

# Pregnancy, Delivery, and Beyond

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## Prenatal Education for Families



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Getting ready for a new baby is a fun and exciting time. Catholic Health is happy to provide classes to make this time as easy as possible for you and your family. Come and join us and find out what to expect during pregnancy, labor and delivery, and after your new bundle of joy arrives home!

*Different people have different needs when it comes to classes! The Childbirth Classes, Activity Classes, Lamaze Classes, and Cesarean Class all cover similar material. Please choose the one that looks right for you!*

### Prepared Pregnancy – CLASSIC

Two lines on the stick! Now what? This fun and interactive class gives you a look into how your body is changing, how the baby grows, and how to take care of both of you through this amazing time. Feel free to stay after class for a tour of Labor and Delivery and our Mother Baby Unit and follow-up later in your pregnancy for a prepared childbirth class.

**Cost is \$30 per Mom and one guest.**

**Total class time: 3 hours.**

### Prepared Childbirth – CLASSIC

Childbirth classes are perfect for any expectant parent who wants to know what will happen in labor and delivery and beyond. Our informative classes will include tips on making your pregnancy easier, labor and delivery facts, and recovery at home. We will also talk about care for Mom after you leave the hospital. A tour is included! Please dress comfortably and prepare to have fun while learning. Please note, in hospital care of baby is covered, but at home care is covered in our BabyTalk class!

**Cost is \$60 per Mom and one guest.**

**Total class time: 8 hours on Saturdays or 2.5 hours per session for 4 evenings (10 hours total).**

### Prepared Childbirth – ACTIVITY

This class covers all the basic topics in our longer classes. Bring one or two people with you and prepare to laugh and move your way through a fast paced, lecture-free learning experience! Class will include a log in to an online childbirth resource center for additional information! Basic Infant CPR and Car Seat Safety activities are also included. Tours will be scheduled for immediately after class. This is a short class, we will not go into the type of detail that we do in other classes. An excellent refresher class for parents who have already "been there, done that" or for first time parents who want an overview. (This class can be taken instead of or with the CLASSIC series; it's also a great refresher for experienced parents!)

**Cost is \$30 per Mom and 2 guests.**

**Total class time: 3 hours.**

### Lamaze Focus

These classes are geared towards parents who desire additional Lamaze focus for natural childbirth. These classes have four sessions and the fifth is a tour at Sisters Hospital. This class will include many comfort measures, the Lamaze 6 Healthy Birth Practices, and extra time for practice. Some Dancing for Birth™ techniques will also be included.

**Cost is \$70 per Mom and one guest.**

**Total class time: 12 hours.**

### Prepared Cesarean Delivery

For parents who know they will be scheduled for a Cesarean Delivery, this class covers what to expect. We cover all the information in our Prepared Childbirth CLASSIC class, but without the labor section! We also discuss recovery at home, pain control techniques, and answer questions about the surgical delivery. A tour is included.

**Cost is \$25 per Mom and one guest.**

**Total class time: 4 hours.**





### **Multiple Miracles**

The arrival of multiples is amazing! This class is intended to add to the Prepared Childbirth Class or the Prepared Cesarean Delivery class for parents expecting more than one new arrival. This class will give you more information about what is happening both during your pregnancy and tips from moms who have been there! We tour the NICU during this class, but not Labor and Delivery.

*Cost is \$25 per Mom and one guest.*

*Total class time: 3 hours.*

### **NICU Tour with Q&A for Higher Risk Moms and Babies**

If you have been told you are at a higher risk for early delivery or if you have serious medical concerns during your pregnancy, spending an afternoon with us can greatly decrease your concerns or anxiety. Come tour the NICU, get questions answered, and find out what to expect if you deliver early.

*Cost is \$20 per Mom and one guest.*

*Total class time: 2 hours.*

### **Preparing to Breastfeed**

A lactation consultant will review common questions and concerns regarding the first weeks of breastfeeding. A good start makes the first few weeks much easier, so come and prepare with our expert instructors. Both parents are welcome or feel free to come with a friend!

