

## In-Person and Virtual Childbirth, Parenting Education Programs and Services

Provided by UH MacDonald Women's Hospital, UH MacDonald Women's Hospital, an extension of UH Cleveland Medical Center at UH Tripoint Medical Center, the Center for Women's Health at UH Geauga Medical Center and the Steve and Loree Potash Women & Newborn Center at UH Ahuja Medical Center

# Descriptions for In-person and Virtual Childbirth, Parenting Education Programs and Services

A commitment to teaching is part of our mission and ensures that our patients and their families are well informed about their health and health care options. That's why we offer a complete series of childbirth education programs and services designed to help you prepare for – and achieve – a memorable birthing experience. Childbirth and parenting classes are now being offered both in-person and virtually (take classes from home with a live instructor).

## Infancy & Toddler Newsletter

For expectant or new parents, University Hospitals and University Hospitals Rainbow Babies & Children's Hospital are pleased to provide a trusted resource to guide you through pregnancy, labor and delivery, and the first years of your baby's life: Our pregnancy and parenting weekly email.

[UHhospitals.org/pregnancy/signup](http://UHhospitals.org/pregnancy/signup)

Starting as early as Week Seven of your pregnancy, this free service includes customized information, news and resources – as well as announcements from University Hospitals, one of the most trusted names in women's health. You'll receive information from our board-certified obstetricians and parent education staff on access to hospital classes and prenatal tour information.

When you welcome your new baby, you'll start receiving our weekly parenting email from infancy to your child's third birthday from the pediatric experts at UH Rainbow Babies & Children's Hospital – consistently ranked as one of the Best Children's Hospital in the country by U.S. News & World Report.

Most important, the newsletter allows us to develop a richer, more supportive relationship with our patients and their families – providing you the most beneficial and helpful healthcare information.

By subscribing, you'll get:

- Weekly support, tips and advice from UH experts
- Your baby's developmental milestones, week by week
- Information about UH program and services
- Answers to real questions asked by real parents like you
- Great resources to better support you

## Going Green – Pregnancy, Birth & Beyond

Expectant parents have many concerns as they prepare for birth and parenting. Creating a healthy environment by raising a baby in an environmentally friendly household is an option. This one-session class explores what "going green" means and easy ways to get started. Topics include nursery and baby items such as clothing and baby care products, baby's nutrition, public places, and other topics and resources. Start today in a quest to "go green." Small changes can make a difference.

## Prepared Childbirth (Based on Lamaze Method)

Childbirth classes prepare expectant parents for the physical and emotional aspects of the later stages of pregnancy, labor and birth. These classes are taken during the last trimester of pregnancy. Couples need to bring two bed pillows and a small blanket to class sessions. For additional information, visit [Lamaze.org](http://Lamaze.org).

### Topics include:

- Labor and birth process
- Medication and anesthesia
- Relaxation skills
- Pushing techniques
- Breathing techniques
- Cesarean birth
- Birthing options
- Recovery

Offered as a two or four-week series, one-day express class, blended learning class (Online curriculum with one three-hour group session) or private class.



### **Birth Works Natural Childbirth**

Because every birth is unique, this six-week class is for first-time and experienced parents who value a thorough approach to preparing for their birth experience. This class focuses on helping expectant parents gain confidence in the birth process and their ability to create a positive experience. Birth companions will also learn ways they can be most supportive. Topics of discussion include the physiology of birth, the emotions of the childbearing year, how beliefs and attitudes shape our experience, the full range of safe birth options, informed decision-making and advocacy skills, and multiple tools to decrease fear and increase confidence, all presented in an interactive format. Best taken at the beginning of the second trimester of pregnancy. For additional information, visit [Birthworks.org](http://Birthworks.org).

### **HypnoBirthing® – The Mongan Method**

This proven method of childbirth preparation uses relaxation and self-hypnosis techniques to enable the birthing person to labor and give birth in a calm and confident manner, free of tension and fear. The five-week series is a complete childbirth preparation program that includes discussions of the physiology of birth, informed decision-making, comfort measures, self-hypnosis exercises, reframing negatives into positives, the partner's role and instruction on how to effectively use the program during pregnancy and birth. Best taken during the second trimester of pregnancy. For additional information, visit [Hypnobirthing.com](http://Hypnobirthing.com).

### **Comfort and Coping Techniques for Childbirth**

As a valuable supplement to prepared childbirth classes or as a refresher for subsequent births, this class offers comprehensive preparation for the birthing person and birth companion. Learn how to create a relaxed and supportive labor and birth environment. Discover how movement and positioning relates to comfort and coping and contributes to labor progress. Practice multiple techniques for minimizing the discomfort of back labor.

### **Spinning Babies® Parent Class**

Spinning Babies® is based on the Three Principles of Balance, Gravity and MovementSM. The class highlights your baby's active role in pregnancy and birth and is best taken in the second or early third trimester. Learn basic pelvic anatomy and how it affects your baby's position and birth; Daily Essentials® activities and how to do them most effectively; the Three Balances® for pregnancy and labor; how to Rest SmartSM and Move SmartSM to create the perfect balance in your body for your baby; how you can influence your baby's rotation and descent through your pelvis; and techniques for labor progress.

### **Cesarean Birth Preparation**

This class helps you prepare for a planned cesarean birth. For additional information, call 440-995-3831

### **Miraculous Multiples**

This one-session class covers all aspects of preparing for a multiple birth, caring for multiple babies and adjusting as a couple.

### **Boot Camp for New Dads (For Expectant Dads)**

Veterans (new fathers who bring along their babies) orient rookies (fathers-to-be) on the realities of fatherhood. Under the direction of a trained coach, this program enables new fathers to step up to the challenges of being a dad and feel confident about bringing their new baby home. Grandfathers are also welcome. Rookies receive a "Crash Course for New Dads" book and a baby onesie. For additional information, visit [DadsAdventure.com](http://DadsAdventure.com).



