

PREPARED CHILDBIRTH CLASS REGISTRATION

Please complete form and mail to:
Prepared Childbirth Classes
One St. Elizabeth's Blvd., O'Fallon, IL 62229

Name: _____

Date of Birth: _____

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 Date _____

New Fathers Class

Class Date: _____

Sibling Preparation Class

Class Date: _____

Breastfeeding Class

Class Date: _____

Please make checks payable to HSHS St. Elizabeth's Hospital.
Downloadable registration available at
www.steliz.org/PrenatalClasses.



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 29

March 26

May 21

July 30

September 24

November 26

Location: HSHS St. Elizabeth's Hospital in O'Fallon

Time: 6:30 to 8 p.m.

Fee: \$5



**HSHS
St. Elizabeth's
Women and
Infants Center**

One St. Elizabeth's Blvd., O'Fallon, Illinois 62269
618.234.2120 • www.steliz.org

DELIVERING MIRACLESSM

2018 Prenatal Education Programs

Prepared Childbirth Classes

New Fathers Class

Sibling Preparation Class

Breastfeeding: Fundamentals
and Practical Problem Solving



**HSHS
St. Elizabeth's
Women and
Infants Center**

Prenatal Educational Program

HSHS St. Elizabeth's Hospital Women and Infant Center offers a wide range of services for mothers and infants, including birth in a modern labor and delivery suite in our brand new, state-of-the-art hospital, a nitrous oxide pain management program, postpartum care with 24-hour rooming-in option available, and much, much more.

We additionally offer a Midwifery Program with 24/7 coverage. We also have a partnership with



SSM Health Cardinal Glennon pediatricians who see babies in our

Intermediate Care Nursery, which is also staffed with specially trained nurses to care for babies born with special health care needs.

To learn more about your pregnancy and the services available, you are cordially invited to participate in the Prenatal 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 Women and Infant Center staff.

Prepared Childbirth Classes

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 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 cesarean sections 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.

A hospital tour is included in both the Saturday class and the evening series.

Choose between a three-week series of evening classes or a Saturday class. We recommend classes be taken around the 28th-30th week of pregnancy for those enrolling in evening classes.

All inclusive fee per couple: \$25*

Evening Childbirth Classes

Series #1	Tuesdays	January 9, 16, 23
Series #2	Tuesdays	March 6, 13, 20
Series #3	Tuesdays	May 8, 15, 22
Series #4	Tuesdays	July 10, 17, 24
Series #5	Tuesdays	September 4, 11, 18
Series #6	Tuesdays	November 6, 13, 20

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

Please wear comfortable clothing and bring a light jacket.

Saturday Childbirth Classes

January 6	May 5	September 8
February 3	June 9	October 13
March 10	July 14	November 10
April 7	August 4	December 1

Time: 9:00 a.m. to 5:00 p.m.

Please wear comfortable clothing and bring a light jacket.

Not taking classes but would like a tour?

Tours are available by appointment for your convenience. Please call 234-2120, ext. 31260 to arrange a time.

New Fathers Class

Taught by a St. Elizabeth's physician who is also 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.

Recommended time to enroll: 6th month of pregnancy
February 10 May 19 August 18 November 17

Time: 9:00 a.m. to 12:00 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 an RN certified lactation counselor.

January 4 April 5 July 12 October 4
February 1 May 3 August 2 November 1
March 1 June 7 September 6 December 6

Location: HSHS St. Elizabeth's Hospital, O'Fallon

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

Additional classes and locations listed on back panel

TO REGISTER: You may register by mail

(Registration form on back) **OR**

call 618-234-2120, ext. 31260 or email childbirtheduc@hshs.org.

Payment can be made at the first class by cash or check.

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:

**HSHS St. Elizabeth's Hospital
One St. Elizabeth's Blvd., O'Fallon**