



# 2012 CHILDBIRTH EDUCATION CLASSES FOR THE ENTIRE FAMILY

FORT HAMILTON HOSPITAL



 **FORT HAMILTON**  
Hospital

Kettering Health Network

## EDUCATION

*"The process of  
teaching and learning"*



## CONGRATULATIONS!

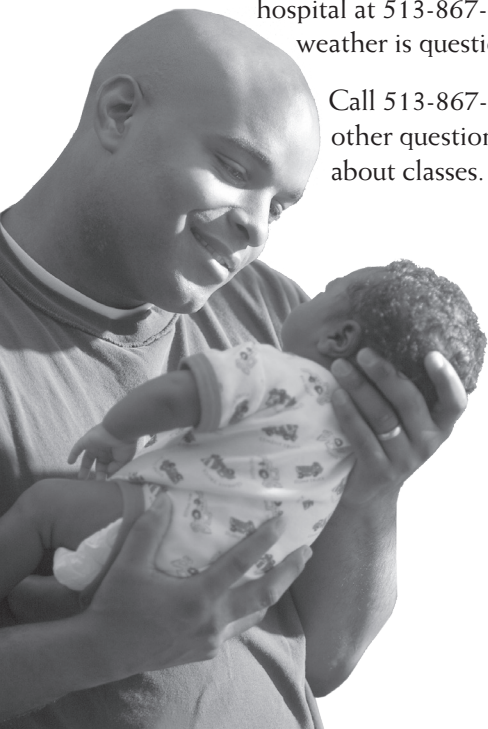
You and your family are about to embark on an experience of a lifetime...the birth of a baby.

From the moment you learned of this special event, you've been planning every step of the way. To help make your labor and delivery everything you and your family have hoped for, Fort Hamilton Hospital has designed educational programs and birthing options to meet your every need.

From labor and delivery to recovery and post-partum, we are honored to be a part of your birth experience. We hope the information in this booklet will assist you in choosing childbirth education that will benefit your entire family.

**Note:** During inclement weather, classes may be canceled. Cancellations are announced on the local radio stations, or you may call the hospital at 513-867-2000 if weather is questionable.

Call 513-867-2222 with other questions about classes.



## RECOMMENDED CLASSES FOR FIRST-TIME PARENTS

### During Early Pregnancy

- Tour the Family Birthplace

### During Sixth or Seventh Month of Pregnancy

- Prepared Childbirth Class

### Additional Classes

- Breastfeeding Class
- Save-A-Baby CPR

## RECOMMENDED CLASSES FOR EXPERIENCED PARENTS

### During Pregnancy

- Tour the Family Birthplace

or refresh with

- Childbirth Refresher Classes

or

- Cesarean Class

### During Seventh or Eighth Month of Pregnancy

- Sibling Class (for children two years and older)
- Kids in Delivery Class

### Additional Classes

- Breastfeeding Class
- Save-A-Baby-CPR

We suggest having all your classes completed about one month before your due date.

## CURIOUS COUPLES

Meet our staff and begin preparing for your new baby. Tips for a healthy pregnancy will be discussed and there will be plenty of time for questions and answers. In addition, you will have the opportunity to complete forms necessary for your delivery. Refreshments will be provided.

Free

### Evening Tours

7 – 9 p.m.

Feb. 6, Monday

June 7, Thursday

Oct. 2, Tuesday

### Early Evening Tours

6 – 8 p.m.

April 2, Monday

Aug. 7, Tuesday

Dec. 3, Monday

### Saturday Tours

11 a.m. - 1 p.m.

Jan. 7

March 10

May 5

July 7

Sept. 15

Nov. 3



## PREPARED CHILDBIRTH

Our four-week series covers normal labor and delivery as well as cesarean birth, hospital routines, mother/baby care and parenting skills. You will need to bring two pillows and a blanket to each class for the relaxation exercises.

