

## CLASSES FOR CHILDREN & ADOLESCENTS

### Mother to Daughter or Parent to Son

Days vary: 6:30-8:30 p.m. Appropriate ages 9-12  
Mother to Daughter Fee: \$15 per family, per class.  
Parent to Son Fee: \$10 per family per class.

Designed to open communication between parents and tweens regarding puberty by discussing physical and emotional changes during adolescence.

**Mother to Daughter:** Feb 11, Apr 14, June 16, Aug 11, Oct 20

**Parent to Son:** Oct 15

### Safe Sitter

8 a.m. to 2 p.m. Fee: \$40

Appropriate for boys or girls age 11-13

The Safe Sitter program teaches how to handle emergencies when caring for younger children. Topics include safety and security, child development and care, age appropriate activities and the business aspect of babysitting. You must call (859) 301-2586 to register for this class and submit the required registration forms and payment before your child is placed on the class list. **Feb 22, Mar 28, July 10, Aug 1**

### Big Brother/Big Sister Class

Sunday 3-5 p.m. Fee: \$15 one child/\$25 two or more children. Designed for ages 3-10

This exciting class prepares children for the arrival of a new brother or sister by learning to diaper and hold a baby with a brief tour of the Family Birth Place. Videos are shown dealing with sibling rivalry and adjusting to a new baby. A T-shirt, button, certificate and refreshments are provided. Please bring a doll with you to class. **Jan 12, Feb 9, Mar 1, Apr 5, May 3, June 7, July 19, Aug 23, Sept 13, Oct 4, Nov 15, Dec 6**

Please visit [stelizabeth.com/baby](http://stelizabeth.com/baby) for more details on all education classes offered in 2020.

## OTHER OFFERINGS

### Family Birth Place Tour

Sundays, 1:30-2:30 p.m. Fee: FREE!

Discover the St. Elizabeth difference by giving birth at the Family Birth Place, a "baby-friendly hospital." Our tour includes learning about Family Centered Maternity Care, viewing the "LDR" (Labor, Delivery & Recovery) room, the post-partum unit, and a brief stop by the NICU family waiting area. Tour is included in the Basic Childbirth Course, Prenatal In A Day, Unmedicated Natural Childbirth Class. No strollers permitted on the tour. **Jan 12, Feb 9, Mar 1, Apr 5, May 3, June 7, July 19, Aug 23, Sept 13, Oct 4, Nov 15, Dec 6**

### Tobacco Cessation Class

Freshstart is a free four-week tobacco cessation program developed by the American Cancer Society and offered to you by St. Elizabeth Healthcare. This program is designed to help you take charge of your efforts to quit smoking or using other forms of tobacco. For more information, please call (859) 301-5570 for the next four-week program being offered.

### The Women's Wellness Boutique

The Women's Wellness Boutique is just across the corridor from the Breast Center inside the main visitors lobby of St. Elizabeth Edgewood. The Boutique has breast pumps and lactation supplies. For more information, call (859) 301-6200

### Preadmission Education Visit

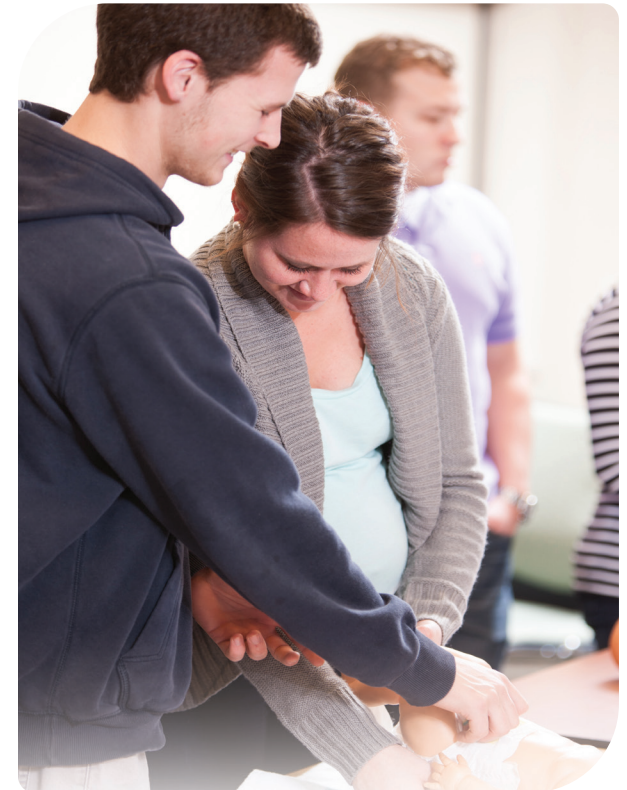
Please call Central Scheduling at (859) 655-7400 to schedule your pre-admission appointment after the 16th week of pregnancy. Appointments are available at Edgewood, Florence or Ft. Thomas hospitals and the St. Elizabeth Physician Office in Crittenden. During this visit a pre-admission nurse educator will:

- Prepare registration papers and review your health history
- Discuss other services available at St. Elizabeth Healthcare
- Be available to answer any questions
- Register you for childbirth classes
- Please try to have your pediatrician selected before your appointment.

Bring your completed pre-admission packet from your OB doctor's office with you or download from [stelizabeth.com](http://stelizabeth.com).

NO TOUR is included in this appointment.

