

getting started

At St. John Medical Center (SJMC) we want your birthing experience to be the best it can. Therefore, we have some of the finest physicians and nurses around to make sure that your time with us meets your expectation and beyond. To accomplish this, we strongly believe that before your baby's birth, you need to be prepared physically and emotionally for this time. That's why we have put together a series of childbirth education classes to get you ready for that special delivery.



family suite tour

We're confident that once you see our Family Suite, you'll want to have your baby with us. A prenatal tour of St. John Medical Center Family Suite will acquaint couples with the unit and hospital policies. We offer single room maternity care in a labor/delivery, recovery and postpartum setting. St. John Medical Center is located a park-like setting with ample free parking for family and friends. To schedule a tour call 440-827-5093.

To register for any listed classes, please call 1-877-597-6348 or send in registration form.

Monthly Car Seat Inspection Location
SJMC Community Outreach Center
and Westlake Police Department
By appointment only, to schedule
please call 440-827-5440.

stjohnmedicalcenter.net

ST. JOHN MEDICAL CENTER
A CATHOLIC HOSPITAL



University Hospitals



SISTERS of CHARITY
HEALTH SYSTEM

29000 Center Ridge Road
Westlake, OH 44145

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2012

ST. JOHN MEDICAL CENTER

IN PREPARATION

a memorable birth experience

Childbirth Education Class Schedule



2012 Childbirth Education Schedule



The following classes are held at
St. John Medical Center
29000 Center Ridge Road, Westlake 44145
RSVP: 1-877-597-6348

Childbirth Classes Includes Infant Care

| 7:00 – 9:30 pm | Auditorium B | Cost: \$110 |
| Thursday, January 26 - March 1 | Thursday, April 26 - May 31 |
| Tuesday, August 7 - September 11 |

Preparation for childbirth can increase the joyful experience and confidence of the mother-to-be and her partner. Learn about nutrition, exercise, relaxation, breathing and the birth process.

Childbirth Weekend Classes Two Saturday classes

| 9:00 am – 1:00 pm | Auditorium B | Cost: \$85 | January 7 & 14 |
| March 3 & 10 | April 14 & 21 | June 2 & 9 | July 21 & 28 |
| September 8 & 15 | October 27 & November 3 | December 8 & 15 |

Must attend both four hour sessions. Includes Infant Care (Scheduled separately at no charge)

Infant Care Classes

| 7:00 – 9:30 pm | Auditorium B | Cost: \$30 | January 19, March 1,
April 12, May 31, July 19, September 11, October 25, December 6 |
Classes help to prepare new parents in the care of their newborn and what to expect in the first weeks. Different techniques in bathing, diapering, feeding, and swaddling are demonstrated. All questions are answered.

Holistic Birth Options

| 7:00 – 9:00 pm | Auditorium B | No Fee | Mondays, January 9,
February 13, March 12, April 9, May 14, June 11 July 9, August 13,
September 10, October 8, November 12, December 10 |

This class will cover birthing options including an introduction to our “Holistic Birth Center” program, and criteria for utilizing the birth center. Topics will discuss natural childbirth options, including hydrotherapy, aromatherapy, music therapy and relaxation techniques. You will also be introduced to the unique services offered by a midwife and a doula. This class is open to anyone interested in exploring childbirth options. A tour of the Holistic Birth Center will complete the class.

Daddy Boot Camp

| 6:30 – 8:30 pm | Auditorium A | Cost: \$20.00 |
| second Monday of every other month starting in February |

Veteran Dads help prepare first-time fathers for their new roles. This class will help prospective dads become comfortable with hands on opportunities for diapering, swaddling and bonding with their newborn. Also, techniques are taught on how to support the new mommy.

Breastfeeding Class

| 7:00 – 9:30 pm | Auditorium A | Cost: \$30.00 | Monday,
January 9, March 12, May 14, July 9, September 10, November 12 |

Prepare yourself for the experience of breast-feeding prior to your baby’s arrival. All questions answered.

Avoiding a C-Section

| 7:00 – 9:00 pm | Auditorium B | No Fee | January 23,
April 23, July 23, October 22 |

Whether you are a first time Mom or a Mom that has had a previous cesarean section or are merely considering a pregnancy, this educational seminar is for you. With the national C-Section rate being over 30% some are calling this surgery an epidemic. Come explore ways to increase your likelihood of a vaginal delivery.

Dancing for Birth

| 7:00 pm | Auditorium B | Cost: \$20.00 | Sundays |
Feel great and prepare for the birth you want with dance! Learn how to work with gravity and movement. Class will be offered to both prenatal and postpartum moms. For more information please contact Rae Schmidt 440-353-3404.

Bradley Method of Prepared Childbirth

| 7:00 – 9:30 pm | Auditorium B | Cost: \$150 |
| Wednesdays | Session 1 – January 4 through March 21 |
| Session II – April 11 though June 27 | Session III – September 19
though December 21 (no class on November 21) |

The Bradley Method focuses on a natural, un-medicated childbirth in the absence of medical complications. This 12 class series stresses the importance of Healthy Baby, Healthy Mom, and Healthy Family. Emphasis is placed on nutrition, exercise, coaching and the natural process of labor and birth.

The following classes are held at
University Hospital Westlake Medical Center
960 Claque Road, Westlake 44145
RSVP: 1-440-779-5793

Natural Family Planning

| 6:30 – 9:30 pm | Cost: \$135.00 |
| Monday, Session I - February 20, March 19, April 16 |
| Monday, Session II - October 15, November 19, December 17 |

A healthy and highly effective way for a couple to understand and cooperate with how a woman’s body works in order to achieve or postpone pregnancy. This class enhances communication and respect for the gift of life. Couples switching to Natural Family Planning report greater marital intimacy. Fee includes materials.

The following classes are held at
SJWS Community Outreach Center, Suite R
29160 Center Ridge Road, Westlake 44145
No registration needed

New Mom’s Group

| 1:00 – 3: 00 pm | Suite R | No Fee | first and third Thursdays |
No matter if this is your first or fifth newborn; receive the support of other new mother’s with infants. Discuss current concerns, learn stages of growth and development, community resources and interact with other mothers.

Breastfeeding Group

| 10:00 am – 12: 00 pm | Suite R | No Fee | Wednesdays |
Come and meet with other moms who have experienced the joy of breastfeeding and have all your questions answered. This group is facilitated by a International Board Certified Lactation consultant.

Mail in Registration Form (Please Print)

Mom’s Name: _____

Address: _____

City: _____ Zip: _____

Phone: _____ Alternate Phone: _____

Email: _____

Due Date: _____

Physician/Midwife: _____

Coach/Support Person: _____



Class: _____ Date: _____

Time: _____ Fee: _____

Class: _____ Date: _____

Time: _____ Fee: _____

Class: _____ Date: _____

Time: _____ Fee: _____

Class: _____ Date: _____

Time: _____ Fee: _____



Pay by check or credit card:

Visa or MC (Circle one) # _____

Exp. Date: _____

Signature: _____

Make checks payable to: St. John Medical Center.
Partial refunds will be made if you cannot participate for medical reasons. A letter of confirmation will be sent to you by mail. If you cannot attend the class or have any questions, please call 440-827-5093.

Mail registration form with payment to:
St. John Medical Center Childbirth Education Classes/OB
29000 Center Ridge Road, Westlake, OH 44145

May also register by phone at: 1-877-597-6348