*Cost is \$25 per Mom and one guest.*

*Total class time: 2 hours.*

*All class times and locations are available at [chsbuffalo.org](http://chsbuffalo.org) or by calling (716) 447-6205.*

### **Sibling Classes**

Introduce your older child or children to 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 diapered. Our younger classes are for children 3-7 and the older classes are for 8-14. Children in the older group will learn additional safety information. Please note that ages are estimated. If your 7 year old is very mature, put him or her in the older class!

*Cost is \$15 per family.*

*Total class time: 1.5 hours.*

### **Baby Talk**

This enjoyable class helps make those first few weeks less stressful! We discuss care of your newborn, health concerns to watch for, and challenges all new parents face. There is plenty of both discussion time and practice time with our lifelike dolls.

*Cost is \$20 per Mom and one guest.*

*Total class time: 2 hours.*

### **Grandparents Classes**

It is amazing how much changes! Grandparents are experts in so many areas of child raising, but if you would like a refresher or just a look at what recommendations have changed, please join us. This class covers new infant care, (car seat and sleep safety), supportive care for the new parents, and fun activities to prepare for the arrival of your precious grandchild. *Please fill out a separate registration form for each person taking this class.*

*Cost is \$10 per person.*

*Total class time: 2 hours.*

## Infant and Child CPR/First Aid

This class covers what to do in emergencies. Choking, drowning, CPR, use of an AED, and a first aid summary are included. This knowledge can save your child's life in an emergency!

*Cost is \$25 per Mom and one guest.*

*Total class time: 3 hours.*

## Car Seat Safety

Proper car seat use saves lives! Many parents are shocked to find out that car seats are usually used incorrectly. We will have both a class portion and a one-on-one car seat fitting with a certified Child Passenger Safety Tech. If you have a car seat, please **bring your seat** so you can learn how to use it most effectively.

*Total class time: 2 hours.*

*This class is free, but donations are gratefully accepted to help other children in need of safe seats!*

## Tours

Tours are available for all expectant parents. If you are not attending a class where a tour is already included, please call Catholic Health's HealthConnection at (716) 447-6205 to sign up for a tour. Space is limited, so please call at least a month before your due date!

## Gestational Diabetes

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

## Online Childbirth Classes

We offer online classes at our website at [chsbuffalo.org/OnlineChildbirth](http://chsbuffalo.org/OnlineChildbirth)

These classes are a wonderful overview of what to expect during labor and at the hospital. Please sign up for a hospital tour to complete the class and have a chance to ask questions of an experienced Labor and Delivery nurse and Childbirth Instructor.



## Dancing for Birth™

A fun and adaptable exercise class that everyone can enjoy, even if you've been told you have two left feet! This is the perfect time to strengthen your body while learning fun and effective labor positions and comfort measures. You'll be surprised at the numerous benefits for your pregnancy, your birth, your baby, and your postpartum recovery. A combination of exercise/dance class, support group, and prenatal education – this is almost too fun to call a class.

*A series of six classes is \$90.*

*Individual classes after the series are \$10.*

*Classes are primarily for women. Feel free to come alone, bring a friend, mother, or sister. Every 4th class is couples night and you can bring a male partner if desired! (Couples night will be noted on the class dates on the website.)*

*Total class time: 90 minutes per class.*



## Health Insurance Coverage

When registering for class, this form will also be used to pre-admit you to the hospital. Pre-admitting will decrease your paperwork when you arrive in labor!

Catholic Health will bill your insurance company for the class(es) you attend. If your insurance does not cover all of the cost, you may receive a bill for the amount not covered. If costs are an issue, please call (716) 601-3600 for billing options and assistance.

If you wish to self-pay, or if you do not want Catholic Health to bill your insurance for any reason, please check the box in the Insurance Information section of the attached registration form.



## **If You Are Unable to Attend a Class:**

Please call Catholic Health's HealthConnection at (716) 447-6205 to cancel.

## **Classes Sizes Are Limited.**

**Register Early!**

For questions, additional registration forms, or more information on any of our childbirth classes, visit us online at [chsbuffalo.org/childbirthclasses](http://chsbuffalo.org/childbirthclasses) or call Catholic Health's HealthConnection at (716) 447-6205.

