

Aultman Birth Center  
Family Education Center  
Class Descriptions

<b>Class Title</b>	<b>Cost</b>	<b>Description</b>
<b>4-week Childbirth Education 6pm-9pm</b>	<b>\$50</b>	This four-week series meets for three hours each time and will provide you with all the essential information you need for the labor and birth of your baby. Topics include: stages of labor, relaxation, breathing techniques, pain management options and other coping skills, post-partum expectations and limited newborn care. Classes include a tour of the Aultman Birth Center. (Classes offered Monday, Tuesday or Wednesday)
<b>6-Week Childbirth Education</b>	<b>\$50</b>	This six-week series meets for two hours and will provide you with all the essential information you need for the labor and birth of your baby. Topics include: stages of labor, relaxation, breathing techniques, pain management options and other coping skills, post-partum expectations and limited newborn care. Classes include a tour of the Aultman Birth Center. (Classes offered on Sundays only.)
<b>Just Labor and Birth</b>	<b>\$60</b>	For those families looking for the basics, this one-day class covers labor and delivery in a short time frame. A tour of the Aultman Birth Center is available separately.
<b>Comfort Measures</b>	<b>\$25 per couple</b>	Looking for more relaxation and hands-on techniques for labor? This class is for you. Bring your support person and learn ways to work with your body. Imagery, massage, confidence building for both mom and support person. Please bring blanket and two pillows.
<b>Tour of the Aultman Birth Center</b>	<b>FREE</b>	This informative tour enables you to see the Aultman Birth Center, including the Labor, Delivery, Recovery and Postpartum (LDRP) suites. This tour is included in the four-week, six-week and weekend prenatal classes. ADULTS ONLY, PLEASE. Offered one time per month.
<b>Breastfeeding: Getting Off to a Good Start!</b>	<b>\$15 per couple</b>	This informative class covers the benefits of breastfeeding, preparations for breastfeeding, correct positioning and latch-on, prevention and treatment of engorgement and sore nipples, how to choose a nursing bra, the father's role and what to expect at birth and the first few weeks at home. Attend this class in your last two months of pregnancy. Father or support person is encouraged to attend with mother.
<b>Mother's Breastfeeding Connection</b>	<b>FREE</b>	Our weekly support group meets every Tuesday from noon-2 p.m. to discuss breastfeeding questions and concerns. Sharing information between mothers also provides needed support during the early weeks of breastfeeding. A board-certified lactation consultant is present to guide the discussion and answer questions as needed. Mother's Breastfeeding Connection is free and open to the public, regardless of delivery hospital. No registration is required. Mothers attend with infants, but we are unable to accommodate older siblings at this time. A digital baby scale will be available for infant weight checks. The gatherings are held in the Family Education Room at the Aultman Birth Center.
<b>Choosing a Pediatrician</b>	<b>FREE</b>	Helpful information on how to find a doctor, questions to ask, insurance concerns and how to decide which doctor may be right for you and your child. Also helpful Internet sites are given and discussed.
<b>Baby Care</b>	<b>\$15 per couple</b>	A must for all parents-to-be. Newborn characteristics, bathing a newborn, diapering, infant feeding, car seat safety, poison prevention, crying and sleep patterns, colic, stress reduction. Ideal for parents, grandparents, primary care providers and foster parents.

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<b>Infant and Child CPR Certification</b>	<b>\$20 per person</b>	This single-session class provides instruction on performing CPR techniques on children from birth to eight years of age. One time per month. Please call 330-363-6290 for specific dates and registration information.
<b>Prenatal/Postpartum Water Fitness</b>	<b>\$25 for five classes</b>	This class is designed to offer pregnant and postpartum moms the opportunity to exercise in a water environment. Written permission from your physician is required. Please bring water fitness packet and written permission to first class.
<b>Younger Sibling Class</b>	<b>\$10 per family</b>	This class is designed for children ages 3-7, to answer the many questions youngsters have about the hospital, childbirth and their new siblings. Please bring a stuffed animal or baby doll to class. A tour of the postpartum rooms and newborn nursery is included. Offered one time per month.
<b>Older Sibling Class</b>	<b>\$10 per family</b>	This class is designed for the 8- to 12-year-old pre-adolescent. The emphasis is on their important role as a helper for the new baby and family. Beginning baby care, infant safety and older sibling issues are discussed. Offered one time per month.
<b>Welcome to Grandparenting</b>	<b>FREE</b>	Grandparenting roles are discussed along with the benefits of being a grandparent. Step-grandparenting is also addressed. Other items of interest to include ways to interact, a grandparent's role in the birth and postpartum process. A tour of the Aultman Birth Center is included.
<b>My Baby and Me</b>	<b>FREE</b>	The My Baby and Me class is for parents who want to have their child attend the birth. Participants in the class are the parents, child and the support person for the child/children. The class prepares the child and support person for the birth experience. A tour is included.