*\$60 (Fee includes Breastfeeding Class. A discount is available to families delivering at Fort Hamilton Hospital.)*

### Evening Classes

**7 - 9:15 p.m.**

Jan. 12 - Feb. 2, Thursdays

March 26 - April 23, Mondays (*no class April 2*)

June 12 - July 17, Tuesdays (*no class June 19 or July 3*)

Aug. 29 - Sept. 26, Wednesdays (*no class Sept. 12*)

Oct. 9 - 30, Tuesdays

Nov. 19 - Dec. 17, Mondays (*no class Dec. 3*)

### Early Evening Classes

**6 - 8:15 p.m.**

Feb. 14 - March 20, Tuesdays (*no class Feb. 21 or March 6*)

May 10 - 31, Thursdays

July 26 - Aug. 23, Thursdays (*no class Aug. 9*)

Nov. 1 - 29, Thursdays (*no class Nov. 22*)



## CHILDBIRTH REFRESHER

To refresh your knowledge, you may attend the second and third sessions from the regular series. These two classes will review breathing techniques, labor and delivery, cesarean birth, medications, anesthesia, and interventions, along with mother care. Bring two pillows and a blanket to each class.

\$5

### Evening Classes

7 - 9:15 p.m.

Jan. 19 & 26, Thursdays

April 9 & 16, Mondays

June 26 & July 10, Tuesdays

Sept. 5 & 19, Wednesdays

Oct. 16 & 23, Tuesdays

Nov. 26 & Dec. 10, Mondays

### Early Evening Classes

6 - 8:15 p.m.

Feb. 28 & March 13, Tuesdays

May 17 & 24, Thursdays

Aug. 2 & 16, Thursdays

Nov. 8 & 15, Thursdays

## SAVE-A-BABY CPR

Learn infant CPR, choking and other safety tips. You will discover how you can save a baby's life in this American Heart Association class.

\$15 per person

### Early Evening Classes

6 - 8:30 p.m.

Jan. 5, Thursday

March 6, Tuesday

May 3, Thursday

July 3, Tuesday

Sept. 4, Tuesday

Nov. 5, Monday

## CESAREAN CLASS

If you and your doctor are planning a cesarean birth, this class is just what you need to get ready. All aspects of cesarean delivery and recovery are included, as well as discussion on parenting issues and a tour of the Family Birthplace.

\$15

Scheduled by appointment, please call 513-867-2192.

## BREASTFEEDING CLASS

This course provides valuable assistance to women who plan on breastfeeding, explaining how to get started, the forces of supply and demand and offering tips for returning to work. Fathers and others are encouraged to attend to increase their breastfeeding knowledge and support the new mother.

\$15

### Evening Classes

7 – 9 p.m.

Feb. 7, Tuesday

June 4, Monday

Oct. 1, Monday

### Early Evening Classes

6 – 8 p.m.

April 5, Thursday

Aug. 9, Tuesday

Dec. 4, Tuesday



## SIBLING CLASS

This class gets big brothers and sisters prepared for the arrival of their new sibling. Includes discussion, film and a tour of the Family Birthplace, giving siblings a close-up look at where Mom and their new brother or sister will be staying. Make sure siblings bring a doll or stuffed animal to practice holding and diapering, and a small picture of themselves for a craft activity.

\$10

### Saturday Morning Classes

9:30 – 11 a.m.

Jan. 7

March 10

May 5

July 7

Sept. 15

Nov. 3

## KIDS IN DELIVERY

This class is for families who would like their children present during birth. It will prepare them for what they'll see and hear during labor and birth.

\$15 (*Fee includes Sibling Class*)

Scheduled by appointment, please call 513-867-2192.

## REGISTRATION INFORMATION

To register, mail the completed registration form and payment to:

Fort Hamilton Hospital  
Childbirth Education  
630 Eaton Avenue  
Hamilton, OH 45013

Refunds are given for medical reasons only. Make all checks payable to Fort Hamilton Hospital.

Families delivering at Fort Hamilton Hospital receive a \$30 discount on the Prepared Childbirth series or package.

