you focus on your physical and emotional well-being during pregnancy. Physical changes, optimal nutritional advice, fetal growth and environmental concerns are addressed. This class will help reduce apprehension and increase the enjoyment of pregnancy for both you and your partner. (Included in Childbirth Education class fee.)

Childbirth Education*
*Taken during the last trimester of pregnancy*
From the onset of labor to post-partum adjustments and all the steps in between, this series of classes will dramatically increase your knowledge of the birth process. It will enable you to employ Lamaze techniques to help you cope with labor and offer you the insight you need to decide when medication is right for you. You’ll be prepared for the possibility of a cesarean birth and will take a tour of the Birth Center. Offered as 4 consecutive classes on a weeknight or a Friday night/Saturday weekend series option. (Fee.)

Additional Comfort Techniques for Labor
*Taken anytime in pregnancy*
An extra class specifically for those couples interested in learning more detailed information about pain management without the use of medication or epidural anesthesia during labor. (Fee.)

Refresher Childbirth Class*
*Taken anytime during pregnancy or after baby arrives*
This class is for those who have attended childbirth education classes for a previous pregnancy and would like to refresh their skills and receive up to date information. Childcare is not provided. (Fee.)

VBAC Class*
*Taken anytime during pregnancy*
Refresh your birthing skills while increasing your confidence in having a vaginal birth after a cesarean (VBAC). Meets with the Refresher Childbirth Class with extra time allotted for those planning a vaginal birth after a cesarean. (Fee.)

Classes for Baby

Happiest Baby on the Block
*Taken anytime during pregnancy or after baby arrives*
Research done by Dr. Harvey Karp shows that babies have a calming reflex. This can be stimulated to help soothe, relax and promote sleep. Learn the 5 S’s and this amazing technique from a certified instructor prenatally or soon after your newborn arrives. (Fee.)

Infant Massage
*Taken after baby arrives – birth to pre-crawlers*
A two-class series teaching the art of infant massage and its benefits of bonding, comforting and relaxation for parent and child. (Fee.)
Childbirth Education

Classes to Prepare Everyone for Baby

Twins or More! *Taken in the first or second trimesters of pregnancy* Parents expecting multiple births need to feel confident! This one-session class includes information about the special requirements of multiple pregnancies, rest, nutrition, and premature labor. It also addresses parenting skills unique to managing multiples. This class should be taken in addition to Childbirth Education, Newborn Basics and Breastfeeding classes. (Fee.)

Breastfeeding Class *Taken anytime during pregnancy* Increase the success and enjoyment of your breastfeeding experience by taking this one-session class. Learn the art of breastfeeding and how you can fit it into your busy lifestyle. Support persons are encouraged to attend. (Fee.)

Parenting Workshop *Taken anytime during pregnancy or after baby arrives* Learn key information about children ages birth through four. Topics include growth and development, parenting skills, age appropriate discipline techniques, safety, communication, avoiding meltdowns and so much more. (Fee.)

Newborn Basics
*Taken anytime during pregnancy* The demanding needs of an infant can make the most organized parents struggle. Take heart and learn all you can about bathing, diapering, cord and circumcision care, bottle-feeding, comforting, pets, car seat safety and much more in this one session class. Increase your parenting confidence and join us! (Fee.)

Caring Kids Class*
* Taken before or soon after baby arrives* This class is for the big brothers and big sisters of the new baby. A one-time session discusses the changes a new baby brings. Reminders throughout class tell them how special they are and ways they can help out. Separate classes for 3-5 year olds and 6-12 year olds. (Fee.)

Grandparent Class*
* Taken before or soon after grandchild arrives* This is a one-time class for expectant grandparents taught by a certified childbirth educator/nurse and experienced grandparent. Join us for good advice and a good time! (Fee. Expectant parents may attend as observers free of charge.)

CPR for Family and Friends
*Taken anytime during pregnancy* Learn CPR, rescue breathing, and how to prevent the common injuries in infants and children 0–8 years of age. This class is ideal for parents, expectant parents, grandparents and other family members. (Fee.)

Go Green for Baby
*Taken anytime during pregnancy or after baby arrives* Be a smart consumer and help prevent unhealthy chemical exposure to your baby. This class promotes safe practices for baby and a cleaner environment. Learn about safe personal care products for your pregnancy and diet, as well as ways to reduce toxins in your home. Start your babies and toddlers out green. (Fee.)
Childbirth Education

Just for Mom and Baby

Baby is Here!
*Taken after baby arrives*
This morning class is for mom and baby during the first three months of life. Discuss the adjustments in your new life with other new mothers. A safe place to voice concerns and learn strategies for your new role as a parent. (Free if you have taken a Newborn Basics class.)

Yoga After Baby
*Taken after baby arrives*
Join other moms for stretching, exercise and relaxation while incorporating gentle yoga techniques. Class will focus on increasing abdominal tone, pelvic floor and core stability while increasing your confidence in motherhood. Babies are welcome to attend. A note from your physician is required to participate. (6 weeks to pre-crawlers).

Baby Bistro
*Taken after baby arrives*
Free breastfeeding support group every Monday from 12:30 – 2 pm at Good Shepherd Hospital. No registration is required.

Just for Dads

Training Day for Dads
*Attend as early in pregnancy as possible*
A class just for dads to gain the confidence and experience to prepare for the game of a lifetime – fatherhood. Join other new dads and learn, “play by play,” all there is to know about becoming a dad. Class covers topics such as: surviving your partner’s pregnancy, being a winning labor coach, bonding with baby, taking care of new moms and newborns, safety issues and so much more. Class is taught by experienced dad and certified childbirth educator/RN. (Fee.)

*NOTE: Tours of the Good Shepherd Hospital Birth Center are part of Childbirth Education, Refresher Childbirth Class, VBAC, Grandparents and Caring Kids classes.*

To register for any of these classes, call 1.800.3.ADVOCATE (1.800.323.8622) or visit www.advocatehealth.com/gshp.