### Breastfeeding – The Facts and Beyond

Breastfeeding is a learned experience. You and your baby will benefit from increased knowledge and confidence. This class is usually taken during the last trimester of pregnancy. Support person is strongly recommended to attend.

#### Topics include:

- Anatomy and physiology of breastfeeding
- Practical hints on feeding positions and techniques
- Hand expression techniques
- Exploring work options.

### Breastfeeding Services (In-person and telelactation virtual visits available)

The Lactation Centers located at UH Landerbrook and UH Westlake Health Centers, and UH Rainbow Center for Women & Children provide assistance to those mothers and babies who need a little extra help with breastfeeding. Certified lactation consultants are available to work with you and your infant to ensure a successful and satisfying experience. For additional information or to make an appointment, call Eastside: 440-995-3830 or Westside: 440-250-2035

### Breast Pump Rental/Sales, Breastfeeding Supplies

Electric breast pump rental/sales, breastfeeding supplies including maternity/breastfeeding bras and sleep sack swaddles are available at the UH Lactation Centers in UH Landerbrook Health Center at 440-995-3830 and UH Westlake Health Center at 440-250-2035

### Mom & Baby Too

Make a new friend! Exchange parenting ideas and survival tips. An informal virtual discussion group covering topics of special interest to new parents. Led by an RN Lactation Consultant. No registration or fees are required. Both In-Person and Virtual groups are held at the following locations:

#### UH Landerbrook Health Center

Tuesdays, 11 a.m. – 12 p.m.

For more information, please call 440-995-3830

#### UH Westlake Health Center

Thursdays, 11 a.m. – 12 p.m.

For more information, please call 440-250-2035.

#### UH Tripoint Medical Center

Tuesdays, 11a.m.-12p.m.

For more information, please call 440-354-1929

### UH Rainbow Ahuja Baby Cafe

Come join us at UH Rainbow Ahuja Baby Café! A free weekly drop-in center offering support and assistance from professionals and other expectant and new moms-in a relaxed environment with coffee, tea, and snacks.

### UH Rainbow Babies & Childrens' Ahuja Center for Women & Children

Thursdays, 10a.m. - 12 p.m.

For more information, please call 216-675-6626

<https://www.babycafeusa.org/>

### Safe Sitter Class (For Adolescents Ages 11 to 13)

Adolescents ages 11 to 13 (6th-8th grade) will learn to be safe when they're home alone, watching younger siblings, or babysitting. This nationally recognized program incorporates fun games, role-playing exercises, and time to practice rescue skills such as choking rescue and CPR. Safe Sitter is offered through the UH Rainbow Injury Prevention Center for \$65 per student.

To register for a class or for more information, please contact Rachel Branham at (216) 983-1107. Arrangements can be made if you want to set up a class for your group.

### Car Seat Safety

Knowing how to safely transport your child is one of your first responsibilities as a parent. Car seat styles, selection, and installation can be confusing and overwhelming. That's why UH Rainbow Babies & Children's offers a private tutorial to educate new parents, parents-to-be, and caregivers on everything they need to know to transport children safely. A nationally certified Child Passenger Safety Technician educates parents and caregivers on the basics of car seat installation, including getting a tight fit in the vehicle, proper seat angle, and adjusting the harness straps. This free service is offered by appointment only at the main campus of UH Rainbow Babies & Children's Monday through Friday from 9 a.m. to 4 p.m. Car seats are also available for purchase through the Safety Store. Convertible car seats (can be used rear-facing and forward-facing) start at \$60. Infant carrier car seats (rear-facing only) start at \$95. Prices are subject to change. To schedule an appointment and/or purchase a car seat, call (216) 844-2277.

### Safety Store

Located at the atrium entrance to UH Rainbow Babies & Children's, the Safety Store offers a wide range of safety products, including baby-proofing items, car seats, booster seats, sleep sack swaddles, and more. All items are sold at cost, well below retail prices. The Safety Store is run by the Rainbow Injury Prevention Center. To place an order, stop by the display case to view the items and pick up a product list. To download the product list, go to [UHRainbow.org/SafetyStore](http://UHRainbow.org/SafetyStore). Call (216) 844-2277 to order and schedule pick up or delivery. Items can be delivered to patient rooms and employee work areas or picked up at either the Safety Store display case in Rainbow or at the Car Seat Fitting Station in the Rainbow visitor parking garage. Products cannot be shipped. Payment is accepted at the time of order. Credit or debit cards only.

### Baby Massage

Infant massage is a safe, satisfying, non-pharmacologic intervention that not only strengthens the bond between parent and child, but also can enhance infant mental and motor development. This class can be taken either before birth or for babies up to one year of age (group or private).

## Infant Care – Basics & Beyond

It is never too early to learn infant care.

**Infant Care:** Infant care classes provide practical information for first-time parents. This class is usually taken during the second trimester of pregnancy.

### *Topics include:*

- choosing your baby's doctor
- infant safe sleep environment
- bathing and dressing the baby
- safety concern
- care and characteristics of a newborn
- cord and circumcision care
- signs and symptoms of newborn illnesses

**Express Breastfeeding:** Focuses on a good beginning – initiating breastfeeding, practical hints on feeding positions, and techniques to establish and maintain breast milk production.

## Family & Friends® CPR

This American Heart Association program teaches how to perform CPR in adults, children or infants, and how to help an adult, child or infant who is choking. Upon completion, a course participation card is issued. Information is included on how to make the environment safe for your child. You will not receive a course completion card, only a card of participation.

