

# Welcome to The Christ Hospital Birthing Center



# The Christ Hospital Birthing Center

## 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 information is 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*



# About The Christ Hospital Birthing Center

WITH MORE THAN 120 YEARS OF MATERNITY CARE EXPERIENCE, THE CHRIST HOSPITAL BIRTHING CENTER HAS A LONG STANDING TRADITION OF PROVIDING EXCEPTIONAL MATERNITY SERVICES TO WOMEN IN THE GREATER CINCINNATI COMMUNITY. OUR BIRTHING CENTER, WHICH CONSISTS OF OUR LABOR AND DELIVERY, POSTPARTUM AND SPECIAL CARE NURSERY (SCN) UNITS, HAS TAILORED THE BIRTHING EXPERIENCE TO THE NEEDS OF EACH PATIENT BY OFFERING CUSTOM SERVICES AND AMENITIES SUCH AS:

- Gentle C-Section
- Feng shui birthing suite
- Hydrotherapy
- Interactive television system with on-demand movies, educational channels and Internet access
- On-site concierge services for those last minute errands
- Room-service style nutrition services
- Multi-jet showers standard in all rooms
- Newly decorated postpartum rooms with relaxing design
- Expanded Level II Special Care Nursery
- A new triage area for evaluation

## Preregistration

To pre-register for your delivery, please call **513-585-0700**. Pre-registering makes the admitting process run much smoother. It also allows us to provide services faster, such as pain medication, because we already have the information we need. Billing is less complicated when you pre-register, too! When you call, we will request your due date, the name of your obstetrician and your insurance information.

## Additional Resources

[TheChristHospital.com/Birthing-Center](http://TheChristHospital.com/Birthing-Center)

Lactation Services at The Christ Hospital –  
**513-585-0597** or [lactation@thechristhospital.com](mailto:lactation@thechristhospital.com)

[LamazeInternational.org](http://LamazeInternational.org)

[Text4Baby.org](http://Text4Baby.org)

[GotheFull40.com](http://GotheFull40.com)

[CincinnatiDoulas.org](http://CincinnatiDoulas.org)

# 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 in the main lobby or Bistro 1889 on A-level. Both offer a wide variety of fresh salads, soups, sandwiches, entrees, coffees, breads and pastries.
- 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.

## NATURAL CHILDBIRTH - \$40

In order to provide the best patient experience possible to those considering natural childbirth, The Christ Hospital Birthing Center is now offering a special one-time class designed for parents who plan for an unmedicated birth.

Discussion topics include:

- Breathing
- Relaxation
- Coping mechanisms

A tour of our Birthing Center will also be provided. Limited classes available. Enroll early! Participants should bring two pillows and a blanket to class.

## 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.

# 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 11  
July 9  
Aug. 27  
Sept. 10  
Oct. 22  
Nov. 12  
Dec. 17

## 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

#### MONDAYS

##### 6 – 8 P.M.

June 27 – Aug. 1

Dates: June 27, July 11, 18, 25,

Aug. 1

(no class 4th of July)

### SERIES 6

#### 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

## NATURAL CHILDBIRTH

Choose a class from one of the following dates:

#### TUESDAY 6-10 P.M.

May 10

August 16

November 15

## 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, 31

Sept. 7, 14, 21, 28

Oct. 5, 12, 19, 26

Nov. 2, 9, 16, 30

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.*

# Additional Information

## Breastfeeding

The Christ Hospital offers several resources to help you with any breastfeeding issues or questions you may have. These resources include:

- Inpatient consultation
- Outpatient lactation consultation
- Breastfeeding Supply Store
- Comprehensive resource guide
- Telephone or e-mail support
- Breastfeeding classes

Skin-to-skin contact and early feeds with colostrum are associated with reduced mortality in the first month of life. They are also associated with increased, exclusive breastfeeding and longer duration of breastfeeding in the following months, leading to improved health and reduced mortality later on.

After your infant is born, he/she will be placed skin-to-skin. Breastfeeding will be initiated as soon as possible after birth. Significant others are encouraged to assist in breastfeeding.

