

2012 Childbirth Education Classes

- Prepared Childbirth Courses
- Breast Feeding Instruction
- Twinformation for Multiples
- Baby Talk Parenting
- Sibling Preparation
- Birthing Facility Tours



 Catholic Health

(716) 447-6205 • chsbuffalo.org/childbirthclasses

Preparing for the birth of your baby is a busy, exciting time for you and your family. Catholic Health provides the knowledge you need to make this wonderful time in your life as easy, happy and memorable as possible. The cost of our classes is covered in full or in part by most insurance providers.*

Prepared Childbirth Classes

Perfect for first-time parents. Classes cover relaxation and breathing techniques, role of the labor companion, physical and emotional changes of pregnancy, signs and stages of labor, comfort measures during labor, pain management, variations of normal labor, Caesarean delivery, medications and anesthesia, and newborn care. Classes are conducted by registered nurses who specialize in obstetrics and childbirth education. Tour is included.

Four or Five-Week Classes:

- Class meets once a week for 5 weeks at Sisters Hospital, once a week for 4 weeks at Mercy Hospital, and once a week for 4 weeks at Sisters Hospital, St. Joseph Campus
- Mercy Hospital, 3rd Floor Conference Room (across from Chapel)
Cost is \$45 per couple
- Sisters Hospital, St. Joseph Campus, Board Room
Cost is \$45 per couple
- Sisters Hospital, Palmer Hall
Cost is \$55 per couple
- 7:00 p.m. to 9:30 p.m. (*All Three Locations*)*

One-Day Classes:

- Intense single session with practice of relaxation techniques
- Mercy Hospital, 3rd Floor Conference Room (across from Chapel)
- Sisters Hospital, Palmer Hall
- 8:00 a.m. to 5:00 p.m. (*Both Locations*)*
- Cost is \$45 per couple*

Prepared Childbirth Refresher Courses

For families who have previously experienced childbirth but could use a refresher on what to expect during and after pregnancy, and during labor.

One-Day Classes:

- Class meets for one day
- Sisters Hospital, Marillac Room
- 7:00 p.m. to 10:00 p.m.
- Cost is \$15 per couple*



* *The cost of our classes is covered in full or in part by most insurance providers. Please check with your insurance carrier for details. If you need payment assistance, please call (716) 447-6205 for information.*

Preparing to Breastfeed

Under the guidance of an experienced, Internationally Board Certified Lactation Consultant, this class will address common questions and concerns many couples have during pregnancy about breast feeding. You will be prepared for the initial breast feeding experience, and will know what to expect during the first few weeks after birth.

One-Day Classes:

- Class meets for one day
- Sisters Hospital, Marillac Room
6:00 p.m. to 8:00 p.m.
- Mercy Hospital, 3rd Floor Conference Room (across from Chapel)
7:00 p.m. to 9:00 p.m.
- Cost is \$10 per couple *(Both Hospitals)**

Twinformation Classes

For parents expecting multiple births, this class covers fetal development, types of twins, special needs of twin/triplet pregnancy, vaginal/Caesarean section delivery, breast feeding multiples, bonding with two or more infants, and more.

One-Day Classes:

- Class meets for one day
- Sisters Hospital, Marillac Room
- 1:00 p.m. to 4:00 p.m.
- Cost is \$20 per couple*

Sibling Classes

Introduce your older child or children to the exciting role of being a big brother or sister. Parents accompany children on a guided tour of the nursery, view Mom's room and see new babies through the nursery window. Children explore, with the help of a doll, how newborns are held, fed and bathed.

One-Day Classes:

- Class meets for one day
- Mercy Hospital, Front Lobby
9:30 a.m. to 10:30 a.m.
- Sisters Hospital, Palmer Hall
9:30 a.m. to 10:45 a.m. or 11:00 a.m. to 12:15 p.m.
- For children ages 2-8
- Cost is \$15 per family *(Both Hospitals)**

Baby Talk

This informal class provides a foundation to the new parenting role. Discussion concerns decisions to be made prior to the baby's birth, such as breast feeding vs. bottle feeding, male circumcision, and selecting a pediatrician. Common newborn concerns such as bathing, umbilical cord care, temperature taking, and jaundice are also discussed.

One-Day Classes:

- Class meets for one day
- Sisters Hospital
- 1:30 p.m. to 3:30 p.m.
- Cost is \$20 per couple*

Gestational Diabetes

Instruction on diabetes self-care and nutrition is available. Call Catholic Health's HealthConnection at (716) 447-6205 to learn more or schedule an appointment.

Tours

Tours for expectant mothers and their coaches are included with most childbirth classes. To arrange for your tour of Mercy Hospital or Sisters Hospital, call Catholic Health's HealthConnection at (716) 447-6205. Group size is limited, so please call several weeks in advance of your due date.





FOR YOUR INFORMATION:

No refunds are issued for cancellations made later than two weeks before the course.
Our class sizes are limited, and pre-registration is required.