## Pediatric Heartsaver First Aid and CPR®

Pediatric Heartsaver course is ideal for the new parent or anyone caring for children. This class will teach you how to:

- Recognize and respond to illness and emergencies in a variety of situations.
- Provides you with the skills to either treat at home or determine if the ER is needed.
- Learn skills that are helpful in caring for minor illnesses or injuries.
- Learn the basics of CPR.

## Grandparenting Today (Two Hours) and Infant Care (One Hour)

Grandparenting today can be an exciting experience. This class is designed to help prepare grandparents for their new role prior to and after the birth of a grandchild.

### *Topics include:*

- childbirth and infant care today
- the "ins" and "outs" of being a grandparent
- a safe home environment
- what it's like to be a "grandparent"

## Prenatal Tours

Tours address admitting procedures and your childbirth concerns. The program also includes tours of the LDRs, nursery and postpartum floor. For additional information, call the UH Women's Health Line at 216-844-4000 tours for UH MacDonald Women's Hospital, UH Steve and Loree Potash Women & Newborn Center Prenatal Tour at UH Ahuja Medical Center or & UH TRiPoint Medical Center or UH Geauga Medical Center at 440-285-6450.



# Summer / Fall 2025 In-Person Classes

## Going Green – Pregnancy, Birth & Beyond (1 Session)

### UH Landerbrook Health Center

Wed., Sep 10 ..... 7:00 p.m. – 8:30 p.m.

Wed., Nov 5 ..... 7:00 p.m. – 8:30 p.m.

## Prepared Childbirth (4 Sessions)

### UH Landerbrook Health Center

Wed., Aug 13 – Sep 3 ..... 6:45 p.m. – 9:00 p.m.

Wed., Oct 1 – Oct 22 ..... 6:45 p.m. – 9:00 p.m.

## Express Prepared Childbirth (1 or 2 Sessions)

### UH Landerbrook Health Center

Wed., Jul 9 & Jul 16 ..... 6:00 p.m. – 9:00 p.m.

Sat., Jul 19 ..... 9:00 a.m. – 4:00 p.m.

Sat., Aug 9 ..... 9:00 a.m. – 4:00 p.m.

Sat., Sep 13 ..... 9:00 a.m. – 4:00 p.m.

Wed., Sep 17 & Sep 24 ..... 6:00 p.m. – 9:00 p.m.

Sat., Sep 27 ..... 9:00 a.m. – 4:00 p.m.

Wed., Nov 12 & Nov 19 ..... 6:00 p.m. – 9:00 p.m.

Sat., Dec 13 ..... 9:00 a.m. – 4:00 p.m.

### UH Westlake Health Center

Sat., Aug 9 ..... 9:00 a.m. – 4:00 p.m.

Sat., Oct 11 ..... 9:00 a.m. – 4:00 p.m.

Sat., Nov 22 ..... 9:00 a.m. – 4:00 p.m.

Sat., Dec 6 ..... 9:00 a.m. – 4:00 p.m.

### UH Geauga Medical Center

Tue., Jul 15 & Jul 22 ..... 6:00 p.m. – 9:00 p.m.

Tue., Oct 21 & Oct 28 ..... 6:00 p.m. – 9:00 p.m.

### UH Lake West Medical Center

Thu., Jul 24 & Jul 31 ..... 6:00 p.m. – 9:00 p.m.

Sun., Aug 31 ..... 9:00 a.m. – 4:00 p.m.

Tue., Sep 9 & Sep 16 ..... 6:00 p.m. – 9:00 p.m.

Sun., Oct 19 ..... 9:00 a.m. – 4:00 p.m.

Sat., Nov 8 ..... 9:00 a.m. – 4:00 p.m.

Wed., Dec 3 & Dec 10 ..... 6:00 p.m. – 9:00 p.m.

## Blended Prepared Childbirth (1 Session)

Online curriculum with one group session.

### UH Rainbow Babies and Children's

#### Ahuja Center for Women & Children

Sat., Jul 12 ..... 9:00 a.m. – 12:00 p.m.

### UH Landerbrook Health Center

Sat., Nov 1 ..... 9:00 a.m. – 12:00 p.m.

## Birth Works Natural Childbirth (6 Sessions) (Not Available Summer-Fall 2025)

## HypnoBirthing® – The Mongan Method (5 Sessions) (In-person or Virtual)

### UH Landerbrook Health Center

Tue., Aug 12 – Sep 9 ..... 6:30 p.m. – 9:00 p.m.

Tue., Oct 28 – Nov 25 ..... 6:30 p.m. – 9:00 p.m.

## Comfort and Coping Techniques for Childbirth (1 Session)

### UH Landerbrook Health Center

Tue., Aug 5 ..... 6:00 p.m. – 9:00 p.m.

Tue., Oct 14 ..... 6:00 p.m. – 9:00 p.m.

Tue., Dec 2 ..... 6:00 p.m. – 9:00 p.m.

## Spinning Babies (1 Session)

### UH Landerbrook Health Center

Tue., Sep 16 ..... 6:00 p.m. – 9:00 p.m.

Tue., Oct 21 ..... 6:00 p.m. – 9:00 p.m.

Tue., Dec 16 ..... 6:00 p.m. – 9:00 p.m.

## Miraculous Multiples (In-Person or Virtual)

1 Private Session. Call 440-995-3835 to schedule class.

## Cesarean Birth Preparation (In-Person or Virtual)

1 Private Session. Call 440-995-3835 to schedule class.

## Boot Camp For New Dads (1 Session)

### UH Landerbrook Health Center

Sat., Jul 26 ..... 9:00 a.m. – 12:00 p.m.

Sat., Sep 20 ..... 9:00 a.m. – 12:00 p.m.

Sat., Nov 15 ..... 9:00 a.m. – 12:00 p.m.

