

Childbirth Education for the Entire Family

2016 Class Schedule | 513-585-HUGS (4847)



CONGRATULATIONS!

You and your family are about to embark on an experience of a lifetime...the birth of a baby. From the moment you learned of this special event, you've been planning every step of the way. To help make your labor and delivery everything you and your family have hoped for, The Christ Hospital has designed educational programs and birthing options to meet your every need.

We would like to extend our warmest welcome and we trust that your experience at The Christ Hospital will be all that you expect and deserve. From labor and delivery to recovery and postpartum, we are honored to be a part of your special day. The following classes are offered to help your family prepare for your new arrival.

Sincerely,

Dr. Elbert Nelson
Director of The Christ Hospital Birthing Center
The Christ Hospital
Birthing Center Team

Important details regarding childbirth education classes at The Christ Hospital:

Register one to two months prior to the start of your classes. (The Lamaze series fills up quickly, so register earlier for that one!) Most moms typically take childbirth education classes one to three months before their due date.

- 1** Classes are held at The Christ Hospital, in the classrooms and auditorium, located on A-level near the cafeteria.
- 2** Please try to arrive 10 minutes before your class is scheduled to begin.
- 3** With the exception of the sibling class, no children are allowed in the childbirth education classes or on the Curious Couples Tour. This will allow for fewer distractions and more in-depth discussions with your childbirth educators.
- 4** If you are registered for the Lamaze Series or Refresher Lamaze/VBAC, wear comfortable pants, bring two pillows and a sleeping bag or comforter.
- 5** For classes lasting five hours, you may want to bring a lunch or visit Au Bon Pain or the hospital vending area, which are located in the hospital's main lobby. Au Bon Pain offers a wide variety of fresh salads, soups, sandwiches, entrees, coffees, breads and pastries. The Sara Lee Shoppe, which is located on A-level of the hospital, also offers a wide variety of soups, sandwiches and wraps. The cafeteria is closed on weekends. (You are also welcome to bring your own snacks and beverages for other classes as well!)
- 6** For sibling classes, please bring a doll or teddy bear for each child who is registered. Remember, this is the only class that children are permitted to attend.
- 7** Please bring a check or exact change. Checks can be made payable to The Christ Hospital.
- 8** If you need to cancel your class, please call 513-585-HUGS (4847). We thank you for your consideration in this matter. In case of bad weather, please call 513-585-HUGS (4847) or the hospital operator at 513-585-2000 to find out if your class is being canceled.

Thank you for choosing The Christ Hospital.
We look forward to seeing you in class!

Class Descriptions and Pricing

Call 513-585-HUGS (4847) to reserve a space in any of these childbirth education classes offered at The Christ Hospital.

BABY CARE BASICS – \$15

This class covers the basics of baby care. Topics such as diapering, bathing and taking baby's temperature will be included along with safety issues, normal newborn behavior, when to call your health care provider and how to survive those first weeks of parenting. Twice a month, this class is offered along with the breastfeeding class so parents can take two classes in one trip.

BREASTFEEDING – \$15

Learn baby positioning, "latch-on techniques," bonding, involving Dad, guidance for working mothers, troubleshooting and pump information. Both parents are encouraged to attend. Twice a month, this class is offered along with Baby Care Basics so parents can take two classes in one trip.

CURIOUS COUPLES TOUR – FREE

Take this opportunity to tour the Birthing Center, including labor and delivery, postpartum rooms and the nursery. You and your partner may also participate in a question-and-answer session.

LAMAZE SERIES – \$70

(includes Curious Couples Tour)

This special five-week series for new parents covers pregnancy, labor, delivery, medications, breathing, relaxation and cesarean birth. You will also be given a tour of the Birthing Center. This class meets on weeknights. You are encouraged to register between your third and fifth month of pregnancy for this class series.

LAMAZE ONE-DAY COURSE – \$50

(includes Curious Couples Tour)

This one-day course will discuss labor, delivery, cesarean birth and medications. You will also be given a special tour of The Christ Hospital Birthing Center.

