

PREPARED CHILDBIRTH CLASS REGISTRATION

Please complete form and mail to:
St. Elizabeth's Hospital
Prepared Childbirth Classes
211 S. Third St., Belleville, IL 62220

Name: _____ Age: _____

Address: _____

Phone H: _____

W: _____

Email: _____

*An email confirmation and directions to class
will be provided upon enrollment in classes.*

Support Person: _____

Due Date: _____

Doctor/Midwife Name: _____

Hospital for Delivery: _____

Baby # 1 2 3 _____ (circle one or add number)

Breastfeeding or Formula Feeding (circle one)

Prepared Childbirth Classes Cost \$25 per couple

Evening Series # _____

Saturday Series _____

New Fathers Class

Class Date: _____

Sibling Preparation Class

Class Date: _____

Breastfeeding Class

Class Date: _____

Please make checks payable to St. Elizabeth's Hospital.
Downloadable registration available at
www.steliz.org/services/obstetrics_and_gynecology.php
under Resources/Links.

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 30 March 26 May 28
July 30 September 24 November 26

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

Time: 6:30 to 8 p.m.

Fee: \$5



2012 Perinatal Educational Program

DELIVERING MIRACLES

Prepared Childbirth Classes

New Fathers Class

Sibling Preparation Class

Childbirth Refresher

**Breastfeeding: Fundamentals and
Problem Solving**



**St. Elizabeth's
Hospital**

AN AFFILIATE OF HOSPITAL SISTERS HEALTH SYSTEM

211 South Third Street, Belleville, Illinois 62220
618/234/2120 steliz.org



St. Elizabeth's | Mother Child
Hospital | Center

AN AFFILIATE OF HOSPITAL SISTERS HEALTH SYSTEM

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 option available. 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.

Prepared Childbirth Classes

Prepared Childbirth Classes teach relaxation techniques, controlled breathing, physical and emotional changes that occur during labor and birth. Pain control options including unmedicated, medicated and epidural 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. The final class in each evening session will cover Infant Care. Infant Care is also available as an individual class for those not wishing to enroll in the full evening series. For more information call 234-2120, ext. 2300 for available times.

A hospital tour is optional after the 2nd Saturday session and is a part of the evening series.

Choose between a six-week series of evening classes or the weekend series which takes place on two consecutive Saturdays. We recommend classes be taken around the 28th-30th week for those enrolling in the evening classes.

All inclusive fee per couple: \$25*

Evening Childbirth Classes

Series #1	Tuesdays	January 3, 10, 17, 24, 31, February 7
Series #2	Tuesdays	February 21, 28, March 6, 13, 20, 27
Series #3	Tuesdays	April 10, 17, 24, May 1, 8, 15
Series #4	Tuesdays	May 29, June 5, 12, 19, 26, July 3
Series #5	Tuesdays	July 17, 24, 31, August 7, 14, 21
Series #6	Tuesdays	September 4, 11, 18, 25, October 2, 9
Series #7	Tuesdays	October 23, 30, November 6, 13, 20, 27

Time: 6:00 to 8:00 p.m. Please wear comfortable clothing.

Saturday Childbirth Classes

Series A	January 14	Series G	July 14
Series B	February 11	Series H	August 11
Series C	March 10	Series I	September 8
Series D	April 14	Series J	October 13
Series E	May 12	Series K	November 10
Series F	June 9	Series L	December 8

Time: 9:00 a.m. to 5:00 p.m. Please wear comfortable clothing.

Three additional classes included with package (optional):

Not taking classes but would like a tour?

Tours are available by appointment for your convenience. Please call 234-2120, ext. 2300 to arrange a time.

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 4 August 4
May 5 November 3

Time: 10:00 a.m. to 2:00 p.m.

Breastfeeding: Fundamentals and Practical Problem Solving

The Breastfeeding class provides information on preparation for feeding, feeding techniques, and common concerns. Additional topics include information on which type of breast pump will best meet your needs, discussion on returning to work and other everyday issues.

The class is open to expectant and new mothers. Support persons are welcome. Class is taught by a RN certified lactation counselor.

January 5 February 2 March 1 April 5 May 3
June 7 July 5 August 2 September 6
October 4 November 1 December 6

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

Time: 6:30 to 9:00 p.m.

Third class listed on back panel

Please fill out registration form and mail to: St. Elizabeth's Hospital
Prepared Childbirth Classes
211 S. Third St., Belleville, IL 62220

Payment can be mailed with registration or paid by credit card, check or cash at first class.

For more information or to enroll, call:
234-2120, ext. 2300

Or email: childbirtheducators@sebh.org

We reserve the right to cancel any class due to lack of enrollment. Classes with enrollment of three or less will be cancelled with the option of enrolling in a later class.

Location of classes: (except Sibling Preparation Class)
St. Elizabeth's Hospital
211 South Third Street, Belleville
Level 1, Room 1604