PROPREPARATION FOR PARENTHOOD
2016 Programs and Services

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.
PROGRAMS AND SERVICES

Childbirth Class ($90/couple)
This series of classes is a place to go to gather information, ask questions and socialize with other expectant parents. Childbirth topics include stages of labor, birth, the role of your support person, pain relief options, hands-on practice of relaxation, breathing techniques, comfort measures, and more. Learn about caring for your new baby, the benefits of breastfeeding and how to get started. Gain the confidence and knowledge you need for a successful nursing experience. Learn practical breastfeeding techniques. Explore baby feeding, car seat safety and comforting a crying baby.

Five-week series: meets for two and a half hours, once a week for five weeks. Includes information about childbirth, baby care and breastfeeding.
- Fee: $90, includes textbook
- Babycare class (only): $32
- Breastfeeding class (only): $32

Childbirth – Weekend Express ($135/couple)
The five-week series is consolidated into a two-day weekend class that meets Friday, 6:30 – 8:30 p.m., and Saturday, 9 a.m. – 4 p.m. A breastfeeding class is included with this series, but will need to be scheduled separately. Please see the “Breastfeeding Only Class” options. Fee includes course textbook, meals and snacks.

E-Learning ($75/couple)
ProMedica is pleased to offer an eLearning Childbirth Education program that provides a convenient alternative for expecting moms and dads. This web-based program uses animated illustrations, videos and interactive activities to guide you through the basics of childbirth, breastfeeding and caring for your baby.

You can rest comfortably knowing you will receive complete education in a personalized format from the comfort of your own home. And if at any time during the process you have questions about the content, a childbirth education coordinator will be available to help.

To get started:
Register for eLearning Childbirth Education by filling out and submitting the form enclosed, or visit promedica.org/elearning to register online.

After registering, we will send you a program manual and e-mail you a code to access the class.

From there, you will have eight weeks to complete the education at your own pace – when it’s convenient for you.

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, for ages 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 one-piece to welcome the new baby (one-piece is provided). Parents attend this two-hour class free with their children. The class is recommended for children ages 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 are invited too!)
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!
Nursing Mothers Group
As a new breastfeeding mother, you may find very little time
to take care of yourself. Staying healthy is important, not
only for you, but also for your entire family. Come relax and
spend time together with other new breastfeeding moms
in a comfortable environment. This group meets on the first
and third Tuesday of every month (except major holidays)
from 12:30 to 2 pm. The group will be led by a Certified
Lactation Consultant who is also a mother. Please call
419-291-5666 for location and registration information.
There is no cost to attend.

Prenatal Water Aerobics – Moms in Motion
($50/4-week session)
Preparation for Parenthood is pleased to partner with
ProMedica Wildwood Athletic Club to offer an exercise
class for expectant mothers. This program helps mom stay
in shape safely during pregnancy. The 60-minute class
meets twice a week for four weeks at Wildwood’s swimming
pool, and is taught by a certified instructor. Expectant
moms must bring a physician’s or nurse-midwife’s clearance
to the first class.

Mom & Me Boutique
The Mom & Me Boutique caters to the special needs of
expectant women, breastfeeding mothers and new families.
The boutique offers competitive pricing and specialty items
such as maternity supports, nursing bras, nursing pillows,
breast pump replacement parts, and breast pumps for
purchase or rental. The Mom & Me Boutique is located near
Entrance F of ProMedica Toledo Hospital on Level #1. Hours
are Monday and Wednesday from 10 a.m. – 6 p.m., Tuesday
and Thursday from 10 a.m. – 5 p.m., and Friday from 10 a.m.
– 3 p.m. For more information, call 419-291-5666.

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.

MATUREY TOURS
Tours of the birthing, postpartum and nursery areas are
offered at both ProMedica Toledo and Flower Hospitals.
Free parking is available in the parking garage. Tours are
not held on major holidays.
ProMedica Toledo Hospital is pleased to offer a virtual
tour of its maternity unit at promedica.org/toledo-
hospital. Group tours are also available on the first and
third Wednesdays of the month at 7 p.m. and on the
second Sunday of the month at 1 p.m. Please park in the
Entrance F parking garage on North Cove Boulevard.
Enter the lobby and check in with the receptionist at the
information desk. Please call 419-291-5666 with questions
or to schedule your tour.
Tours at ProMedica Flower Hospital are available every
Sunday at 7:30 p.m. Please park in the ProMedica Flower
Hospital parking garage, enter the building through the
glass walkway and proceed to the lobby information desk.
In addition to the Sunday evening tour, arrangements can
be made for tours at other times by calling 419-824-1102.

NOTE: Maternity tours ARE NOT included as part of
your childbirth class. For additional details, please call
419-291-5666.
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.
### Childbirth Class ($90/couple)

Five-class session includes babyscare and breastfeeding.

<table>
<thead>
<tr>
<th>Day</th>
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<tbody>
<tr>
<td>Mon.</td>
<td>Jan. 4 – Feb. 1</td>
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<td>Jan. 12 – Feb. 16 (skip Feb. 9)</td>
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<td>Jan. 28 – Feb. 25</td>
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<td>Mon.</td>
<td>Feb. 15 – Mar. 14</td>
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<td>Apr. 14 – May 12</td>
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<td>May 2 – June 6 (skip May 30)</td>
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*Classes held at Maumee OB/GYN.