LAMAZE REFRESHER/VBAC – \$35

(includes Curious Couples Tour)

Intended for women who have already experienced the joy of childbirth, this is a two-session refresher course covering the stages of labor, breathing and relaxation techniques and medications. A tour of the Birthing Center is included. This class also covers the risks and benefits of vaginal delivery after cesarean births.

SAVE-A-BABY – \$25

Learn infant and child CPR and choking rescue procedures.

SIBLING CLASS – \$10 for one sibling, \$15 for two or more

(includes Curious Couples Tour)

This class meets once to prepare big brothers and sisters for the arrival of the new baby. The children will tour the unit, including labor and delivery, postpartum rooms and the nursery. It teaches siblings-to-be how a new baby looks and acts and how to adjust to their new brother or sister. Make sure the sibling-to-be brings a doll or stuffed animal to practice holding and diapering. This class is recommended for ages three to 12 years.

PRENATAL YOGA - \$135

Eight week session

Much like other types of childbirth-preparation classes, prenatal yoga is a multifaceted approach to exercise that encourages stretching, mental centering and focused breathing. Research suggests that prenatal yoga is safe and can have many benefits for pregnant women and their babies.

Class Schedules for 2016*

BABY CARE BASICS

Choose a class from one of the following dates/times:

THURSDAYS

7 - 9 P.M.

Jan. 7 or 21
Feb. 18 or 25
March 10 or 24
April 7, 14 or 28
May 12 or 26
June 2 or 23
July 7 or 21
Aug. 4, 11 or 25
Sept. 8 or 22
Oct. 6 or 27
Nov. 3 or 17
Dec. 1 or 15

MONDAYS

7 - 9 P.M.

(Must be taken along with the breastfeeding class from 4:30 - 6:30 p.m. as part of class package.)

Jan. 11 or 25
Feb. 1 or 22
March 7 or 21
April 11 or 25
May 2 or 23
June 6 or 13
July 18 or 25
Aug. 22 or 29
Sept. 12 or 26
Oct. 3 or 17
Nov. 7 or 21
Dec. 12 or 19

BREASTFEEDING

Choose a class from one of the following dates/times:

SATURDAYS

10 A.M. - NOON

Feb. 20
April 2
July 23

MONDAYS

5 - 7 P.M.

March 28
May 23

MONDAYS

4:30 - 6:30 P.M.

(Must be taken with Baby Care Basics from 7 - 9 p.m. as part of class package.)

Jan. 11 or 25
Feb. 1 or 22
March 7 or 21
April 11 or 25
May 2 or 23
June 6 or 13
July 18 or 25
Aug. 22 or 29
Sept. 12 or 26
Oct. 3 or 17
Nov. 7 or 21
Dec. 12 or 19

MONDAYS AND WEDNESDAYS

7 - 9 P.M.

Jan. 13
Feb. 8
March 9
April 18
May 11
June 27
July 6
Aug. 3
Sept. 19
Nov. 14
Dec. 5

CURIOUS COUPLES TOUR

Choose a class from one of the following dates/times:

SATURDAYS

10 - 11 A.M.; 11 A.M. TO NOON; OR NOON - 1 P.M.

Jan. 23
Feb. 13
March 19
April 16
May 7
June 18
July 9
Aug. 27
Sept. 10
Oct. 22
Nov. 12
Dec. 10

LAMAZE SERIES

(includes Curious Couples Tour)

Five part class. Choose a class from the following date/time series:

SERIES 1

THURSDAYS

7 - 9 P.M.

Jan. 7 - Feb. 4

Dates: Jan. 7, 14, 21, 28, Feb. 4

SERIES 2

MONDAYS

6 - 8 P.M.

Feb. 1 - 29

Dates: Feb. 1, 8, 15, 22, 29

SERIES 3

THURSDAYS

7 - 9 P.M.

March 3 - 31

Dates: March 3, 10, 17, 24, 31

SERIES 4

MONDAYS

6 - 8 P.M.