### UH Rainbow Babies and Children's

#### Ahuja Center for Women & Children

Sat., Aug 16 ..... 9:00 a.m. – 12:00 p.m.

Sat., Oct 4 ..... 9:00 a.m. – 12:00 p.m.

Sat., Dec 6 ..... 9:00 a.m. – 12:00 p.m.

## Breastfeeding – The Facts & Beyond (1 Session)

### UH Landerbrook Health Center

Thu., Jul 10 ..... 6:30 p.m. – 9:00 p.m.

Thu., Sep 18 ..... 6:30 p.m. – 9:00 p.m.

Thu., Nov 13 ..... 6:30 p.m. – 9:00 p.m.

### UH Geauga Medical Center

Sat., Jul 19 ..... 9:00 a.m. – 11:30 a.m.

Sat., Sep 6 ..... 9:00 a.m. – 11:30 a.m.

Sat., Nov 1 ..... 9:00 a.m. – 11:30 a.m.

### UH Westlake Health Center

Wed., Aug 20 ..... 5:30 p.m. – 8:00 p.m.

Wed., Oct 15 ..... 5:30 p.m. – 8:00 p.m.

Wed., Dec 17 ..... 5:30 p.m. – 8:00 p.m.

### UH Rainbow Babies and Children's

#### Ahuja Center for Women & Children

Tue., Jul 22 ..... 1:00 p.m. – 3:30 p.m.

Tue., Nov 18 ..... 1:00 p.m. – 3:30 p.m.

### UH Lake West Medical Center.

Thu., Aug 14 ..... 6:30 p.m. – 9:00 p.m.

Thu., Sep 25 ..... 6:30 p.m. – 9:00 p.m.

Thu., Oct 16 ..... 6:30 p.m. – 9:00 p.m.

Thu., Dec 11 ..... 6:30 p.m. – 9:00 p.m.

### Infant Care – Basics & Beyond (1 or 2 Sessions)

#### UH Landerbrook Health Center

Thu., Jul 31 ..... 6:00 p.m. – 9:00 p.m.  
Thu., Sep 11 ..... 6:00 p.m. – 9:00 p.m.  
Thu., Nov 20 ..... 6:00 p.m. – 9:00 p.m.

#### UH Geauga Medical Center

Sat., Aug 9 ..... 9:00 a.m. – 12:00 p.m.  
Sat., Oct 18 ..... 9:00 a.m. – 12:00 p.m.  
Sat., Dec 13 ..... 9:00 a.m. – 12:00 p.m.

#### UH Westlake Health Center

Wed., Jul 23 ..... 5:30 p.m. – 8:30 p.m.  
Wed., Sep 24 ..... 5:30 p.m. – 8:30 p.m.

#### UH Lake West Medical Center.

Thu., Jul 17 ..... 6:00 p.m. – 9:00 p.m.  
Sun., Aug 24 ..... 9:00 a.m. – 12:00 p.m.  
Thu., Oct 23 ..... 6:00 p.m. – 9:00 p.m.  
Wed., Nov 12 ..... 6:00 p.m. – 9:00 p.m.  
Sun., Dec 28 ..... 9:00 a.m. – 12:00 p.m.

### Infant Care/Express Breastfeeding (1 Session)

#### UH Landerbrook Health Center

Sat., Aug 16 ..... 9:00 a.m. – 1:00 p.m.  
Sat., Oct 4 ..... 9:00 a.m. – 1:00 p.m.

### Infant Care/Baby Massage (1 Session)

#### UH Landerbrook Health Center

Sat., Jul 12 ..... 9:00 a.m. – 1:00 p.m.  
Sat., Sep 6 ..... 9:00 a.m. – 1:00 p.m.  
Sat., Nov 8 ..... 9:00 a.m. – 1:00 p.m.

### Family & Friends® CPR (1 Session)

NO REFUNDS. Can only be rescheduled once with a medical reason. You will not receive a course completion card, only a card of a participation.

#### UH Landerbrook Health Center

Sat., Jul 12 ..... 9:00 a.m. – 12:00 p.m.  
Sat., Jul 19 ..... 9:00 a.m. – 12:00 p.m.  
Sat., Jul 19 ..... 1:00 p.m. – 4:00 p.m.  
Sat., Aug 9 ..... 9:00 a.m. – 12:00 p.m.  
Sat., Aug 23 ..... 9:00 a.m. – 12:00 p.m.  
Sat., Aug 23 ..... 1:00 p.m. – 4:00 p.m.  
Sat., Sep 20 ..... 9:00 a.m. – 12:00 p.m.  
Sat., Sep 27 ..... 9:00 a.m. – 12:00 p.m.  
Sat., Sep 27 ..... 1:00 p.m. – 4:00 p.m.  
Sat., Oct 11 ..... 9:00 a.m. – 12:00 p.m.  
Sat., Oct 25 ..... 9:00 a.m. – 12:00 p.m.  
Sat., Oct 25 ..... 1:00 p.m. – 4:00 p.m.  
Sat., Nov 8 ..... 9:00 a.m. – 12:00 p.m.  
Sat., Nov 15 ..... 9:00 a.m. – 12:00 p.m.  
Sat., Nov 15 ..... 1:00 p.m. – 4:00 p.m.  
Sat., Nov 22 ..... 9:00 a.m. – 12:00 p.m.  
Sat., Nov 22 ..... 1:00 p.m. – 4:00 p.m.  
Sat., Dec 13 ..... 9:00 a.m. – 12:00 p.m.  
Sat., Dec 20 ..... 9:00 a.m. – 12:00 p.m.  
Sat., Dec 20 ..... 1:00 p.m. – 4:00 p.m.

