

I have enclosed registration fees for the following classes:

Class	Start date
Basic Childbirth Class (\$65)	
Pre-Natal in A Day (\$75)	
Natural Birth Methods – Unmedicated Childbirth (\$65)	
Refresher Class (\$35) <i>Call to schedule class</i>	
Young Mothers Basic Childbirth Class (free)	
Infant Care and Grandparents Class (\$20)	
Tour (free) <i>Start time is 1:30pm</i>	
Breastfeeding (\$15)	
Big Brother/Big Sister Class (\$15 one child, \$25 for 2 or more) <i>Please list children's names and ages:</i>	
<i>Child name</i> <i>Age</i>	
<i>Child name</i> <i>Age</i>	
Mother to Daughter (\$15)	
Parent to Son (\$10)	

Register Online:
www.stelizabeth.com

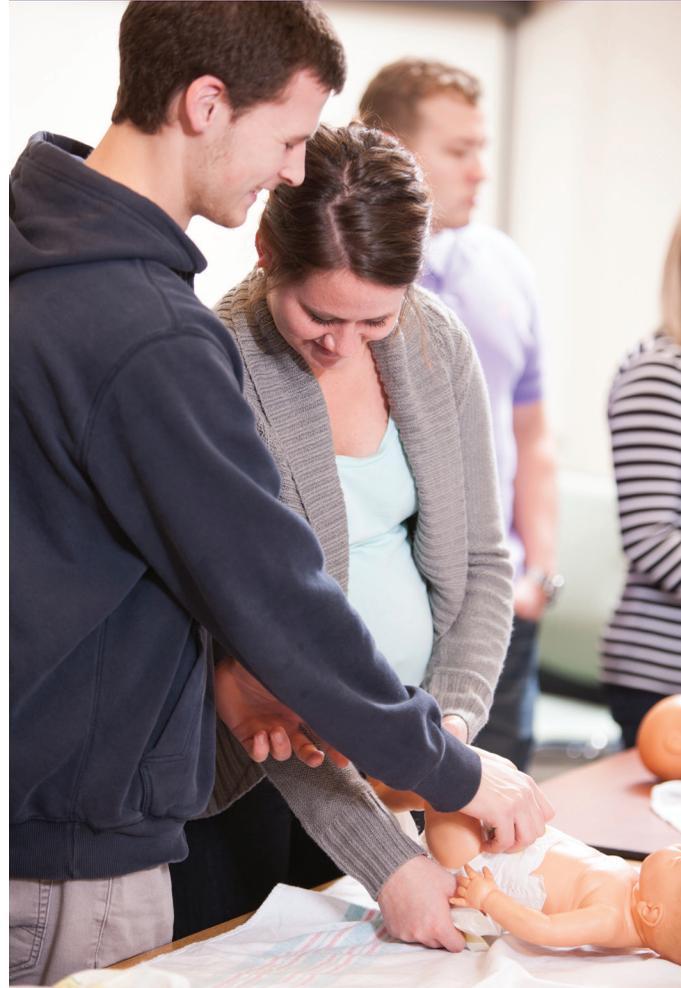
Please make check payable to **St. Elizabeth Healthcare** and return with this completed form to:

St. Elizabeth Healthcare
1 Medical Village Drive
Edgewood, KY 41017
ATTN: OB Pre-Admission Educator

For any questions, please call (859) 301-BABY (2229)



2018 Maternal Child Education Schedule



Basic Childbirth Classes 2018

\$65 per couple/ 5 week series

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, newborn and post-partum 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.

Monday Night | 6:30-8:45 p.m.

Jan 15-Feb 12; Mar 12-Apr 9; April 23-May 21; July 16-Aug 13; Sept 10- Oct 8; Nov 5-Dec 3

Wednesday Night | 6:30-8:45 p.m.

Jan 3-Jan 31; Feb 14 Mar 14; May 30-June 27; Aug 22-Sep 19; Sep 26-Oct 24; Nov 14-Dec 19 (no class on Nov 21)

Thursday Night | 6:30-8:45 p.m.

