

Class Title	Cost	Description
Baby Care	\$15	A must for all parents-to-be. Newborn characteristics, bathing a newborn, diapering, infant feeding, car seat safety, poison prevention, crying and sleep patterns, colic, stress reduction. Ideal for parents, grandparents, primary care providers and foster parents.
Breastfeeding Basics	\$15	This informative class covers the benefits of breastfeeding, preparations for breastfeeding, correct positioning and latch-on, prevention and treatment of engorgement and sore nipples, how to choose a nursing bra, the father's role and what to expect at birth and the first few weeks at home. Attend this class in your last two months of pregnancy. Father or support person is encouraged to attend with mother.
Cesarean Birth	\$15	This one time class meets for 3 hours and will provide you with all the essential information to prepare you for a Cesarean Birth. Topics include: your third trimester; operating room; recovery room; postpartum care and a tour of the Birth Center.
Childbirth Education (eLearning) and tour	\$50	This online class is an interactive, web-based program that includes animated illustrations and videos. It can be viewed on a PC or Mac. Once you have registered and paid for the program, you will be sent an access code, accompanying manual and other materials. Your access code for the program will be good for 60 days starting from the time you first logon. You will be scheduled for a tour and a question and answer session when you register.
Childbirth Education (4-week)	\$50	This four-week series meets for three hours each time and will provide you with all the essential information you need for the labor and birth of your baby. Topics include: stages of labor, relaxation, breathing techniques, pain management options and other coping skills, post-partum expectations and limited newborn care. Classes include a tour of the Aultman Birth Center. Classes offered Monday and Tuesday.
Childbirth Education (5-week)	\$50	This five-week series meets for two hours and will provide you with all the essential information you need for the labor and birth of your baby. Topics include: stages of labor, relaxation, breathing techniques, pain management options and other coping skills, post-partum expectations and limited newborn care. Classes include a tour of the Aultman Birth Center. (Classes offered on Sundays only.)
Childbirth Education: Just Labor and Birth	\$60	For those families looking for the basics, this one-day class covers labor and delivery in a short time frame. A tour of the Aultman Birth Center is available separately.
Choosing a Pediatrician	FREE	Helpful information on how to find a doctor, questions to ask, insurance concerns and how to decide which doctor may be right for you and your child. Also helpful Internet sites are given and discussed.
Comfort Measures	\$25	Looking for more relaxation and hands-on techniques for labor? This class is for you. Bring your support person and learn ways to work with your body. Imagery, massage, confidence building for both mom and support person. Please bring blanket and two pillows.

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Mother's Breastfeeding Connection	FREE	Our weekly support group meets every Tuesday from noon-2 p.m. to discuss breastfeeding questions and concerns. Sharing information between mothers also provides needed support during the early weeks of breastfeeding. A board-certified lactation consultant is present to guide the discussion and answer questions as needed. Mother's Breastfeeding Connection is free and open to the public, regardless of delivery hospital. No registration is required. Mothers attend with infants, but we are unable to accommodate older siblings at this time. A digital baby scale will be available for infant weight checks. The gatherings are held in the Family Education Room at the Aultman Birth Center.
My Baby and Me	FREE	The My Baby and Me class is a necessity for parents who want to have their child attend the birth. Participants in the class are the parents, child and the support person for the child/children. The class prepares the child and support person for the birth experience. A tour is included.
Prenatal/Postpartum Water Fitness	\$25 for five classes	This class is designed to offer pregnant and postpartum moms the opportunity to exercise in a water environment. Written permission from your physician is required. Please bring water fitness packet and written permission to first class.
Sibling Class: Older	\$10 per family	This class is designed for the 8- to 12-year-old pre-adolescent. The emphasis is on their important role as a helper for the new baby and family. Beginning baby care, infant safety and older sibling issues are discussed. A tour of the mother's room and newborn nursery is included.
Sibling Class: Younger	\$10 per family	This class is designed for children ages 3-7, to answer the many questions youngsters have about the hospital, childbirth and their new siblings. Please bring a stuffed animal or baby doll to class. A tour of the mother's room and newborn nursery is included.
Tour of the Aultman Birth Center	FREE	This informative tour enables you to see the Aultman Birth Center, including the Labor, Delivery, Recovery and Postpartum (LDRP) suites. This tour is included in the four-week, five-week and weekend childbirth education classes. ADULTS ONLY, PLEASE.
Welcome to Grandparenting	FREE	Grandparenting roles are discussed along with the benefits of being a grandparent. Step-grandparenting is also addressed. Other items of interest to include ways to interact, a grandparent's role in the birth and postpartum process. A tour of the Aultman Birth Center is included.