April 4 - May 2

Dates: Apr. 4, 11, 18, 25, May 2

LAMAZE SERIES *(continued)*

SERIES 5

THURSDAYS

7 – 9 P.M.

April 28 – May 26

Dates: Apr. 28, May 5, 12, 19, 26

SERIES 6

MONDAYS

6 – 8 P.M.

June 27 – Aug. 1

Dates: June 27, July 11, 18, 25, Aug. 1
(no class 4th of July)

SERIES 7

THURSDAYS

7 – 9 P.M.

June 30 – July 28

Dates: June 30, July 7, 14, 21, 28

LAMAZE ONE-DAY COURSE

(includes Curious Couples Tour)

Choose a class from one of the following dates/times:

SATURDAYS

9 A.M. – 2 P.M.

Jan. 9, 16, 30

Feb. 6, 13, 27

March 12, 19, 26

April 9, 16, 23, 30

May 7, 14, 21

June 4, 18

July 9, 16, 23, 30

Aug. 6, 13, 27

Sept. 10, 17, 24

Oct. 8, 15, 29

Nov. 5, 19

Dec. 3, 10

LAMAZE REFRESHER/VBAC

(includes Curious Couples Tour)

MONDAYS (TWO-PART CLASS)

6 – 8 P.M.

Jan. 4 and 11

March 14 and 21

May 9 and 16

SAVE-A-BABY

Choose a class from one of the following dates/times:

SATURDAYS

10 A.M. – NOON

Jan. 9, 23

Feb. 13

March 12, 19

April 16

May 7, 21

June 11

July 9, 23

Aug. 13

Sept. 10, 24

Oct. 15

Nov. 12, 19

Dec. 10

MONDAYS

6:30 – 8:30 P.M.

March 28

May 9

July 18

August 15

WEDNESDAYS

6:30 – 8:30 P.M.

Jan. 6, 13, 20

Feb. 3, 10, 17, 24

March 2, 9, 16, 30

April 6, 13, 20

May 4, 11, 18, 25

June 1, 8, 15, 29

July 6, 13, 20

Aug. 10, 17, 24

Sept. 7, 14, 21

Oct. 5, 12, 19

Nov. 2, 9, 16

Dec. 7, 14, 21

SIBLING CLASS

(includes Curious Couples Tour)

Choose one class from the following dates/times:

SATURDAYS

10 – 11:30 A.M.

Jan. 9 or 23

Feb. 20

March 12 or 19

April 16

May 7 or 21

June 18

July 9 or 23

Aug. 13

Sept. 10 or 24

Oct. 15

Nov. 5 or 12

Dec. 3

**On rare occasion, classes may need to be rescheduled. You will be notified by phone of any cancellations.*

How to find us

FROM THE WEST (I-74 EAST):

- Take I-74 East and follow signs to I-75 South.
- Keep right at fork and merge onto I-75 South.
- Take Exit 1B to I-71 North.
- Follow signs to I-71 North.
- On I-71 North, stay left and take Exit 2, Reading Rd./Eden Park Dr.
- On the ramp, stay to the right at the fork and follow signs to Eden Park Dr./Dorchester Ave.
- At the traffic light, turn left onto Dorchester Ave.
- At the top of the hill, turn right onto Auburn Ave.
- Turn left onto Huntington Place and follow to end. Turn right at stop sign and then left into the P3 parking garage. Park near the northeast side of the garage. Take elevator to Level A.

FROM THE NORTH (I-75 SOUTH):

- Take I-75 South to Exit 7, OH-562/Norwood (Norwood Lateral).
- Take OH-562 to the exit onto I-71 South toward Cincinnati.
- Take I-71 South to Exit 3, Taft Rd. Continue on Taft (a one-way street).
- At the fifth traffic light, turn left onto Auburn Avenue.
- Turn right onto Huntington Place and follow to end. Turn right at stop sign and then left into the P3 parking garage. Park near the northeast side of the garage. Take elevator to Level A.