# 2020 MATERNAL CHILD EDUCATION SCHEDULE



## CHILDBIRTH CLASSES

### Basic Childbirth Classes

**Five-Week Series, 6:30-8:45 p.m. Fee: \$65 per couple**

Couples learn about exercises, nutrition, breathing, relaxation and massage. Covers pregnancy concerns, comfort measures, labor coping tools & positions, the role of the labor partner, and newborn and post-partum adjustment. Feel free to bring food and drink to class. A tour of the Family Birth Place, infant care and breastfeeding are included in the fee and schedule of this class series.

**Monday night series: Jan 13 to Feb 10, Apr 20 to**

**May 18, Aug 24 to Sept 28, Nov 9 to Dec 7**

**Wednesday night series: Feb 12 to Mar 11, May 27 to**

**June 24, July 15 to Aug 12, Oct 14 to Nov 11**

### Prenatal in a Day

**Saturdays, 8:30 a.m. to 3:30 p.m. Fee: \$75 per couple**

Condensed version of the Basic Childbirth Course in one day. Continental breakfast and lunch provided.

A tour of the Family Birth Place is included. The Breastfeeding class fee is included in the cost, but you must register separately for a Breastfeeding class on another day. **Jan 4, Feb 15, Mar 14, Apr 18, May 9, June 6, July 18, Aug 22, Sept 19, Oct 3, Nov 14, Dec 5**

### Natural Birth Methods: Unmedicated Childbirth

**Three-Week Series 6:30-8:30 p.m. Fee: \$40**

This series is designed for those planning on unmedicated childbirth. This course is designed to give you resources at your fingertips to assist you in your goal of Natural Childbirth. Participants will learn what to expect during labor and birth, use of relaxation techniques, aromatherapy, breathing, positioning and massage. Medical interventions are also discussed, but not focused upon. Dress comfortably for doing positioning and exercises in class. Your support person is encouraged to attend. A tour of the Family Birth Place is included. Breastfeeding class is included in the fee, but you must sign up separately to attend class on another day. **Mar 12, 19 & 26, May 7,14, & 21, Aug 13, 20 & 27, Nov 5, 12 & 19**

### Natural Birth Methods:

#### Unmedicated Childbirth in a Day

**Saturday, 8:30 a.m. to 3:30 p.m. Fee: \$65 per couple**

Condensed version of the five-week series in one day. Continental breakfast and lunch provided. Dress comfortably for doing positioning and exercises in class.

Your support person is encouraged to attend. A tour of the Family Birth Place is included. Breastfeeding class is included in the fee, but you must sign up separately to attend class another day. Class is limited to five couples.

**Jan 11, Feb 8, Mar 7, Apr 25, May 16, June 13, July 25, Aug 29, Sept 26, Oct 24, Nov 21**

### Refresher Class

**6:30-8:45 p.m. Fee: \$35 per couple**

This two-day class brings couples up-to-date on delivery at the Family Birth Place. Breathing techniques, relaxation, massage, comfort measures, coping tools and positions for labor and delivery are covered. A tour is included on the second night of the class. Please call 859-301-BABY (2229) and we will schedule you into the appropriate nights for this class. Offered on Mondays and Wednesdays throughout the month.

### Breastfeeding Class

**Monday, Wednesday or Thursday night, 6:30-8:30 p.m. Fee: \$15 per couple**

Certified Lactation Consultant/Counselor teach this in-depth preparation for breastfeeding. Recommended for all first-time mothers and/or mothers undecided about their choice for infant feeding. Please bring a doll with you to class. Labor partners are strongly encouraged to attend. This class is included in the fee and will be presented at one of the Basic Childbirth Education series class. The fee for this class is included in the cost of the Prenatal in a Day and both Natural Birth Methods: Unmedicated Childbirth, but you do need to sign up separately and attend one of the dates below.

**Monday: Feb 3, May 11, Sept 21, Nov 30**

**Wednesday: Mar 4, Apr 22, June 17, Aug 5, Nov 4**

**Thursday: Jan 9, Jan 23, Feb 20, Apr 9, May 28, June 25, July 9, July 23, Sept 10, Oct 8, Oct 22, Dec 10**

## OTHER OFFERINGS

### Infant Care/Grandparents Class

**Tuesday night 6:30-8:30 p.m. Fee: \$20 per couple**

This class will teach expectant parents, grandparents or caregivers in the latest childcare developments. Topics include bathing, diapering, skin care, playtime, crying, illness, SIDS, car seat safety and how to rescue a choking infant and toddler. Please bring a doll to class to practice skills. **Feb 4, Apr 7, Aug 4**

*Other Offerings continued on back.*

## REGISTRATION FORM

There are three ways to schedule for a tour or a class.

- 1 ONLINE** at [stelizabeth.com](http://stelizabeth.com)
- 2 BY PHONE** at 859-301-BABY (2229)
- 3 BY MAILING** the form below to  
St. Elizabeth Healthcare  
1 Medical Village Drive, Edgewood, KY 41017  
Attn: OB Preadmission Education

\_\_\_\_\_  
Mother's Name

\_\_\_\_\_  
Father's Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
City

\_\_\_\_\_  
State

\_\_\_\_\_  
Zip

\_\_\_\_\_  
Home Phone

\_\_\_\_\_  
Work Phone

\_\_\_\_\_  
Cell Phone

\_\_\_\_\_  
E-Mail address

\_\_\_\_\_  
Physician

\_\_\_\_\_  
Due Date

Someone will contact you if the class you selected is full or you are placed on a waitlist. You will receive a call a few days before the class confirming all class details.

Refunds for classes not attended are not given as we reserve the class time for you. If you deliver prior to the start of classes, we will give you a credit slip for attendance at other classes within Maternal Child.