## **Winter Warning**

In cases of severe winter weather and road closures, please listen to local radio stations for announcements of class cancellations.

## **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.



**(716) 447-6205**  
**[chsbuffalo.org/childbirthclasses](http://chsbuffalo.org/childbirthclasses)**

# Catholic Health **Childbirth Education Classes Registration Form**

1. Review the class dates at: [chsbuffalo.org/childbirthclasses](http://chsbuffalo.org/childbirthclasses) or call (716) 447-6205 if you do not have internet access.
2. Complete the form below, select your classes, and list the desired date with an alternate date.
3. Send your form by: **Mail:** Catholic Health's HealthConnection • 144 Genesee St., 5th Floor • Buffalo, NY 14203  
**Fax:** (716) 706-2545  
**Email:** HealthConnection@chsbuffalo.org
4. Confirmation of class registration will be mailed to you at the address you provide.

**ALL REGISTRANTS:** All fields are required. For CPR or Grandparents classes, fill out a separate form for each attendee.

Name: _____		Date of Birth: _____	Last 4 digits of SS#: _____	
Last	First			
Address: _____		City: _____	State: _____	ZIP: _____
Phone: _____		Email: _____		
Marital Status: _____	Race: _____	Ethnicity: _____	Religion: _____	
Employer: _____		Emergency Name and Phone: _____		
Primary Physician: _____		Office Location: _____		

**EXPECTANT MOMS:** Please also fill out this section.

Where do you plan on delivering? <input type="checkbox"/> Sisters Hospital <input type="checkbox"/> Mercy Hospital <input type="checkbox"/> Mount St. Mary's Hospital <input type="checkbox"/> Other: _____				
Previous/Maiden Name: _____		Due Date: _____	Date of Last Menstrual Period: _____	
OB Provider's Name: _____		Office Location: _____		

**PAYMENT INFORMATION:** Please check one.

<input type="checkbox"/> I authorize Catholic Health to bill my insurance. Please fill out the information below.				
Primary Insurance: _____		Policy Number: _____		
Subscriber: _____		Group: _____	Plan: _____	
Subscriber's Employer: _____		Subscriber's Date of Birth: _____		
Secondary Insurance: _____		Policy Number: _____		
Subscriber's relationship to patient: _____		Medicare Number: _____		
Medicaid Number: _____		Newborn Medicaid Number: _____		
<input type="checkbox"/> I do not authorize Catholic Health to bill my insurance (signature required): _____				
By signing, I understand that I will be responsible for the cost of any class(es) attended.				(signature)
Catholic Health's Privacy Notice outlines my rights and responsibilities and is available at <a href="http://chsbuffalo.org">chsbuffalo.org</a> .				

**CHOOSE YOUR CLASSES:** Check the classes you wish to take. Visit [chsbuffalo.org](http://chsbuffalo.org) or call 447-6205 for the available dates and times. Write your first and second choices of dates in the appropriate space.

Select the Classes:	1st Choice:	2nd Choice:	1st Choice:	2nd Choice:
<input type="checkbox"/> Prepared Pregnancy	_____	_____	<input type="checkbox"/> Sibling Class	_____
<input type="checkbox"/> Prepared Childbirth	_____	_____	names & ages of siblings:	_____
<input type="checkbox"/> Activity Class	_____	_____		_____
<input type="checkbox"/> Lamaze Focus	_____	_____	<input type="checkbox"/> Baby Talk	_____
<input type="checkbox"/> Prepared Cesarean	_____	_____	<input type="checkbox"/> Grandparents	_____
<input type="checkbox"/> Multiple Miracles	_____	_____	<input type="checkbox"/> Infant CPR/First Aid	_____
<input type="checkbox"/> NICU/Higher Risk	_____	_____	<input type="checkbox"/> Car Seat Safety	_____
<input type="checkbox"/> Preparing to Breastfeed	_____	_____	# of seats you are bringing:	_____