Please mail your course registration form and fee (if applicable) to:

**Catholic Health's
HealthConnection
AppleTree Business Park
2875 Union Road, Suite 23-24
Cheektowaga, NY 14227**

Make checks payable to: **Catholic Health**

Please call Catholic Health's HealthConnection at (716) 447-6205 to cancel if you are unable to attend a class. In case of bad weather, please listen to area radio stations for announcements of class cancellations.

**For questions or more information on any of our programs and classes,
visit us online at chsbuffalo.org/childbirthclasses
or call Catholic Health's HealthConnection at (716) 447-6205.**

This form is also available as a download from chsbuffalo.org/childbirthclasses.

Our Mission

*We are called to reveal the healing love
of Jesus to those in need.*

Our 2020 Vision

*Inspired by faith and committed to
excellence, we will lead the transformation of
healthcare in our communities.*



2012 Childbirth Education Classes Registration Form

1. Complete the form below.
2. Check the box next to the class and session you would like to enroll in.
3. Contact your insurance carrier to find out if they cover all or part of your cost.
4. Mail the completed form and your payment by check (*make checks payable to Catholic Health*) to:

Catholic Health's HealthConnection
AppleTree Business Park
2875 Union Road, Suite 23-24
Cheektowaga, NY 14227

For additional payment options, or if you need payment assistance, please call (716) 447-6205 for information.

Confirmation of class registration will be mailed to you at the address you provide.

Mother's Name: _____

Partner's Name: _____

Address: _____

Phone Number: _____

Due Date: _____

Mothers Date of Birth: _____

OB/GYN: _____

Name of Policy Holder: _____

Name of Insurance Carrier: _____

ID# _____

Member # (ex. 01) _____

Participants will receive a parking voucher in class, so parking is free as long as you park in the hospital lot.

PREPARED CHILDBIRTH CLASSES

Five-Week Classes at Sisters Hospital

7:00 p.m. to 9:30 p.m.

Tues. Jan. 10 – Feb. 7

Wed. April 25 – May 23

Mon. Sept. 10 – Oct. 8

Mon. Jan. 16 – Feb. 13

Tues. May 15 – June 12

Tues. Oct. 2 – Oct. 30

Wed. Feb. 8 – Mar. 7

Thurs. June 7 – July 5

Thurs. Oct. 18 – Nov. 15

Tues. Mar. 13 – Apr. 10

Tues. July 24 – Aug. 21

Mon. Nov. 12 – Dec. 10

Mon. Mar. 19 – Apr. 16

Wed. Aug. 22 – Sept. 19

Four-Week Classes at Mercy Hospital

Tuesdays, 7:00 p.m. to 9:30 p.m.

Jan. 10, 17, 24, 31

May 1, 8, 15, 22

Sept. 4, 11, 18, 25

Feb. 7, 14, 21, 28

June 5, 12, 19, 26

October 2, 9, 16, 23

Mar. 6, 13, 20, 27

July 10, 17, 24, 31

Nov. 6, 13, 20, 27

Four-Week Classes at Sisters Hospital, St. Joseph Campus

Tuesdays, 7:00 p.m. to 9:30 p.m.

Feb. 21 – Mar. 13 (*Sisters Hospital Tour - TBA*)

Apr. 24, May 1, 15, 22 (*Sisters Hospital Tour - May 8*)

June 5 – June 26 (*Sisters Hospital Tour - TBA*)

Sept. 25 – Oct. 16 (*Sisters Hospital Tour - TBA*)

Turn over for additional class listings.

PREPARED CHILDBIRTH CLASSES

One-Day Classes at Mercy Hospital

Saturdays, 8:00 a.m. to 5:00 p.m.

- | | | | | |
|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|
| <input type="checkbox"/> Jan. 7 | <input type="checkbox"/> Mar. 3 | <input type="checkbox"/> June 2 | <input type="checkbox"/> Aug. 4 | <input type="checkbox"/> Oct. 27 |
| <input type="checkbox"/> Feb. 4 | <input type="checkbox"/> Apr. 14 | <input type="checkbox"/> June 23 | <input type="checkbox"/> Sept. 8 | <input type="checkbox"/> Nov. 3 |
| <input type="checkbox"/> Feb. 18 | <input type="checkbox"/> May 12 | <input type="checkbox"/> July 14 | <input type="checkbox"/> Oct. 13 | <input type="checkbox"/> Dec. 1 |

One-Day Classes at Sisters Hospital

Saturdays, 8:00 a.m. to 5:00 p.m.

- | | | | | |
|----------------------------------|----------------------------------|----------------------------------|-----------------------------------|----------------------------------|
| <input type="checkbox"/> Jan. 14 | <input type="checkbox"/> Mar. 31 | <input type="checkbox"/> June 2 | <input type="checkbox"/> Aug. 18 | <input type="checkbox"/> Oct. 27 |
| <input type="checkbox"/> Feb. 11 | <input type="checkbox"/> Apr. 28 | <input type="checkbox"/> June 30 | <input type="checkbox"/> Sept. 15 | <input type="checkbox"/> Nov. 17 |
| <input type="checkbox"/> Mar. 3 | <input type="checkbox"/> May 19 | <input type="checkbox"/> July 21 | <input type="checkbox"/> Oct. 6 | <input type="checkbox"/> Dec. 8 |

PREPARED CHILDBIRTH REFRESHER CLASSES

One-Day Classes at Sisters Hospital

7:00 p.m. to 10:00 p.m.