FROM THE NORTHEAST (I-71 SOUTH):

- Take I-71 South to Exit 3, Taft Rd.
- Continue on Taft (a one-way street).
- At the fifth traffic light, turn left onto Auburn Avenue.
- Turn right onto Huntington Place and follow to end. Turn right at stop sign and then left into the P3 parking garage. Park near the northeast side of the garage. Take elevator to Level A.

FROM SOUTHEAST (I-471 NORTH):

- Take I-471 North to Exit 7, Liberty St.
- At the second traffic light, turn right onto Sycamore St.
- At top of the hill, take a slight left to continue onto Auburn Avenue.
- Turn left onto Huntington Place and follow to end. Turn right at stop sign and then left into the P3 parking garage. Park near the northeast side of the garage. Take elevator to Level A.

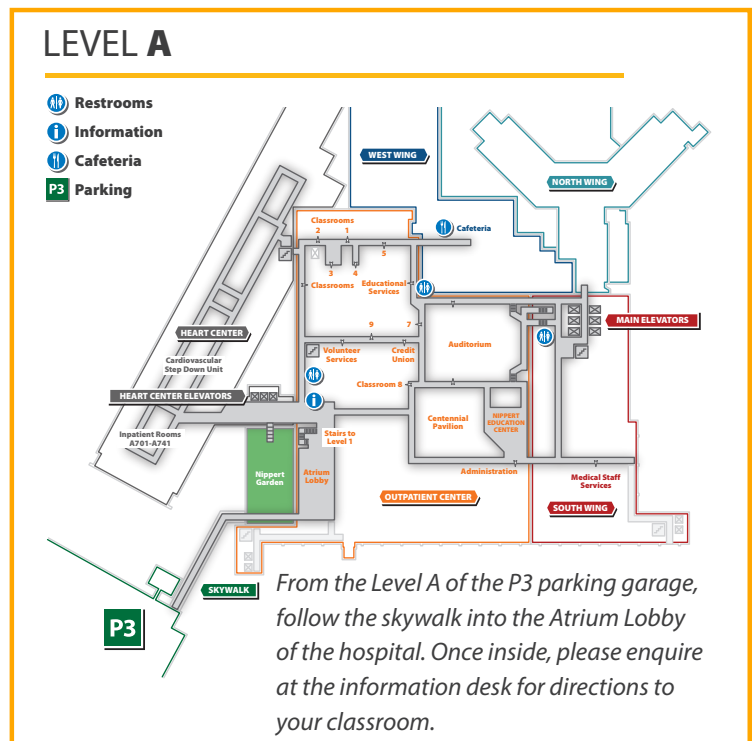
FROM THE SOUTH (I-71/75 NORTH):

- Take I-71/75 North to I-71 North.
- Follow signs to continue onto I-71 North.
- Stay left and take Exit 2 for Reading Rd./Eden Park Dr.
- On the ramp, stay to the right at the fork and follow signs to Eden Park Dr./Dorchester Ave.
- At the traffic light, turn left onto Dorchester Ave.
- At the top of the hill, turn right onto Auburn Ave.
- Turn left onto Huntington Place and follow to end. Turn right at stop sign and then left into the P3 parking garage. Park near the northeast side of the garage. Take elevator to Level A.

FROM DOWNTOWN CINCINNATI (MAIN/ELM/VINE):

- Take Main, Vine or Elm north.
- Turn right onto Liberty St.
- Turn left onto Sycamore St.
- At top of the hill, take a slight left to continue onto Auburn Avenue.
- Turn left onto Huntington Place and follow to end. Turn right at stop sign and then left into the P3 parking garage. Park near the northeast side of the garage. Take elevator to Level A.

Additional parking is available in the P1 parking lot, located on the corner of Auburn Avenue and Huntington Place. For more directions, please visit TheChristHospital.com/locations.



The Christ Hospital Birthing Center
2139 Auburn Avenue
Cincinnati, OH 45219

513-585-HUGS (4847)