The baby receives colostrum – sometimes called ‘liquid gold’, or the ‘gift of life’ – for the first feeds.

- Colostrum is rich in immunologically active cells, antibodies and other protective proteins. Thus, it serves as the baby’s first immunization and protects against many infections. It helps to regulate the baby’s own developing immune system.
- Colostrum contains growth factors, which help the infant’s intestine to mature and function effectively. This makes it more difficult for micro-organisms and allergens to get into the baby’s body.
- Colostrum stimulates the baby to have bowel movements so that meconium is cleared quickly from the belly. This will help reduce jaundice in the baby.
- Colostrum comes in small volumes, just right for a new baby,

Touching, mouthing and suckling at the breast stimulates oxytocin release in the mother.

- Oxytocin causes the uterus to contract. This may help delivery of the placenta and reduce maternal bleeding after birth.
- Oxytocin stimulates other hormones that cause a mother to feel calm, relaxed and some would say ‘in love’ with her baby.

Breastfeeding should be done at minimum of eight times per 24 hours and baby should not be limited to a specific time per breast.

## Breastfeeding Cues:

- Smacking or licking lips, opening and closing mouth, fussiness or breathing fast.

*Pacifier use is **not** encouraged until at least four weeks of age except for painful procedures.*

## Skin-to-Skin

- **At The Christ Hospital, skin-to-skin contact is initiated immediately after birth. Your baby will be placed on your chest, skin-to-skin.**
- This helps baby transition to the outside world easier because they can hear your heartbeat and feel your warmth.
- During this special bonding time, we do not encourage handing baby off to family members.
- Calms infant and promotes bonding
- Stabilizes newborn’s temperature; assists in infant re-warming as well
- Assists with infant latching and increases milk supply
- Assists mom with relaxation after delivery
- Assists with oxytocin release after delivery which reduces post partum bleeding and encourages nipple prominence, which assists infant in latching.
- Assists in reducing post partum depression
- Assists in eliciting neonatal reflexes, which assists in establishing appropriate feeding behaviors such as step reflex, breast crawl, awakening and feeding patterns



## Infant Safety

In an effort to assist you in keeping your infant safe, here are some topics to consider. We encourage you to speak at length with your pediatric provider regarding these issues.

### Follow the ABCs of Safe Sleep

Alone. Back. Crib.



### Safe Sleep

Please use sleep sacks, as opposed to blankets to facilitate a safe sleep environment for your baby. Avoid use of bumper pads, stuffed animals and pillows in the crib. The crib should only have a baby in it! Babies should sleep on their backs and be in their own sleeping area, whether that is a crib, cradle or pack n play. Ideally, baby does share your room, but again not your bed. Breastfeeding assists in decreasing the risk of SIDS as well.

<http://www.odh.ohio.gov/safesleep/>

### Car Seats

Please remember to bring a car seat to the hospital that is appropriately sized and that has been properly installed in your vehicle. Call your local police or fire department to see if they will check it for you. Please remember that your infant should be rear facing and remain that way until 2 years of age. We do not advise using anything in the car seat, such as extra padding or positioners unless it was purchased with that particular seat. We generally do not advise that an infant remains in the car seat for more than 30-60 minutes at a time, due to poor head and neck

control. Please refer to your state's laws and your car seat's manual.

<http://www.cincinnatichildrens.org/health/c/car-seat-vehicle/>

### Water

Please be sure that baby is never left unattended around water. Do not leave baby alone in the bath and be sure that they are not burned by hot bath water.

### Falls

We never know when baby is going to start rolling over! Please don't leave baby unattended on elevated surfaces, such as beds, couches or changing tables. Please be mindful of stairs as your infant becomes more mobile. Use gates at the top and bottom of the steps to keep babies safe.

### Toys

Please use age appropriate toys and do regular checks to look for cracks or loose pieces. Choking hazards are all around, please be mindful.

### Poison Control

Please have the number for poison control posted in your home 1-800-222-1222 and keep medications, cleaners, pesticides, gasoline and other poisons locked away out of the reach of children.