Jan 18-Feb 15; Mar 15-Apr 12; Apr 26- May 24; July 5-Aug 2; Aug 30-Sep 27; Oct 18-Nov 15

Pre-Natal In A Day Fee: \$75 per couple

Saturday | 8:30 a.m.-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.

Jan 13; Feb 10; Mar 10; April 21; May 12; June 9; July 14; Aug 11; Sept 15; Oct 6; Nov 10; Dec 1

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 and gift baskets that can be picked up on the spot by visitors looking for the perfect token of thoughtfulness for a new mom. Breast pumps and lactation supplies are also available. To receive information call (859) 301-6200.

NEW CLASS – Natural Birth Methods: Unmedicated Childbirth

Saturday | 8:30 a.m.-3:30 p.m. Fee \$65

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 5 couples. *Jan 6; Feb 3; Mar. 3; April 7; May 5; June 2; July 7; Aug 4; Sept; 1; Oct 20; Nov 3; Dec 8*

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 & 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 Night | 6:30-8:30 p.m.

Feb 6; Apr 3; Aug 7; Oct 2

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. Labor partners are strongly encouraged to attend. Please bring a doll with you to class. This class is included in the Basic Childbirth Education class, you DO NOT need to sign up separately.

Monday Night | 6:30-8:30 p.m.

Feb 5; Apr 2; May 14; Aug 6; Oct 1; Nov 26

Tuesday, Night | 6:30-8:30 p.m.

Jan 9; Feb 20; Apr 17; May 8; June 5; June 26; July 10; Aug 14; Aug 28; Nov 13; Dec 4

Wednesday Night | 6:30-8:30 p.m.

Jan 24; Mar 7; Mar 21; June 20; July 18; Sept 12; Oct 17; Dec 12

Thursday Night | 6:30-8:30 p.m.

Feb 8; Apr 5; May 17; July 26; Sept 20; Nov 8

Refresher Class \$35 per couple

6:30 p.m.-8:45 p.m.

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 301-BABY and we will schedule you into the appropriate nights for this class. Offered on Monday, Wednesday & Thursday nights throughout the month. (Two-day class.)

Young Mothers Basic Childbirth Class

Fee: None | 4:00 p.m.-7:00 p.m.

Learn about childbirth, breastfeeding and baby care. Oriented to the young parent 21 years of age and younger. This is a 2 day class. Tour of the Family Birth Place and Infant Care class included. *Apr 17 & 24; Oct 23 & 30*

Safe Sitter

Fee: \$40 | 8:00 a.m.-2:00 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. *May 19; July 13; Aug 4; Oct 27*

Family Birth Place Tour At Edgewood

Fee: None | Sunday | 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 post partum unit, and a brief stop by the NICU family waiting area. Tour is included in the Basic Childbirth Course, Pre-natal In A Day and Refresher class. One Hour Tour. No Strollers permitted on the tour.

Jan 14; Feb 18; Mar 18; Apr 15; May 20; June 24; July 22; Aug 19; Sep 9; Oct 7; Nov 18 & Dec 9

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 during non-restrictive flu months. Refreshments are provided. Please bring a doll with you to class.

Sunday Afternoon | 3:00-5:00 p.m.

Jan 14; Feb 18; Mar 18; Apr 15; May 20; June 24; July 22; Aug 19; Sep 9; Oct 7; Nov 18 & Dec 9

Smoking Cessation Class

Freshstart is a FREE 4-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 4-week program being offered.

Classes for Adolescents

Mother to Daughter

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

Appropriate ages: 9-12. Classes offered monthly. Designed to open communication between mothers and daughters regarding puberty. Discussion includes physical and emotional changes of girls during adolescence.

Jan 23; Mar 20; May 15; July 17; Sept 11; Nov 20

Parent to Son

Fee \$10 | 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 of boys during adolescence.

Mar 8; Oct 11

Registration Information

PRE-ADMISSION NURSE EDUCATOR

A pre-admission nurse educator will:

- Prepare registration papers and discuss 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 yellow pre-admission packet from your OB doctor's office with you. Please try to have your pediatrician selected before your appointment.

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 St. Elizabeth Physician Office in Crittenden. You may register for classes by mail, phone (859) 301-BABY or visit our website online at www.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.

Registration Form

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.