### UH MAC at Tri-Point

Sat., Jul 26 ..... 9:00 a.m. – 12:00 p.m.  
Sat., Aug 2 ..... 9:00 a.m. – 12:00 p.m.  
Sun., Sep 7 ..... 9:00 a.m. – 12:00 p.m.  
Sat., Oct 4 ..... 9:00 a.m. – 12:00 p.m.  
Sat., Nov 22 ..... 9:00 a.m. – 12:00 p.m.  
Sat., Dec 6 ..... 9:00 a.m. – 12:00 p.m.

### Pediatric Heartsaver First Aid and CPR (1 Session)

NO REFUNDS. Can only be rescheduled once with a medical reason

#### UH Landerbrook Health Center

Wed., Jul 23 ..... 6:00 p.m. – 9:30 p.m.  
Wed., Oct 29 ..... 6:00 p.m. – 9:30 p.m.

### UH Steve and Loree Potash Women & Newborn Center Prenatal Tour (1 Session)

#### UH Ahuja Medical Center

Sun., Jul 6 ..... 11:00 a.m.-12:00 p.m.  
Sun., Jul 6 ..... 12:00p.m.-1:00 p.m.  
Sun., Jul 20 ..... 11:00 a.m.-12:00 p.m.  
Sun., Jul 20 ..... 12:00p.m.-1:00 p.m.  
Sun., Aug 3 ..... 11:00 a.m.-12:00 p.m.  
Sun., Aug 3 ..... 12:00p.m.-1:00 p.m.  
Sun., Aug 17 ..... 11:00 a.m.-12:00 p.m.  
Sun., Aug 17 ..... 12:00p.m.-1:00 p.m.  
Sun., Sep 7 ..... 11:00 a.m.-12:00 p.m.  
Sun., Sep 7 ..... 12:00p.m.-1:00 p.m.  
Sun., Sep 21 ..... 11:00 a.m.-12:00 p.m.  
Sun., Sep 21 ..... 12:00p.m.-1:00 p.m.  
Sun., Oct 5 ..... 11:00 a.m.-12:00 p.m.  
Sun., Oct 5 ..... 12:00p.m.-1:00 p.m.  
Sun., Oct 19 ..... 11:00 a.m.-12:00 p.m.  
Sun., Oct 19 ..... 12:00p.m.-1:00 p.m.  
Sun., Nov 2 ..... 11:00 a.m.-12:00 p.m.  
Sun., Nov 2 ..... 12:00p.m.-1:00 p.m.  
Sun., Nov 16 ..... 11:00 a.m.-12:00 p.m.  
Sun., Nov 16 ..... 12:00p.m.-1:00 p.m.  
Sun., Dec 7 ..... 11:00 a.m.-12:00 p.m.  
Sun., Dec 7 ..... 12:00p.m.-1:00 p.m.  
Sun., Dec 21 ..... 11:00 a.m.-12:00 p.m.  
Sun., Dec 21 ..... 12:00p.m.-1:00 p.m.

### UH MacDonald Women's Hospital Prenatal Tour (1 Session)

#### UH Cleveland Medical Center

Thu., Jul 3 ..... 7:00 p.m. – 8:45 p.m.  
Sun., Jul 13 ..... 2:00 p.m. – 3:45 p.m.  
Thu., Jul 24 ..... 7:00 p.m. – 8:45 p.m.  
Thu., Aug 7 ..... 7:00 p.m. – 8:45 p.m.  
Thu., Aug 21 ..... 7:00 p.m. – 8:45 p.m.  
Sun., Aug 31 ..... 2:00 p.m. – 3:45 p.m.  
Thu., Sep 4 ..... 7:00 p.m. – 8:45 p.m.  
Sun., Sep 7 ..... 2:00 p.m. – 3:45 p.m.

For program descriptions and additional childbirth/parenting services, please refer to information in the front of this brochure.

Summer /  
Fall  
2025

**UH MacDonald Women's Hospital Prenatal Tour  
(1 Session)**

**UH Cleveland Medical Center (cont.)**

Thu., Sep 25 ..... 7:00 p.m. – 8:45 p.m.  
Thu., Oct 2 ..... 7:00 p.m. – 8:45 p.m.  
Thu., Oct 9 ..... 7:00 p.m. – 8:45 p.m.  
Thu., Oct 30 ..... 7:00 p.m. – 8:45 p.m.  
Thu., Nov 6 ..... 7:00 p.m. – 8:45 p.m.  
Thu., Nov 20 ..... 7:00 p.m. – 8:45 p.m.  
Sun., Nov 23 ..... 2:00 p.m. – 3:45 p.m.  
Thu., Dec 4 ..... 7:00 p.m. – 8:45 p.m.  
Sun., Dec 7 ..... 2:00 p.m. – 3:45 p.m.  
Thu., Dec 18 ..... 7:00 p.m. – 8:45 p.m.

**UH Geauga Medical Prenatal Tour (1 Session)**

**UH Geauga Medical Center**

Wed., Jul 16 ..... 6:00 p.m. – 7:00 p.m.  
Mon., Jul 28 ..... 6:00 p.m. – 7:00 p.m.  
Wed., Aug 13 ..... 6:00 p.m. – 7:00 p.m.  
Wed., Aug 20 ..... 6:00 p.m. – 7:00 p.m.  
Wed., Sep 10 ..... 6:00 p.m. – 7:00 p.m.  
Wed., Sep 17 ..... 6:00 p.m. – 7:00 p.m.  
Wed., Oct 8 ..... 6:00 p.m. – 7:00 p.m.  
Mon., Oct 20 ..... 6:00 p.m. – 7:00 p.m.  
Mon., Nov 3 ..... 6:00 p.m. – 7:00 p.m.  
Mon., Nov 17 ..... 6:00 p.m. – 7:00 p.m.  
Wed., Dec 10 ..... 6:00 p.m. – 7:00 p.m.  
Mon., Dec 29 ..... 6:00 p.m. – 7:00 p.m.

