

Mother's Name

Father's Name

Address

City State Zip

Home Phone

Work Phone

Cell Phone

E-Mail address

Physician

Due Date

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.

### CLASSES FOR ADOLESCENTS

#### Mother to Daughter

Fee: \$15 per family | 6:30-8:30 p.m.

Appropriate ages: 9-12

Designed to open communication between mothers and daughters regarding puberty. Discussion includes physical and emotional changes of girls during adolescence.

January 15	May 21	September 17
March 19	July 16	November 19

#### Parent to Son

Fee: \$10 per family | 6:30-8:30 p.m.

Appropriate ages 9-12.

Classes offered twice a year. Designed to open communication between a mother or father and son. Discussion includes emotional and physical changes for boys during adolescence.

March 14	October 17
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#### Safe Sitter

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

Safe Sitter is a program for girls and boys age 11-13 that teaches adolescents how to handle emergencies when caring for younger children. Topics include safety and security precautions, child development and 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.

February 9	June 7	October 26
March 30	August 3	

### BIG BROTHER/BIG SISTER CLASS

Fee: \$15 one child/ \$25 two or more children

This exciting class prepares children for the arrival of a new brother or sister. Designed for ages 3-10. Discover how to diaper and hold a baby. Videos are shown dealing with sibling rivalry and the adjustment of a new baby. A T-shirt, button and certificate will be provided. Your child will take a brief tour of the Family Birth Place. Refreshments are provided. Please bring a doll with you to class.

#### Sundays, 3-5 p.m.

January 13	May 5	September 15
February 10	June 2	October 13
March 17	July 21	November 10
April 7	August 11	December 8

### SMOKING CESSATION CLASS

Freshstart is a free four-week smoking 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.

### REFRESHER CLASS

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

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 and we will schedule you into the appropriate nights for this class. Offered on Mondays and Wednesdays throughout the month

### FAMILY BIRTH PLACE TOUR

Fee: None | Sundays, 1:30-2:30 p.m.

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 postpartum unit, and a brief stop by the NICU family waiting area. Tour is included in the Basic Childbirth Course, Pre-natal In A Day, Unmedicated Natural Childbirth Class and Refresher Class. One Hour Tour. No strollers permitted on the tour.

January 13	May 5	September 15
February 10	June 2	October 13
March 17	July 21	November 10
April 7	August 11	December 8

### 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 beautiful jewelry, as well as breast pumps and lactation supplies. For more information, call (859) 301-6200.

# 2019 MATERNAL CHILD EDUCATION SCHEDULE



## BASIC CHILDBIRTH CLASSES

### Five-Week Series

**Fee: \$65 per couple**

Expectant couples learn about essential exercises, nutrition, breathing techniques, relaxation and massage. Covers third trimester concerns of pregnancy, comfort measures and coping tools for labor and delivery, positions for the first and second stages of labor, the role of the labor partner, and newborn and postpartum adjustment. **A tour of the Family Birth Place, infant care and breastfeeding are included in the childbirth class series.** Please schedule classes early as they fill up quickly. Feel free to bring food and drink to class.

#### **Mondays, 6:30-8:45 p.m.**

January 14-February 11  
March 11-April 8  
April 21-June 3  
(no class May 21)  
July 15-August 12  
September 16-October 14  
November 4-December 2

#### **Wednesdays, 6:30-8:45 p.m.**

February 6-March 6  
April 10-May 8  
May 29-June 26  
August 21-September 18  
October 23-November 20

## NEW CLASS

### NATURAL CHILDBIRTH SERIES

**Fee: \$40**

This series is designed for those planning on unmedicated childbirth. Participants will learn what to expect during labor and birth and how to use relaxation techniques, positive affirmations, aromatherapy, water, breathing, positioning and massage to cope with and enhance contractions. This course is designed to give you resources at your fingertips to assist you in your goal of Natural Childbirth. Medical interventions are also discussed, but not focused upon. Dress comfortably, as you will be 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.**

