ProMedica Toledo and Flower Hospitals are pleased to provide you with a wide range of classes and services designed especially for your growing family.

Childbirth and parenting are important and challenging experiences for you and your family. The classes and programs offered by ProMedica Toledo and Flower Hospitals are designed to help you prepare, both physically and mentally, for this major event.

WHY SHOULD I TAKE CHILDBIRTH CLASSES?
Childbirth classes, taught by certified childbirth educators, are a place to ask questions, gather information and socialize with other pregnant women and their partners. The benefits of taking classes include:

- Answers to common questions and concerns
- Learn how to make pregnancy more comfortable
- Learn about the danger signals of pregnancy
- Learn about premature labor
- Learn breathing and relaxation techniques
- Build confidence in your body’s ability to give birth
- Spend some dedicated time with your labor partner as they learn how to support you on the big day
- Reduce anxiety learning accurate, research-based information on what to expect during labor and birth
- Learn about pain relief options, including anesthesia and medical options
- Learn about caring for your new baby
- Learn about breastfeeding and how to get started
- Learn about breastfeeding resources available to patients at ProMedica Toledo and Flower Hospitals
- Become acquainted with the Certified Lactation Consultant staff in childbirth class and during hospital stay

Remember that the common goal of childbirth classes is to provide you with the knowledge and confidence you need to give birth and make informed decisions to achieve the ultimate goal of a healthy mom, healthy baby and safe delivery.
To access the eLearning system, please note the following system requirements:

**Hardware**
- Sound card
- Speakers or headphones
- Approximately 512MB RAM
- 1 Ghz processor (recommended)

**Compatible Browsers**
- Mozilla Firefox 40.0.3
- Apple Safari 5 or later
- Google Chrome
- Internet Explorer 9 or later
- Internet Explorer Edge

**Childbirth Refresher ($50/couple)**
You prepared for the birth of your first child, but it has been awhile. Prepare for the birth of your next baby by reviewing labor and delivery information, relaxation, breathing, and massage techniques. Classes meet once a week for three weeks. Call 419-291-5666 to schedule your refresher class.

**Infant Safety and CPR ($32/person)**
Injuries are the number one killer and cause of disability in children. As a parent, you are often the first person to react in a child’s emergency. You will learn prevention and safety, management of choking and CPR in this three-hour class.

**Big Brother and Big Sister Class ($20/child age 3 – 10)**
Help your youngster prepare for the arrival of the newest member of the family. Fun activities are planned, including a mini-tour of the nursery area and mom’s room. Youngsters decorate a onesie to welcome the new baby (onesie is provided). Parents attend this two-hour class free with their children. The class is recommended for children 3 – 10 years old.

**Lactation Center Services**
The Lactation Center is here to support your desire to breastfeed. Offerings include classes, in-hospital lactation services, telephone assistance, individual follow-up consultations, and a Nursing Mothers Group after you get home. Please contact the Warmline at 419-291-4577 with breastfeeding questions and concerns.

**Back to Work Breastfeeding: Planning, Preparing and Pumping ($20/mom – babies welcome)**
This class will help you maintain your milk supply after returning to work. Developing a plan during your maternity leave will help you make a smooth transition back to work or school when the time comes. Learn about breast pumps designed for working mothers, as well as how to pump and store breast milk safely. Small classes and practical ideas will help mom fine tune her individual breastfeeding plan. Come to class during your pregnancy or after you have your baby. Babies are welcome too!
TO REGISTER FOR THE PROGRAM(S) OF YOUR CHOICE ...

Please complete the class registration form. You may mail, drop off, fax or email the class registration form. A confirmation letter and map will be mailed to your home. To inquire about financial arrangements, please call 419-291-5666. Inability to pay course fees does not exclude anyone from taking childbirth classes. Unfortunately, we are unable to accept HSA cards for payment.

SCHEDULING NOTES

Please register early in your pregnancy. Class sizes are limited. Choose a childbirth class that will finish approximately one month prior to your due date.

Whenever possible, please indicate a second choice of class date(s) on your registration form.

Written confirmation, which will include the locations of the classes you have selected, will be mailed to you. If you do not receive a confirmation letter within two weeks of mailing your registration to us, please call 419-291-5666.

LOCATION NOTE

Classes are held at convenient locations throughout the Toledo area, including the campuses of ProMedica Toledo and Flower Hospitals. Class location is dependent on room availability, not location of where you plan to deliver.

NOTE: If you are delivering your baby at a non-ProMedica hospital, please add $15 per class.

REFUND POLICY

Refunds (minus a processing fee) are available if you cancel one week prior to the beginning of the class.
WHY SHOULD I CONSIDER BREASTFEEDING?

• New parents want to give their babies the very best and when it comes to nutrition, breast milk is best.

• Decades of research have determined that breast milk is the only complete, complex nutrition for human infants that will also protect them from illness.

• The primary benefit of breast milk is nutritional but it provides many other health benefits:
  ◆ Improves brain and nervous system development, resulting in higher I.Q.
  ◆ Protects against ear infections, respiratory illnesses, allergies, asthma, stomach upsets, and gastrointestinal infections
  ◆ Reduces the risk of SIDS (Sudden Infant Death Syndrome), childhood diabetes, high cholesterol, and heart disease in adulthood
  ◆ Promotes bonding with mom

• Breastfeeding has benefits for mom, too.
  ◆ Reduces the risk of breast, ovarian and endometrial cancers
  ◆ Protects against osteoporosis and hip fracture in later life
  ◆ Breastfeeding is free, reducing financial burden
  ◆ Reduction in healthcare costs to family
  ◆ Less time off work due to infants being sick

For more information on breastfeeding, please contact the Lactation Center on the campus of ProMedica Toledo Hospital by calling the WARMLINE at 419-291-4577.