**UH MAC at Tri-Point Prenatal Tour (1 Session)**

**UH Tri-Point Medical Center**

Tue., Jul 8 ..... 6:00 p.m. – 7:00 p.m., 7:00 p.m. – 8:00 p.m.  
Thu., Jul 24 ..... 5:00 p.m. – 6:00 p.m., 6:00 p.m. – 7:00 p.m.  
Wed., Aug 6 ..... 6:00 p.m. – 7:00 p.m., 7:00 p.m. – 8:00 p.m.  
Sun., Aug 17 ... 12:00 p.m. – 1:00 p.m., 1:00 p.m. – 2:00 p.m.  
Wed., Sep 10 .... 5:00 p.m. – 6:00 p.m., 6:00 p.m. – 7:00 p.m.  
Sun., Sep 21 ... 12:00 p.m. – 1:00 p.m., 1:00 p.m. – 2:00 p.m.  
Wed., Oct 8 ..... 5:00 p.m. – 6:00 p.m., 6:00 p.m. – 7:00 p.m.  
Sun., Oct 26 ... 12:00 p.m. – 1:00 p.m., 1:00 p.m. – 2:00 p.m.  
Wed., Nov 5 ..... 6:00 p.m. – 7:00 p.m., 7:00 p.m. – 8:00 p.m.  
Sun., Nov 16 ... 12:00 p.m. – 1:00 p.m., 1:00 p.m. – 2:00 p.m.  
Mon., Dec 1 ..... 5:00 p.m. – 6:00 p.m., 6:00 p.m. – 7:00 p.m.  
Tue., Dec 16 ..... 6:00 p.m. – 7:00 p.m., 7:00 p.m. – 8:00 p.m.

**Grandparenting Today (1 Session)  
(Refer to Virtual Classes)**

**Safe Sitter Class (1 Session)**

For additional information, dates, class location or to register, please contact Rachel Branham at 216-983-1107.



[UHhospitals.org/BirthClass](https://UHhospitals.org/BirthClass)

# Virtual Classes

For program  
descriptions  
and additional  
childbirth/parenting  
services, please  
refer to information  
in the front of  
this brochure.

## **\$ Saver Classes:**

Reduced class fee or no class fee.

## **\$ Express Prepared Childbirth (1 or 2 Sessions)**

Mon., Aug 18 & Aug 25 ..... 6:00 p.m. – 9:00 p.m.  
Mon., Sep 15 & Sep 22 ..... 6:00 p.m. – 9:00 p.m.  
Mon., Oct 6 & Oct 13 ..... 6:00 p.m. – 9:00 p.m.  
Tue., Nov 4 & Nov 11 ..... 6:00 p.m. – 9:00 p.m.  
Mon., Dec 8 & Dec 15 ..... 6:00 p.m. – 9:00 p.m.

## **\$ Boot Camp For New Dads (1 Session)**

Sat., Jul 12 ..... 9:00 a.m. – 12:00 p.m.  
Sat., Aug 23 ..... 9:00 a.m. – 12:00 p.m.  
Sat., Sep 13 ..... 9:00 a.m. – 12:00 p.m.  
Sat., Oct 25 ..... 9:00 a.m. – 12:00 p.m.  
Sat., Nov 22 ..... 9:00 a.m. – 12:00 p.m.  
Sat., Dec 20 ..... 9:00 a.m. – 12:00 p.m.

## **\$ Breastfeeding – The Facts & Beyond (1 Session)**

Tue., Jul 15 ..... 6:30 p.m. – 9:00 p.m.  
Thu., Aug 7 ..... 6:30 p.m. – 9:00 p.m.  
Tue., Sep 9 ..... 6:30 p.m. – 9:00 p.m.  
Thu., Oct 9 ..... 6:30 p.m. – 9:00 p.m.  
Tue., Nov 18 ..... 6:30 p.m. – 9:00 p.m.  
Thu., Dec 4 ..... 6:30 p.m. – 9:00 p.m.

## **\$ Infant Care – Basics & Beyond (1 or 2 Sessions)**

Tue., Aug 26 ..... 6:00 p.m. – 9:00 p.m.  
Tue., Sep 30 ..... 6:00 p.m. – 9:00 p.m.  
Tue., Oct 28 ..... 6:00 p.m. – 9:00 p.m.  
Wed., Nov 19 ..... 6:00 p.m. – 9:00 p.m.  
Tue., Dec 9 ..... 6:00 p.m. – 9:00 p.m.

## **\$ UH MacDonald Women's Hospital Prenatal Tour (1 Session)**

Sun., Jul 27 ..... 2:00 p.m. – 3:45 p.m.  
Sun., Aug 17 ..... 2:00 p.m. – 3:45 p.m.  
Sun., Sep 28 ..... 2:00 p.m. – 3:45 p.m.  
Sun., Oct 19 ..... 2:00 p.m. – 3:45 p.m.  
Sun., Nov 9 ..... 2:00 p.m. – 3:45 p.m.  
Sun., Dec 21 ..... 2:00 p.m. – 3:45 p.m.

