

The Birth Place

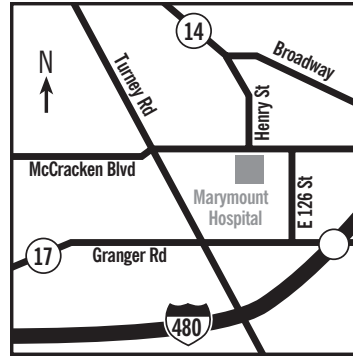
Choosing the right hospital for the birth of your baby is an important decision. Our family-centered maternity service and trusted, personalized care have drawn expectant mothers to Marymount for more than 50 years.

We are committed to meeting the physical and emotional needs of every family. This commitment requires specialized care administered by experienced and highly trained physicians and nurses.

In the event your baby needs specialized attention, we have neonatologists and neonatal nurse practitioners available. We also have a lactation specialist to assist mothers who choose to breastfeed. A certified massage therapist is available for relaxation and to soothe muscle pain.

Labor, delivery and recovery take place in our homelike birthing suites, providing comfort with the availability of advanced technology, such as centralized fetal monitoring.

For further information about The Birth Place or to schedule a tour, call 216.584.4379. A tour is included for the childbirth preparation, teen, and just-the-basics classes.




Marymount Hospital Women's Health Center

12000 McCracken Road, Suite 210
Garfield Heights, OH 44125
216.584.4354

marymount.org

 **Marymount Hospital**
a Cleveland Clinic hospital

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2009 Childbirth Education Schedule

The Birth Place at Marymount



Childbirth Preparation

Four-week class on Thursdays | 7 – 9:30 PM

Auditorium A

\$80 per couple

Jan. 8 – Jan. 29 Jun. 25 – Jul. 16
Feb. 19 – Mar. 12 Aug. 6 – Aug. 27
April 2 – April 23 Sept. 17 – Oct. 8
May 14 – Jun. 4 Oct. 29 – Nov. 19

Our experienced nurse educators will help prepare you for a positive delivery experience. You will learn about the stages of labor, as well as common medical interventions and strategies to help you relax and manage the discomforts of contractions. Your instructor will discuss the physical and emotional changes which occur during and after pregnancy. A question and answer session with a staff pediatrician and anesthesiologist is included. We encourage you to enroll before your sixth month of pregnancy.

Just the Basics

First Saturday of the month except for July and September (second Saturday) | 9 AM – 4 PM

Auditorium A

\$80 per couple

This “crash course” is offered for couples unable to attend the six week series. This condensed version includes topics covered in the traditional class, with an emphasis on breathing and relaxation techniques.

Just for Teens

Four-week class on Mondays | 4 – 6:30 PM

Location varies

\$35 per couple

Learn about pregnancy and childbirth with other teens in a caring and supportive atmosphere. Topics presented include preparing for labor and delivery, relaxation techniques, breastfeeding, postpartum, the early days at home and baby care. Classes are taught by a labor and delivery nurse experienced with the special needs of teen moms.

Bootcamp for Dads

Saturday mornings - call 216.584.4379 for exact dates
9:30 – 11:30 AM

6th Floor Waiting Room at Marymount

FREE

New and expectant fathers will meet with “veteran dad” instructors to share the challenges and joys they experience with a new baby in the home. New dads learn basic fathering skills and develop more confidence in their own parenting abilities. To register, call 216.584.4379.

Breastfeeding Basics

Last Saturday of the month | 9 AM – 12 PM

Auditorium A

\$35 per couple

Our internationally certified lactation consultant will prepare expectant mothers for a successful breastfeeding experience. Essentials of breastfeeding (including infant latch-on and positioning), monitoring infant intake, maternal diet, and troubleshooting potential problems will be covered.

Breastfeeding Support Group

Every Wednesday | 1 – 2:30 PM

Call for meeting site

FREE

Mothers having difficulty breastfeeding are encouraged to come and share their problems with other concerned moms. Our support group is lead by a certified lactation consultant.

Baby Basics

Second Saturday of the month | 9 AM – 12 PM

Auditorium A - except for July and September (Auditorium B)

\$35 per couple

Learn the basics of infant care from a veteran nursery nurse. Our instructor will provide parents with the tools to safely care for their newborn. Recognizing illness and monitoring normal development and care of the infant will be covered.

Friends & Family CPR

Second Monday of the month | 6:30 – 8:30 PM

Auditorium C

\$30 per person

In this course, expectant parents and caregivers will learn basic CPR, rescue breathing and choke-saving maneuvers for infants and children from an American Heart Association certified instructor. Strategies for preventing injuries and “baby-proofing” the home will be presented.

Massage

Our licensed massage therapist will help relieve pain, stress and discomfort caused by pregnancy, postpartum, PMS, work-related stress and a variety of other conditions. Labor massage is available with prior arrangements and a doctor’s approval. Cost is \$1 per minute. Marymount employee, senior and package discounts are available.

To register for classes, please call 216.584.4354.

Mail-In Registration Form

Mom’s Name _____

Address _____

City _____ Zip _____

Phone (____) _____

Due Date ____ / ____ / ____

Physician/Midwife _____

Please check and/or write the date of the class you wish to attend:

Childbirth Preparation | \$80 per couple

Please select a session:

Jan. 8 – Jan. 29 Jun. 25 – Jul. 16

Feb. 19 – Mar. 12 Aug. 6 – Aug. 27

Apr. 2 – Apr. 23 Sept. 17 – Oct. 8

May 14 – Jun. 4 Oct. 29 – Nov. 19

Just the Basics | \$80 per couple Date: ____ / ____ / ____

Just for Teens | \$35 per couple

Please select a session:

Jan. 5 – Jan. 26 Aug. 3 – Aug. 24

Feb. 16 – Mar. 9 Sept. 14 – Oct. 5

Mar. 30 – Apr. 20 Oct. 26 – Nov. 16

May 11 – Jun. 8 Dec. 7 – Dec. 28

Jun. 22 – Jul. 13

Breastfeeding Basics | \$35 per couple Date: ____ / ____ / ____

Baby Basics | \$35 per couple Date: ____ / ____ / ____

Friends & Family CPR | \$30 per person Date: ____ / ____ / ____

**Make Checks Payable to:
Marymount Hospital**

Refunds will be made if a class is cancelled or you can no longer participate in the class under *medical advice from your provider*. Class assignment is confirmed with full payment. If you are having financial difficulties, please contact us at 216.584.4354.

**Mail Registration Form with Payment
(Check or Money Order) to:**

Women’s Health Coordinator

12000 McCracken Road, Suite 210

Garfield Heights, OH 44125

For credit card payments, call 216.584.4354.