



Childbirth Education



Teaching confidence.

Becoming a parent for the first time or all over again is exciting and rewarding, but can be overwhelming. Oaklawn's Birth Center offers classes to educate you on many topics so that you are prepared and confident when your baby is born. We use a variety of teaching techniques including films and demonstration and provide many helpful handouts.



OaklawnHospital

Birth Center

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OaklawnHospital

ADVANCING MEDICINE
COMPASSIONATE CARE

Childbirth Education



“Oaklawn’s Birth Center classes will prepare you and give you confidence for when your baby is born.”



Prepared Childbirth Education.

Oaklawn Hospital offers Prepared Childbirth Education classes taught monthly by a childbirth educator. A series of four classes will address breathing and relaxation techniques, managing the discomforts of pregnancy, options in pain relief methods, coaching techniques, labor and delivery options, caesarean sections and basic baby care. These classes also include a tour of the Birth Center. We recommend that you plan on taking the class in your seventh or eighth month of pregnancy. You’ll want to register for the series right after your first prenatal visit because class sizes are limited. With this series, you also are automatically registered for breast-feeding and parenting classes, both offered once a month.

Breast-feeding.

Oaklawn’s breast-feeding class is three hours and is offered once a month. It is taught by a lactation educator, who will address:

- * Benefits of breast-feeding to mother and baby
- * Proper latch positioning
- * Storage of breast milk
- * Mastitis
- * Returning to work

We recommend that both mother and coach attend this informative class. This class is free to parents who have taken the Prepared Childbirth Education classes, and is also offered as an individual class for \$10. Registration is required.

Parenting class: Basic Baby Care.

This parenting class provides information to parents-to-be and new parents on the basics of baby care. Topics covered will include:

- * Bathing
- * Feeding
- * Comforting a crying newborn
- * Circumcision care
- * Diapering
- * Jaundice
- * Infant CPR

There also will be opportunity for hands-on demonstrations. The class offers practical advice to get new parents off to a confident start. This class is included in the Prepared Childbirth Education Class Series as the fourth-week session, or is \$10 when taken as a single class. Registration is required.

Sibling classes.

A new baby means a lot of changes for siblings. This class is for big brothers and sisters who may need some preparation for adjusting to your new addition. It is offered in two sessions: one for children 2-6 years old and another for children ages 7 and older. A video with a snack and tour of the Birth Center is part of this enjoyable class. The \$10 fee includes the entire family. Registration is required.

Refresher Childbirth Education.

These classes are beneficial for parents who may have attended the Prepared Childbirth Education classes in the past, or parents who have already had a baby but need some helpful reminders on breathing and relaxation techniques, labor and delivery options and pain relief methods. A tour of the Birth Center is included. The fee for this single class is \$10.

Registration.

Forms to register for all of our Childbirth Education Classes are available in your physician’s office. You may also register on-line at www.oaklawnhospital.org. In order to reserve a spot in a class, you must pay in advance and receive your copy of your registration back in the mail. We are unable to accept phone registrations. Fees are payable by mail or at the hospital’s Central Registration. These fees are covered by Medicaid insurance.