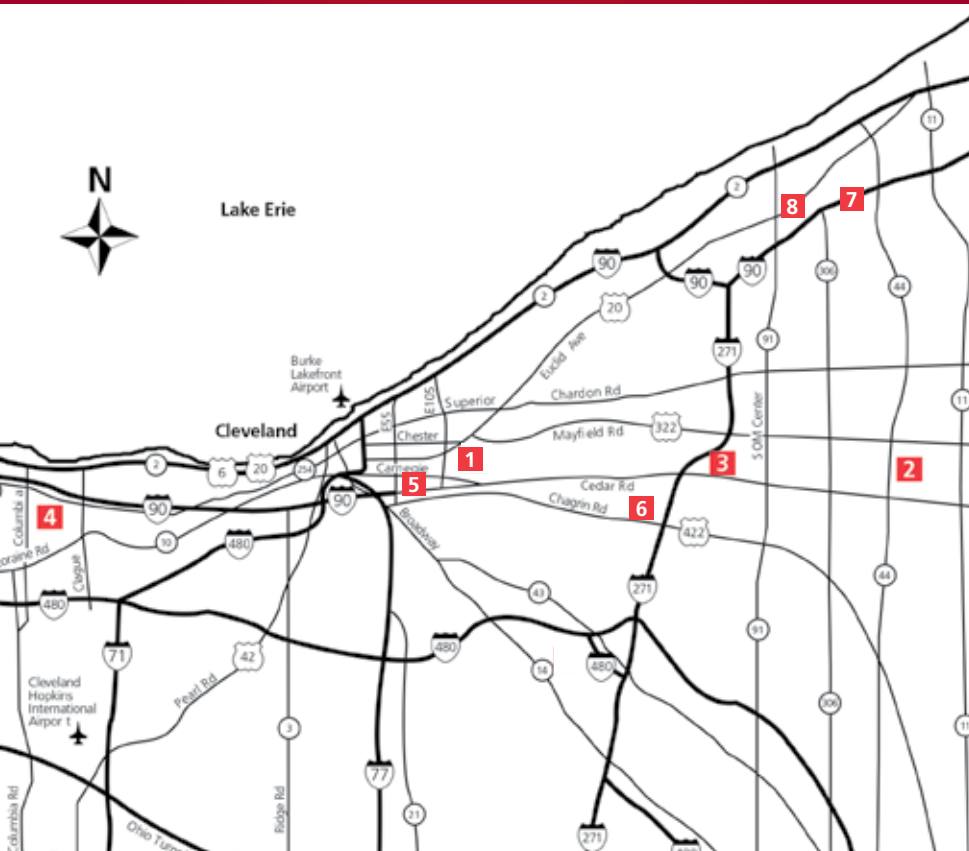
## **Grandparenting Today (1 Session)**

Wed., Aug 13 ..... 5:30 p.m. – 8:30 p.m.  
Wed., Nov 5 ..... 5:30 p.m. – 8:30 p.m.

## **Safe Sitter Class (1 Session)**

For additional information, dates, class location or  
to register, please contact Rachel Farinelli at  
216-983-1107





## Program Registration

To register for the program(s) of your choice, either register online at [UHHospitals.org/BirthClass](http://UHHospitals.org/BirthClass) or complete the registration form included with this brochure and call University Hospitals MSC/Marketing Support at 216-844-4000.

If inclement weather occurs, please call 216-844-4000 after 4 p.m. for information about cancellations.

### **1 UH Cleveland Medical Center**

UH MacDonald Women's Hospital  
Located at 11100 Euclid Avenue. Parking is available in the Rainbow Adelbert Visitor Garage.

### **2 UH Geauga Medical Center**

From I-271 go north to the Mayfield East exit; go east on Route 322 to Route 44; take a right onto Route 44. From Route 2 or I-90, go east until you come to the Route 44 exit; turn right on to Route 44 heading south; cross through the Route 322 and Route 44 intersection continuing on Route 44 south for another 2 miles. The hospital is located on the left hand side.

### **3 UH Landerbrook Health Center**

Located at 5850 Landerbrook Drive, Suite 110, Mayfield Heights.

### **4 UH Westlake Health Center**

Take I-90 to Clague Road. Follow Clague Road south approximately 1/2 mile to 960 Clague Road.

### **5 UH Rainbow Babies and Children's Ahuja Center for Women & Children**

5805 Euclid Avenue  
Cleveland, Ohio 44103

### **6 UH Steve and Loree Potash Women & Newborn Center Prenatal Tour UH Ahuja Medical Center**

3999 Richmond Rd  
Beachwood, OH 44122

### **7 MacDonald Women's Hospital, an extension of UH Cleveland Medical Center at UH Tripoint Medical Center**

7590 Auburn Rd.  
Concord Twp, Ohio 44077  
Located right off of I-90 and SR44 in Concord, Ohio

### **8 UH Lake West Medical Center**

36000 Euclid Ave  
Willoughby, Ohio 44094

Parking is free in the paved patient and visitor parking lot located at the front of the main entrance.

Dates of childbirth education classes are listed in this brochure or at [UHhospitals.org/BirthClass](http://UHhospitals.org/BirthClass). Please check all of the classes you wish to attend and include the session and date choice.

Currently, we offer two methods of registration. Please select one of the following:

- Online registration with payment, as required, at [UHhospitals.org/BirthClass](http://UHhospitals.org/BirthClass)
- Complete the registration form included with this brochure and call University Hospitals MSC/Marketing Support at 216-844-4000.

Written confirmation of class date, time and location will be emailed to you. Your cc charge will confirm your class choice. If inclement weather occurs, please call 216-844-4000 after 4 p.m. for information about cancellations. With 24-hour notice before the scheduled class, partial refunds\* are available for cancellation or class may be rescheduled once (no refunds). Classes may be cancelled or rescheduled to accommodate enrollment.