Fort Hamilton Hospital associates receive \$10 off of the total price. Include your associate number on your registration form.

**Help with class fees:** You may be eligible for our Clinic Package. Ask for information when calling if you are in need of financial help.

Call 513-867-2222 for more information.

## CLASS INSTRUCTORS

All classes are led by experienced R.N.s with special training in Childbirth Education. Our goal is to give each family the information they need to have a meaningful birth experience.

## DIRECTIONS TO OUR CHILDBIRTH CLASSES

Classes are held in the hospital auditorium on B-Level, except when noted.

Go into the main hospital lobby and take the visitor elevators to B-Level. Then follow the signs to the auditorium.

# CHILDBIRTH REGISTRATION FORM 2012 CLASSES

\_\_\_\_\_  
Name (Last, First)

\_\_\_\_\_  
Phone (Home, Work or Cell)

\_\_\_\_\_  
Coach

\_\_\_\_\_  
Address Apt. #

\_\_\_\_\_  
City, State, ZIP

\_\_\_\_\_  
Doctor/Hospital

\_\_\_\_\_  
Due Date

\_\_\_\_\_  
Preg. #

\_\_\_\_\_  
Children's Names & Ages

Classes may be taken as a package or separately.  
Please mark class dates you wish to attend.

- Clinic Package—Call for fee information  
 Prepared Childbirth Package \$80

(All packages can include these classes: Tour, Childbirth, Breastfeeding, Sibling and Save-A-Baby CPR for one or two persons. Indicate dates below.)

Individual Classes: Class Date

Curious Couples Tour Free \_\_\_\_\_

Prepared Childbirth \$60\* \_\_\_\_\_  
\* Fee includes Breastfeeding Class

Breastfeeding Class \$15 \_\_\_\_\_

Save-A-Baby CPR \$15 per person \_\_\_\_\_  
\_\_\_\_\_ # attending

Childbirth Refresher \$5 \_\_\_\_\_

Cesarean Class \$15 \_\_\_\_\_

Sibling Class \$10 per family \_\_\_\_\_  
\_\_\_\_\_ # attending

Kids in Delivery \$15\* \_\_\_\_\_  
\* Fee includes Sibling Class

Families delivering at Fort Hamilton Hospital - \$30 for Prepared Childbirth series or package.

Associate number \_\_\_\_\_

(- \$10 Fort Hamilton Hospital associates only)

Total Enclosed \$ \_\_\_\_\_

Make check payable to: Fort Hamilton Hospital

## DIRECTIONS TO FORT HAMILTON HOSPITAL

630 Eaton Avenue  
Hamilton, OH 45013  
513-867-2000

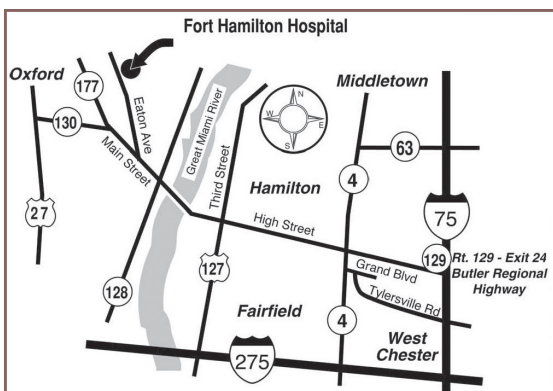
Fort Hamilton Hospital is located in the northwest section of Hamilton, Ohio, west of the Great Miami River.

### From downtown Hamilton:

Proceed west on High Street, across the bridge over the river, northwest on Main Street (High Street becomes Main Street after the bridge) then north on Eaton Avenue to Fort Hamilton Hospital.

### From I-75:

Take exit 24 to Hamilton Route 129. This will bring you directly into Hamilton. This street will become High Street. Then follow directions listed from downtown Hamilton.



Kettering Health Network

[FORTHAMILTONHOSPITAL.COM](http://FORTHAMILTONHOSPITAL.COM)