### Prenatal Water Aerobics – Moms in Motion ($50/expectant mom)

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### Breastfeeding Only Class ($32/couple)

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### Infant Safety and CPR ($32/person)

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Back to Work Breastfeeding ($20/mom)
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☐ Mon. Feb. 15 6:30 – 8 p.m.
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☐ Mon. Sept. 19 6:30 – 8 p.m.
☐ Mon. Oct. 17 6:30 – 8 p.m.
☐ Mon. Nov. 21 6:30 – 8 p.m.

Big Brother & Big Sister Class
($20/child, ages 3 – 10)
☐ Sat. Jan. 9 10 a.m. – noon
☐ Sat. Feb. 6 10 a.m. – noon
☐ Sat. Mar. 5 10 a.m. – noon
☐ Sat. Apr. 2 10 a.m. – noon
☐ Sat. May 7 10 a.m. – noon
☐ Sat. June 4 10 a.m. – noon
☐ Sat. July 9 10 a.m. – noon
☐ Sat. Aug. 6 10 a.m. – noon
☐ Sat. Sept. 10 10 a.m. – noon
☐ Sat. Oct. 1 10 a.m. – noon
☐ Sat. Nov. 5 10 a.m. – noon
☐ Sat. Dec. 3 10 a.m. – noon

Babycare Only Class ($32/couple)
☐ Mon. Jan. 25 6:30 – 9 p.m.
☐ Mon. Mar. 7 6:30 – 9 p.m.
☐ Mon. Apr. 18 6:30 – 9 p.m.
☐ Mon. May 23 6:30 – 9 p.m.
☐ Mon. July 11 6:30 – 9 p.m.
☐ Mon. Aug. 15 6:30 – 9 p.m.
☐ Mon. Sept. 26 6:30 – 9 p.m.
☐ Mon. Nov. 7 6:30 – 9 p.m.
☐ Mon. Dec. 12 6:30 – 9 p.m.

Childbirth Express Weekend ($135/couple)
☐ Fri./Sat. Jan. 22 – 23 6:30 – 8:30 p.m. and 9 a.m. – 4 p.m.
☐ Fri./Sat. Feb. 26 – 27 6:30 – 8:30 p.m. and 9 a.m. – 4 p.m.
☐ Fri./Sat. Mar. 18 – 19 6:30 – 8:30 p.m. and 9 a.m. – 4 p.m.
☐ Fri./Sat. Apr. 22 – 23 6:30 – 8:30 p.m. and 9 a.m. – 4 p.m.
☐ Fri./Sat. May 20 – 21 6:30 – 8:30 p.m. and 9 a.m. – 4 p.m.
☐ Fri./Sat. June 24 – 25 6:30 – 8:30 p.m. and 9 a.m. – 4 p.m.
☐ Fri./Sat. July 22 – 23 6:30 – 8:30 p.m. and 9 a.m. – 4 p.m.
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☐ Fri./Sat. Nov. 18 – 19 6:30 – 8:30 p.m. and 9 a.m. – 4 p.m.
☐ Fri./Sat. Dec. 9 – 10 6:30 – 8:30 p.m. and 9 a.m. – 4 p.m.

Please select your first and second choices of class dates and times.

Back to Work Breastfeeding ($20/mom)
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☐ Mon. Nov. 7 6:30 – 9 p.m.
☐ Mon. Dec. 12 6:30 – 9 p.m.

Childbirth Express Weekend ($135/couple)
☐ Fri./Sat. Jan. 22 – 23 6:30 – 8:30 p.m. and 9 a.m. – 4 p.m.
☐ Fri./Sat. Feb. 26 – 27 6:30 – 8:30 p.m. and 9 a.m. – 4 p.m.
☐ Fri./Sat. Mar. 18 – 19 6:30 – 8:30 p.m. and 9 a.m. – 4 p.m.
☐ Fri./Sat. Apr. 22 – 23 6:30 – 8:30 p.m. and 9 a.m. – 4 p.m.
☐ Fri./Sat. May 20 – 21 6:30 – 8:30 p.m. and 9 a.m. – 4 p.m.
☐ Fri./Sat. June 24 – 25 6:30 – 8:30 p.m. and 9 a.m. – 4 p.m.
☐ Fri./Sat. July 22 – 23 6:30 – 8:30 p.m. and 9 a.m. – 4 p.m.
☐ Fri./Sat. Aug. 26 – 27 6:30 – 8:30 p.m. and 9 a.m. – 4 p.m.
☐ Fri./Sat. Sept. 16 – 17 6:30 – 8:30 p.m. and 9 a.m. – 4 p.m.
☐ Fri./Sat. Oct. 21 – 22 6:30 – 8:30 p.m. and 9 a.m. – 4 p.m.
☐ Fri./Sat. Nov. 18 – 19 6:30 – 8:30 p.m. and 9 a.m. – 4 p.m.
☐ Fri./Sat. Dec. 9 – 10 6:30 – 8:30 p.m. and 9 a.m. – 4 p.m.

Please select your first and second choices of class dates and times.

Please send the entire registration form, along with payment, to:
Preparation for Parenthood
ProMedica Toledo Hospital
2142 N. Cove Blvd.
Toledo, Ohio 43606
Fax: 419-479-2659

You may pay by check, money order or credit card. Please make checks payable to Preparation for Parenthood. Written confirmation of class date, time and location will be mailed to you.

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

Method of Payment:
☐ Check ☐ Money Order
☐ VISA ☐ MasterCard ☐ Discover ☐ American Express

Card #________________________ Exp. Date:________________
Signature:____________________

Note: The information you provide on this registration form is strictly confidential and will be used for scheduling and billing purposes only.

☐ I need handicap accessibility.
☐ I am hearing impaired and need American Sign Language (no cost).
☐ I need a foreign language interpreter.
(List language:________________________)