Childbirth/Parenting Education Programs and Services  
Summer & Fall 2025 Registration Form

|                         |                       |
|-------------------------|-----------------------|
| Name                    | Partner's Name        |
| Address                 |                       |
| City                    | ZIP                   |
| Home Phone              | Work Phone            |
| Cell Phone              | E-mail                |
| Doctor or Nurse-Midwife | Hospital              |
| Expected Delivery Date  |                       |
| MC/VISA/AMX/DISC Number |                       |
| Expiration Date         | 3-Digit Security Code |
| Signature               |                       |

☐  Going Green-Pregnancy, Birth & Beyond (\$10)  
Class Date: \_\_\_\_\_

☐ Prepared Childbirth (4 session) (\$100)  
Class Date: \_\_\_\_\_

☐ Express Prepared Childbirth \_\_\_\_\_ (1 day or 2 evenings) (\$100)  
Class Date: \_\_\_\_\_

☐ Prenatal Couple Massage with Therapeutic Touch (1 session) (\$35)  
\_\_\_\_\_  
Class Date: \_\_\_\_\_

☐  Blended Learning Prepared Childbirth (\$50)  
Class Date: \_\_\_\_\_

☐ Birth Works Natural Childbirth (\$180)  
Class Date: \_\_\_\_\_

☐ HypnoBirthing® – The Mongan Method (\$180)  
Class Date: \_\_\_\_\_

☐ Comfort and Coping Techniques (\$35)  
Class Date: \_\_\_\_\_

☐ Spinning Babies (\$35)  
Class Date: \_\_\_\_\_

☐  Boot Camp for New Dads (No Charge)  
Class Date: \_\_\_\_\_

☐ Miraculous Multiples (\$50 in-person or virtual private session)  
Call 440-995-3835 for class dates and location.

☐ Cesarean Birth Preparation (\$50 in-person or virtual private session)  
To register, call 440-995-3835.

☐ Breastfeeding – The Facts & Beyond (\$35)  
Class Date: \_\_\_\_\_

☐ Infant Care-Basics and Beyond (\$35)  
Class Date: \_\_\_\_\_

☐  Infant Care – Basics & Beyond / Express Breastfeeding (\$45)  
Class Date: \_\_\_\_\_

☐  Infant Care- Basics & Beyond / Baby Massage (\$45)  
Class Date: \_\_\_\_\_

☐ Family & Friends CPR (\$35 per person)  
Class Date: \_\_\_\_\_

☐ Pediatric Heartsaver First Aid and CPR ( \$55 per person)  
Class Date: \_\_\_\_\_

☐  UH MacDonald Women's Hospital Prenatal Tour (free)  
Class Date: \_\_\_\_\_

☐  UH Steve and Loree Potash Newborn Center Prenatal Tour (free)  
Class Date: \_\_\_\_\_

☐  UH Geauga Medical Center Prenatal Tour (free)  
Class Date: \_\_\_\_\_

☐  Grandparenting Today (\$10 per person)  
(Includes 1 hour of Infant Care)  
Class Date: \_\_\_\_\_

☐  Car Seat Safety  
To schedule an appointment, call 216-844-2277

☐ Safe Sitter Class (\$65) To register call 216-983-1107

☐ I am interested in private instruction \_\_\_\_\_



University Hospitals MacDonald Women's Hospital and the Center for Women's Health at University Hospitals Geauga Medical Center together provide the highest quality of care for you and your new baby.

UH MacDonald Women's Hospital is the only hospital in Ohio solely dedicated to the unique health care needs for every stage of a woman's life – from adolescence through mature adulthood. A trusted leader in obstetrics and gynecology for 125 years, UH MacDonald Women's Hospital consistently ranks among the top hospitals nationally for gynecologic care. Part of University Hospitals Cleveland Medical Center, UH MacDonald Women's Hospital enjoys close relationships with UH Rainbow Babies & Children's Hospital, UH Seidman Cancer Center and UH Harrington Heart & Vascular Institute. Maternal Fetal Medicine specialists collaborate closely with neonatal specialists, creating the safest and most comprehensive care for pregnant women and their babies – all under one roof, so mothers and their babies are never separated. Today, more babies in Northeast Ohio are born full-term and healthy thanks to successful programs in collaboration with UH MacDonald Women's Hospital and groundbreaking research to reduce preterm deliveries.

The birthing center at UH MacDonald Women's Hospital, an extension of UH Cleveland Medical Center at UH Tripoint Medical Center is designed specifically to provide advanced obstetrics care while enhancing safety, comfort and convenience for moms, newborns and their families. Our spacious, private patient rooms are built around the labor, delivery, recovery and postpartum (LDRP) model, meaning that moms remain in the same room through all phases of the birth process including recovery and the post-partum period.

UH MacDonald Women's Hospital and UH MacDonald at UH Tripoint Medical Center have received international recognition as a Baby-Friendly designated maternity hospital committed to providing the best possible environment for successful breastfeeding. **To learn more about the Baby Friendly Hospital Initiative (BFHI) please visit [BabyFriendlyUSA.org](http://BabyFriendlyUSA.org).**

The Center for Women's Health at UH Geauga Medical Center has more than five decades of experience in providing sensitive, caring obstetrics and gynecology services. By providing a family-centered approach, mothers and families can experience the entire birthing process in a homelike setting. The care environment combines the latest technology with an abundance of amenities. Our outstanding team of board-certified obstetricians, neonatologists, maternal-fetal medicine specialists, nurse midwives, nurses and lactation consultants work together to deliver high-quality care. Should the need arise, there is convenient access to the advanced expertise of UH MacDonald Women's Hospital and UH Rainbow Babies & Children's Hospital.

The innovative Steve and Loree Potash Women & Newborn Center at UH Ahuja Medical Center serves as a dedicated home for expectant moms and babies. The center also houses the Danielle and Michael Weiner Maternity Suite, and the Richard Horvitz and Erica Hartman-Horvitz Neonatal Unit.

Designed to exceed the highest standards for quality, expert care while meeting the unique needs and delivery preferences of patients and families. From natural, drug-free births and water labor to births requiring advanced care, the Potash Women & Newborn Center accommodates a variety of birth experiences. **To learn more visit: [UHhospitals.org/AhujaMaternity](http://UHhospitals.org/AhujaMaternity)**