### Fire

Please be sure that you have working fire alarms and carbon monoxide detectors in your home. As your children get older, have planned safety drills to practice getting out in case of a fire.

Ultimately there is no substitution for supervision. Please keep your baby safe by exploring these topics further and educating your child care providers as well. Grandma and Grandpa and other family members may need an update on current recommendations.

# Additional Information

## Smoking and Your Child

If you smoke, chances are you have also tried to quit or have at least thought about quitting. Now that you are expecting a child, you should consider quitting even more seriously. You know about the damage smoking causes to your own health, but are you aware of the risks created by second hand smoke?

Here are some ways in which second-hand smoke can affect your child:

1. Smoking during pregnancy is one of the leading causes of serious complications for both mother and baby. It can increase the likelihood of:
  - Miscarriage
  - Bleeding
  - Low birth weight
  - Premature deliver
  - Need for Caesarean delivery
  - Polycythemia (abnormal elevated red blood cell count)
2. Infants who live with a smoker are more likely to die of SIDS (sudden infant death syndrome) than infants living in smoke free homes.
3. Infants and children who live with a smoker suffer from far more frequent respiratory illnesses – colds, bronchitis, ear infections and pneumonia – as a result of second-hand smoke.
4. Toddlers who live with a smoker may suffer from accidental burns from lit cigarettes or become poisoned by ingesting cigarettes or ashtray contents left within reach.
5. House fires are the second leading cause of accidental death among children, and cigarettes are the leading cause of house fire deaths.
6. Allergic children who live with a smoker have more severe symptoms, requiring more medications, visits to the doctor and hospitalizations.
7. Children whose mothers smoke are twice as likely to develop behavior problems, such as hyperactivity, anxiety, depression and antisocial behavior, than children of non-smoking mothers.

## Pertussis (Whooping Cough)

### What is Pertussis?

Pertussis is a highly contagious vaccine preventable disease.

### Who gets pertussis?

Anyone can get pertussis:

- Especially infants who are less than six months old and have not yet received the pertussis vaccine. Infants get the vaccine series from their physician at two months, four months and six months of age. The fourth dose is given at 12-16 months of age and the final dose is given at four to six years of age.
- Adolescents
- Adults

Immunity against pertussis begins to wear off by early adolescence.

### What are the symptoms of pertussis?

#### **Infants**

An infant may not have the same symptoms as an adult and may require a physician or hospital visit.

Infant symptoms include:

- Difficulty breathing (apnea)
- Slowed heart rate (bradycardia)
- Poor feeding: vomiting

#### **Adults/ adolescents**

Symptoms can be very mild and may resemble the common cold. Suspect any cough lasting greater than 10 days.

- Early symptoms include:
- Prolonged intermittent cough
- Runny nose

# Additional Information

## Why get vaccinated?

- By getting vaccinated and protecting yourself, you also protect your infant and family.
- The majority of reported pertussis deaths are among infants less than three months old.
- In 2014, 32,971 cases of pertussis were reported in the U.S.
- The true incidence of pertussis is most likely even greater as studies indicate only one-third of cases are reported.

## What is the vaccine?

The vaccine is called Adacel (Sanofi Pasteur), and is also referred to as TDAP (Tetanus, Diphtheria, Acellular Pertussis).

Acellular means this is not a live virus vaccine. Side effects are similar to other vaccinations like td tetanus.

## Where can you get this vaccine?

Talk to your primary care or OB/GYN physician.

## More information

Center for Disease Control and Epidemiology (cdc)

[www.cdc.gov](http://www.cdc.gov)

Phone: 1-800-cdc-info or 1-800-232-4636

[www.immunize.org/pertussis](http://www.immunize.org/pertussis)

[www.pertussis.com](http://www.pertussis.com)

[www.doitforyourbaby.com](http://www.doitforyourbaby.com)

## 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](http://TheChristHospital.com/locations).

The Christ Hospital Birthing Center  
2139 Auburn Ave. | Cincinnati, OH 45219

**513-585-HUGS (4847)**