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|---------------------------------------|---------------------------------------|--|---------------------------------------|
| <input type="checkbox"/> Wed. Jan. 25 | <input type="checkbox"/> Mon. Apr. 23 | <input type="checkbox"/> Thurs. Aug. 9 | <input type="checkbox"/> Wed. Nov. 28 |
|---------------------------------------|---------------------------------------|--|---------------------------------------|

PREPARING TO BREASTFEED

One-Day Classes at Sisters Hospital

Thursdays, 6:00 p.m. to 8:00 p.m.

- | | | | |
|----------------------------------|----------------------------------|----------------------------------|----------------------------------|
| <input type="checkbox"/> Jan. 12 | <input type="checkbox"/> Apr. 19 | <input type="checkbox"/> July 12 | <input type="checkbox"/> Oct. 11 |
| <input type="checkbox"/> Feb. 9 | <input type="checkbox"/> May 17 | <input type="checkbox"/> Aug. 16 | <input type="checkbox"/> Nov. 15 |
| <input type="checkbox"/> Mar. 8 | <input type="checkbox"/> June 7 | <input type="checkbox"/> Sept. 6 | <input type="checkbox"/> Dec. 6 |

One-Day Classes at Mercy Hospital

Wednesdays, 7:00 p.m. to 9:00 p.m.

- | | | | |
|----------------------------------|----------------------------------|-----------------------------------|----------------------------------|
| <input type="checkbox"/> Jan. 25 | <input type="checkbox"/> Apr. 18 | <input type="checkbox"/> July 18 | <input type="checkbox"/> Oct. 17 |
| <input type="checkbox"/> Feb. 29 | <input type="checkbox"/> May 16 | <input type="checkbox"/> Aug. 15 | <input type="checkbox"/> Nov. 14 |
| <input type="checkbox"/> Mar. 28 | <input type="checkbox"/> June 13 | <input type="checkbox"/> Sept. 19 | <input type="checkbox"/> Dec. 12 |

TWINFORMATION CLASSES

One-Day Classes at Sisters Hospital

Saturdays, 1:00 p.m. to 4:00 p.m.

- | | | | |
|----------------------------------|--------------------------------|----------------------------------|----------------------------------|
| <input type="checkbox"/> Jan. 28 | <input type="checkbox"/> May 5 | <input type="checkbox"/> Aug. 11 | <input type="checkbox"/> Oct. 20 |
|----------------------------------|--------------------------------|----------------------------------|----------------------------------|

SIBLING CLASSES

One-Day Classes at Sisters Hospital (please select day/time) *Saturdays, 9:30 a.m. to 10:45 a.m.* *Saturdays, 11:00 a.m. to 12:15 p.m.*

- | | | | | |
|----------------------------------|----------------------------------|----------------------------------|-----------------------------------|----------------------------------|
| <input type="checkbox"/> Jan. 21 | <input type="checkbox"/> Apr. 21 | <input type="checkbox"/> July 14 | <input type="checkbox"/> Sept. 22 | <input type="checkbox"/> Nov. 10 |
| <input type="checkbox"/> Feb. 18 | <input type="checkbox"/> June 16 | <input type="checkbox"/> Aug. 11 | <input type="checkbox"/> Oct. 20 | <input type="checkbox"/> Dec. 8 |
| <input type="checkbox"/> Mar. 17 | | | | |

One-Day Classes at Mercy Hospital

Saturdays, 9:30 a.m. to 10:30 a.m.

- | | | | |
|----------------------------------|----------------------------------|-----------------------------------|----------------------------------|
| <input type="checkbox"/> Feb. 11 | <input type="checkbox"/> May 5 | <input type="checkbox"/> Aug. 4 | <input type="checkbox"/> Nov. 10 |
| <input type="checkbox"/> Mar. 24 | <input type="checkbox"/> June 23 | <input type="checkbox"/> Sept. 15 | <input type="checkbox"/> Dec. 8 |

Attending Child's First and Last Name

Child's Age

_____	_____
_____	_____
_____	_____

BABYTALK

One-Day Classes at Sisters Hospital

Saturdays, 1:30 p.m. to 3:30 p.m.

- | | | | | |
|----------------------------------|-----------------------------------|----------------------------------|-----------------------------------|----------------------------------|
| <input type="checkbox"/> Jan. 21 | <input type="checkbox"/> April 21 | <input type="checkbox"/> July 14 | <input type="checkbox"/> Sept. 22 | <input type="checkbox"/> Nov. 10 |
|----------------------------------|-----------------------------------|----------------------------------|-----------------------------------|----------------------------------|