

## 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: \_\_\_\_\_

### **Childbirth Refresher Class**

Call 234-2120, ext. 2300 to arrange time

Please make checks payable to St. Elizabeth's Hospital.  
Downloadable registration available at  
[www.steliz.org/services/obstetrics\\_and\\_gynecology.php](http://www.steliz.org/services/obstetrics_and_gynecology.php)  
under Resources/Links.

### **Childbirth Refresher**

A unique new approach for those parents wishing to update knowledge gained with a previous birth or gain insight into a new hospital experience can be achieved with our innovative one-to-one refresher program.

Our childbirth educator will discuss your needs and desires on a one-to-one basis either in person or by phone to reacquaint prospective parents with the programs and services available at St. Elizabeth's Hospital. She will also discuss comfort measures and review the labor process during your meeting. A tour of the unit can also be arranged either with her or our Pre-Admissions Nurse. Call 234-2120, ext. 2300 for more information.

### **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 24 March 28 May 23

July 25 September 26 November 28

**Location:** OB Classroom, 4th Floor

211 South Third Street, Belleville

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

**Fee:** \$5



**St. Elizabeth's**  
HOSPITAL  
BELLEVILLE, ILLINOIS

AN AFFILIATE OF  
HOSPITAL SISTERS HEALTH SYSTEM

211 South Third Street, Belleville, Illinois 62220

618/234/2120

steliz.org



## 2011 Perinatal Educational Program

# DELIVERING MIRACLES

**Prepared Childbirth Classes**

**Infant Care Class**

**New Fathers Class**

**Sibling Preparation Class**

**Childbirth Refresher**

**Breastfeeding: Fundamentals and  
Problem Solving**



**St. Elizabeth's**  
HOSPITAL  
BELLEVILLE, ILLINOIS

**Mother Child  
Center**

# 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.

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.

## 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 4, 11, 18, 25, February 1, 8
Series #2	Wednesdays	February 23, March 2, 9, 16, 23, 30,
Series #3	Tuesdays	April 12, 19, 26, May 3, 10, 17
Series #4	Wednesdays	June 1, 8, 15, 22, 29, July 6
Series #5	Tuesdays	July 19, 26, August 2, 9, 16, 23
Series #6	Wednesdays	September 7, 14, 21, 28, October 5, 12
Series #7	Tuesdays	October 25, November 1, 8, 15, 29, December 6
Series #8	Wednesdays	November 2, 9, 16, 30, December 7, 14

Time: 6:15 to 8:45 p.m. Please wear comfortable clothing.

### Saturday Childbirth Classes

Series A	January 15 and 22	Series G	July 23 and 30
Series B	February 12 and 19	Series H	August 20 and 27
Series C	March 12 and 19	Series I	September 17 and 24
Series D	April 9 and 16	Series J	October 22 and 29
Series E	May 14 and 21	Series K	November 12 and 19
Series F	June 18 and 25	Series L	December 10 and 17

Time: 9:00 a.m. to 1:30 p.m. Please wear comfortable clothing.

## 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.

Three additional classes included with package (optional):

### 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 5      August 13  
May 7      November 5

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

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

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

Third class listed on back panel

For more information or to enroll, call:  
234-2120, ext. 2300  
Or email: sboyer@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