

getting started

At St. John West Shore Hospital (SJWS) 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 West Shore 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 West Shore Hospital is located in 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
SJWS Community Outreach Center
and Westlake Police Department
By appointment only, to schedule
please call 440-827-5440.

www.sjws.net

 ST. JOHN WEST SHORE HOSPITAL

A partnership of
The Sisters of Charity
of St. Augustine Health System and **UniversityHospitals
HealthSystem**

29000 Center Ridge Road
Westlake, OH 44145

 ST. JOHN WEST SHORE HOSPITAL
A partnership of
The Sisters of Charity
of St. Augustine Health System and **UniversityHospitals
HealthSystem**



2010

ST. JOHN WEST SHORE HOSPITAL

IN PREPARATION

a memorable birth experience

Childbirth Education Class Schedule



2010 Childbirth Education Schedule



The following classes are held at
St. John West Shore Hospital
29000 Center Ridge Road, Westlake 44145

Childbirth Classes Includes Infant Care

| 7:00 – 9:30 pm | Auditorium B | Cost: \$110 |
| Thursday, April 1- May 6 | Tuesday, July 13 - August 17 |
| Tuesday, October 12 - November 16 |

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.
RSVP: 1-877-597-6348

Childbirth Weekend Classes Two Saturday classes

9:00 am – 1:00 pm	Auditorium B	Cost: \$85
January 16 & 23	February 20 & 27	March 20 & 27
May 8 & 15	June 19 & 26	August 14 & 21
September 18 & 25	October 30 & November 6	
December 4 & 11		

Must attend both four hour sessions. Includes Infant Care
(Scheduled separately at no charge) RSVP: 1-877-597-6348

Infant Care Classes

| 6:30 – 9:30 pm | Auditorium B | Cost: \$30 |
| February 16, March 30, May 6, June 29, August 17,
September 28, November 16, December 14 |

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. RSVP: 1-877-597-6348

Warm Water Immersion During Labor

| 7:00 – 9:00 pm | Auditorium A | No Fee | Mondays, January 11,
March 8, May 10, July 12, September 13, November 8 |
Learn about the soothing relaxing properties of hydrotherapy during labor while being introduced to the unique services offered by a midwife and a doula. RSVP: 1-877-597-6348

Holistic Birth Center Orientation

| 7:00 – 9:00 pm | Auditorium B | No Fee | Wednesdays,
February 10, April 14, June 9, August 11, October 13, December 8 |
Topics surrounding natural childbirth options, including hydrotherapy, aromatherapy and relaxation techniques will be discussed, along with criteria for utilizing the Holistic Birth Center. RSVP: 1-877-597-6348

Bradley Method of Prepared Childbirth

| 7:00 – 9:30 pm | Auditorium B | Cost: \$150 |
| Wednesdays | Session 1 – January 6 through March 24 |
| Session II – April 14 through June 30 | Session III – September 15
through December 8 (no class November 24) |

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. RSVP: 1-877-597-6348

The following classes are held at
University Hospital Westlake Medical Center
960 Claque Road, Westlake 44145

Natural Family Planning

| 6:30 – 9:30 pm | Cost: \$135.00 |
| Monday, Session II - February 15, March 15, April 19 |
| Monday, Session III - May 17, June 21, July 19 |
| Monday, Session IV - August 16, September 20, October 18 |
| Monday, Session V - November 15, December 20, January 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. Register or for more information, call 440-779-5793

The following classes are held at
SJWS Community Outreach Center, Suite R
29160 Center Ridge Road, Westlake 44145

Breastfeeding Class

| 7:00 – 9:30 pm | Cost: \$30.00 | Monday, January 11, March 8,
May 10, July 12, September 13, November 9 |

Prepare yourself for the experience of breast-feeding prior to your baby's arrival. All questions answered.
Register or for more information, call 1-877-597-6348

New Mom's Support Group

| 1:00 – 3:00 pm | Suite R | 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. Free and no registration needed.

Breastfeeding Support Group

| 10:00 am – 12:00 pm | Suite R | 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. Free and no registration needed.

Mail in Registration Form (Please Print)

Mom's Name: _____

Address: _____

City: _____ Zip: _____

Phone: _____ Alternate Phone: _____

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 West Shore Hospital.
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 West Shore Childbirth Education Classes/OB
29000 Center Ridge Road, Westlake, OH 44145

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