#### **6:30-8:30 p.m.**

January 3, 10 and 17  
March 7, 14 and 21  
June 4, 11 and 18  
September 12, 19 and 26



## NEW CLASS

### NATURAL BIRTH METHODS: UNMEDICATED CHILDBIRTH

**Fee: \$65 per couple**

**Saturdays, 8:30 a.m. to 3:30 p.m.**

This course is designed for those planning an unmedicated childbirth. Participants will learn what to expect during labor and birth and how to use relaxation techniques, positive affirmations, aromatherapy, water, breathing, positioning and massage to cope with and enhance contractions. This course is designed to give you resources at your fingertips to assist you in your goal of Natural Childbirth. Medical interventions are also discussed, but not focused upon. Dress comfortably, as you will be 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. Lunch is provided. Class is limited to five couples.**

January 5  
February 2  
March 2  
April 27

May 4  
June 1  
July 13  
August 3

September 7  
October 5  
November 2  
December 7

## PRE-NATAL IN A DAY

**Fee: \$75 per couple**

**Saturdays, 8:30 a.m. to 3:30 p.m.**

Condensed version of the Basic Childbirth Course. One day class. Continental breakfast and lunch provided. Please register early. **A tour is included. Breastfeeding class fee is included in the cost, but you must register separately for a Breastfeeding class.**

January 12	May 11	September 21
February 9	June 8	October 12
March 16	July 13	November 9
April 13	August 10	December 14

## ONLINE CHILDBIRTH EDUCATION

**Fee: \$60**

An alternative for parents who are unable to attend traditional childbirth education classes due to scheduling conflicts or time constraints. The program is an interactive, web-based program that includes animated illustrations, videos, voice-overs and activities. Once you register, you will be emailed an access code to the program which is good for 90 days from the date of activation. It is also recommended that you sign up for a Tour of the Family Birth Place and a breastfeeding class. The cost of the breastfeeding class is included in the fee.

## INFANT CARE CLASS/GRANDPARENTS CLASS

**Fee: \$20 per couple**

This class will update expectant parents/grandparents on all the latest child care developments. Topics include bathing, diapering, skin care, playtime, crying and illness. Parents and grandparents will be taught how to rescue a choking infant and toddler. SIDS and car seat safety will also be discussed. Please bring a doll with you to class to practice skills.

**Tuesday Nights, 6:30-8:30 p.m.**

February 5  
April 2  
August 6

## BREASTFEEDING

**Fee: \$15 per couple**

Taught by a Certified Lactation Consultant/Counselor, this class offers in-depth preparation for breastfeeding. Recommended for all first-time mothers as well as mothers undecided about their choice for infant feeding. Free to mothers attending childbirth classes, including the Pre-natal In A Day class. **Labor partners are strongly encouraged to attend. This class is included in the Basic Childbirth Education Class, you do not need to sign up separately.**

**Mondays, 6:30-8:30 p.m.**

February 4	May 20	October 7
April 1	August 5	November 25

**Tuesdays, 6:30-8:30 p.m.**

Jan 8	April 23	August 13
Jan 22	May 7	September 24
March 5	June 4	October 29
March 26	July 9	November 5
April 9	July 23	December 3

**Wednesdays, 6:30-8:30 p.m.**

February 27	June 19	November 13
May 1	September 11	

**Thursdays, 6:30-8:30 p.m.**

February 7	May 16	August 22
April 4	June 20	October 17



# REGISTRATION FORM

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 call Central Scheduling at (859) 655-7400 to schedule your pre-admission appointment after the 16th week of pregnancy. **Bring your completed pre-admission packet from your OB doctor's office with you.** Please try to have your pediatrician selected before your appointment. If you have not selected a pediatrician/family doctor for your infant, you will be provided a list to make a selection prior to your delivery. **NO TOUR** is included in this appointment. Please call (859) 301-BABY to schedule a tour. Pre-registration is available at Edgewood, Florence or Ft. Thomas, and the St. Elizabeth Physician Office in Crittenden.

You may register for classes by mail, phone at (859) 301-BABY or visit stelizabeth.com.

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