



2009
*Perinatal
Educational
Program*

Prepared Childbirth Classes

Childbirth Refresher Class

Infant Feeding I: Fundamentals

Infant Feeding II: Problem Solving

Sibling Preparation Class

Fundamentals of Infant Care

New Fathers Class



**St. Elizabeth's Hospital
Mother Child Center**

211 South Third Street
Belleville, Illinois 62220

618/234/2120 ext. 1260

steliz.org

Infant Feeding I: Fundamentals

The Infant Feeding class provides information on preparation for feeding, feeding techniques, and common concerns. The class is open to expectant and new mothers. Support persons are welcome. Class is taught by a RN certified lactation counselor.

January 7 April 1 July 8 September 30
February 18 May 20 August 19 November 11

Location: St. Elizabeth's Hospital,
211 South Third Street, Belleville

Time: 6:30 to 8:00 p.m.

Fee: \$20 each class or

\$35 enrollment in both classes

***Infant Feeding II: Practical
Problem Solving***

This class will deal with issues such as which type of breast pump will best meet your needs, returning to work and other everyday problems.

January 7 April 1 July 8 September 30
February 18 May 20 August 19 November 11

Location: St. Elizabeth's Hospital,
211 South Third Street, Belleville

Time: 8:00 to 9:00 p.m.

Fee: \$20 each class or

\$35 enrollment in both classes

Grandmother's Tea

St. Elizabeth's Hospital Mother Child Center proudly hosts a **Grandmother's Tea** to celebrate mothers who choose the gift of breastfeeding! It is for family members who are important in encouraging new mothers in this essential role. This celebration will be offered quarterly! Call 234-2120, ext. 1260 for upcoming dates. Group size is limited to 30 participants.

Perinatal Educational Program

St. Elizabeth's Hospital Mother Child Center offers a wide range of services for mothers and infants, including birth in a modern labor and delivery suite and postpartum care with 24-hour rooming in. The Special Care Nursery, directed by a neonatologist and staffed with specially trained nurses, is available for babies born with special healthcare needs.

To learn more about your pregnancy and the services available, you are cordially invited to participate in the Perinatal Educational Programs at St. Elizabeth's Hospital. A variety of classes are offered to meet individual needs. You are encouraged to register for as many classes as you desire. All classes are taught by the Mother Child staff.

Those who deliver at St. Elizabeth's Hospital will be given priority. As class size is limited, we recommend registering for classes early.

Please register for each class.

To register, call: 234-2120, ext. 1260 between 7:30 a.m. and 11:00 p.m. or E-mail: sboyer@sebh.org

Location of classes (except Sibling Preparation Class)

St. Elizabeth's Hospital
211 South Third Street, Belleville
Level 1, Room 1604

We reserve the right to cancel any class due to lack of enrollment.

Sibling Preparation Class

Children 3 to 10 years of age, who are anticipating the arrival of a sibling, are invited to attend the Sibling Preparation Class. It offers them the opportunity to develop positive feelings about a new sibling and to become familiar with the hospital setting. Parents are expected to attend the class with their children.

January 26	July 27
March 23	September 28
May 18	November 23

Location: OB Classroom, 4th Floor
211 South Third Street, Belleville

Time: 6:30 to 8 p.m. Fee: \$10 per family

Prepared Childbirth Classes

Prepared Childbirth Classes teach relaxation techniques, controlled breathing, physical and psychological changes that occur during labor and delivery. Pain control options including natural methods, medications and epidurals will be discussed. Class discussions of inductions and cesareans are also included. Both mother and her support person learn how to take an active part in the birth process.

A hospital tour of Labor and Delivery, Postpartum & Nursery is part of the schedule.

Evening classes consist of five (5) sessions held once a week, each lasting two and a half hours. Saturday classes consist of two sessions lasting four hours each. Classes are taught by an RN certified childbirth educator. The course should be taken in the last trimester of pregnancy.

Evening Childbirth Classes

Tuesday	January 13, 20, 27, February 3, 10
Wednesday	January 14, 21, 28, February 4, 11
Tuesday	February 24, March 3, 10, 17, 24
Wednesday	February 25, March 4, 11, 18, 25
Tuesday	April 14, 21, 28, May 5, 12
Wednesday	April 15, 22, 29, May 6, 13
Tuesday	May 26, June 2, 16, 23, 30
Wednesday	May 27, June 3, 17, 24, July 1
Tuesday	July 14, 21, 28, August 4, 11
Wednesday	July 15, 22, 29 August 5, 12
Tuesday	August 25, September 1, 8, 15, 22
Wednesday	August 26, September 2, 9, 16, 23
Tuesday	October 6, 13, 20, 27, November 3
Wednesday	October 7, 14, 21, 28, November 4
Tuesday	November 17, 24, December 1, 8, 15

Time: 6:15 to 8:45 p.m. Fee: \$50 per couple

Please bring two pillows and wear comfortable clothing for exercise.

Saturday Childbirth Classes

January 10 and 17	July 25 and August 1
March 7 and 14	August 29 and September 5
April 18 and 25	October 3 and 10
May 23 and 30	November 21 and 28
June 20 and 27	December 12 and 19

Time: 8:30 to 12:30 p.m. Fee: \$50 per couple

Please bring two pillows and wear comfortable clothing for exercise. Tour optional following 2nd class.

Refresher Childbirth Class

The Refresher Class is designed for people who have previously attended other childbirth classes and wish to review the labor process, comfort measures, breathing techniques and the options available at St. Elizabeth's Hospital. **We do not recommend this one session class for first time moms.**

Class includes a tour of the Mother Child Center.

January 22 April 23 July 23 October 22

Time: 6:15 to 9 p.m. Fee: \$20 per couple

Fundamentals of Infant Care Class

This basic class provides information on newborn care. The class is open to expectant and new parents.

January 6	July 7
February 17	August 18
March 31	September 29
May 19	November 10

Time: 6:30 to 9:30 p.m. Fee: \$20 per couple

New Fathers Class

Taught by a Dad, this innovative, one day class will provide the expectant father with tools and insights into new infant care and the important role Dad plays in growth and development. Get the answers you need.

Recommended time to enroll: 6th month of pregnancy

February 7	August 15
May 9	November 7

Time: 10:00 a.m. to 2:00 p.m. Fee: \$20