

getting started

At St. John Medical Center (SJMC),

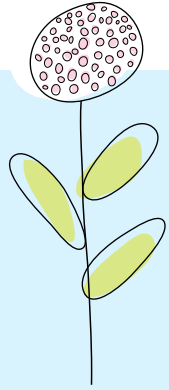
we want your birth experience to

be the best it can be. We have some

of the finest physicians and nurses

around to make sure that your time

with us exceeds your expectation.



To accomplish this, we strongly believe

that before your baby's birth,

you will need to prepare both physically

and emotionally. That's why we have

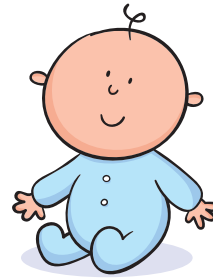
created a series of childbirth

education classes to get you ready

for that special delivery.

family birth center tour

Call us at 440-827-5093 to schedule your prenatal tour of our Family Birth Center that offers single room labor/delivery, recovery and postpartum in a home-like setting. Healthy, low-risk mothers may also want to visit our Holistic Birthing Center, which treats birth as a normal process and intervention is typically not needed. Unlike natural childbirth at home, the Holistic Birthing Center offers the safety net of around-the-clock pediatric and obstetric coverage all backed by a full-service hospital. Once you see our facilities and meet our staff, we're confident you will want to have your baby with us!



Monthly Car Seat Inspection Location

Sponsored by SJMC Community Outreach
and Westlake Fire Department

By appointment only, please call 440-827-5440 to schedule
your appointment for the first Wednesday morning of the month.

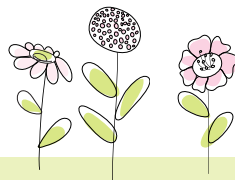
ST. JOHN MEDICAL CENTER

A CATHOLIC HOSPITAL

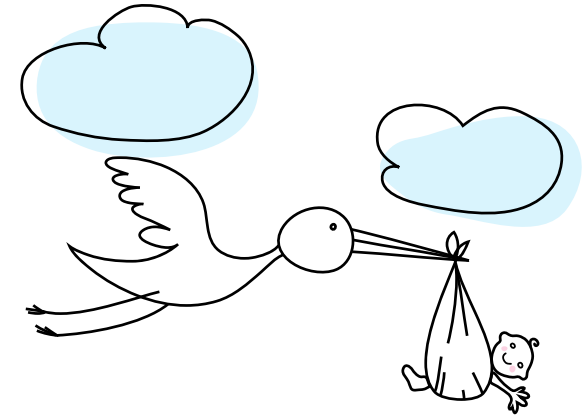


29000 Center Ridge Road
Westlake, OH 44145

stjohnmedicalcenter.net



Your Birth, Your Way.



The Family Birth Center at St. John Medical Center

2014 CHILDBIRTH EDUCATION SCHEDULE

2014 Childbirth Education Schedule

The following classes are held at
St. John Medical Center
29000 Center Ridge Road, Westlake 44145
RSVP: 1-877-597-6348

Childbirth Classes (5 week class) Includes Infant Care

7:00 – 9:30 pm | Auditorium B | Cost: \$110

Tuesdays - February 18 thru March 18

Tuesdays - June 17 thru July 8

Tuesdays - September 23 thru October 21

Preparation for childbirth can increase the joyful experience and confidence of the mother-to-be and her partner. Learn about nutrition exercise, relaxation, breathing and the birth process.

Childbirth Saturday Classes (2 Saturday classes)

9:30 am – 1:30 pm | Auditorium B | Cost: \$85

January 25 & February 1 | March 1 & 8 | April 5 & 12 | May 10 & 17

June 14 & 21 | July 26 & August 2 | September 6 & 13

October 18 & 25 | December 6 & 13

Participants must attend both four-hour sessions. Infant care, which is covered in the cost of the class, must be scheduled separately.

Infant Care Classes

7:00 – 9:30 pm | Auditorium B | Cost: \$30

February 6, March 27, May 1, June 5, July 17, August 21,

September 25, October 30, December 4

Classes help to prepare new parents in the care of their newborn and what to expect in the first weeks. Different techniques in bathing, diapering, feeding and swaddling are demonstrated. All questions are answered.

Holistic Birth Options - Certified Nurse Midwives

Erin Callahan, Maureen Stein-Vavro and Colleen Zelonis

7:00 – 9:00 pm | Auditorium B | No Fee

January 9, February 13, March 13, April 10, May 8, June 12, July 10,

August 14, September 11, October 9, November 13, December 11

This class will cover a variety of birthing options, including an introduction to our "Holistic Birth Center" program. We will share topics surrounding natural childbirth options, including the use of hydrotherapy during labor and birth, aromatherapy, therapeutic use of music and relaxation techniques in an effort to achieve a satisfying birth experience. Also, during the class you will be introduced to the services offered by a midwife and doula.

Daddy Boot Camp

6:30 – 8:30 pm | Auditorium A | Cost: \$20.00

2nd Monday of every other month starting in February

February 10, April 14, June 9, August 11, October 13, December 8

Come to this informative class to help fathers in their new roles as daddies. This class includes hands-on techniques for diapering, cuddling, swaddling, feeding and bonding. Also, how to best support the new mommy is discussed.

Breastfeeding Class

7:00 – 9:30 pm | Auditorium A | Cost: \$30.00 | Mondays

January 13, March 10, May 12, July 14, September 8, November 11

Prepare for the experience of breast-feeding a newborn prior to the baby's arrival. All questions answered.

Avoiding a C-Section - Certified Nurse Midwives

Erin Callahan, Maureen Stein Vavro and Colleen Zelonis

7:00 – 9:00 pm | Auditorium B | No Fee

January 30, April 24, July 31, October 30

Whether you are a first-time mom, or a mom that has had a previous cesarean section, this educational seminar is for you. Explore ways to increase your likelihood of a vaginal delivery.

Bradley Method of Prepared Childbirth - 12 week class

7:00 – 9:30 pm | Auditorium B | Cost: \$150

Wednesdays | Session I – January 8 thru March 26

Wednesdays | Session II – April 9 thru June 25

Thursdays | Session III – May 1 thru July 24 (no class July 4)

Wednesdays | Session IV – September 3 thru November 19

The Bradley Method focuses on a natural, unmedicated childbirth in the absence of medical complications. This class stresses the importance of a healthy baby, healthy mom and healthy family. Emphasis is placed on nutrition, exercise, coaching and the natural process of labor and birth.

Dancing for Birth - Sharon Johnson, MS, CNM

Thursdays | 5:00 – 6:00 pm | Auditorium B

Cost: 1st class free | \$40 monthly | excludes holidays

Learn how *Dancing for Birth* can work with gravity and movement to help you become mentally and physically ready to embrace the birth experience. Class will be offered to both prenatal and postpartum moms. To register please call 877-597-6348

Prenatal Yoga & Pilates - Colleen Brezine, CNM,

Kim Andrews, RN and Deb Koniarczyk, RN

Mondays | 6:00 – 7:00 pm | Auditorium B

Cost: \$48 per month | excludes holidays

This class empowers a woman to awaken herself physically, emotionally and spiritually while she prepares for labor and birth.

Postnatal Pilates - Deb Koniarczyk, RN

5:30 – 6:30 pm | Auditorium B

2nd Wednesday of the month | 6 month session \$50

Upon clearance from your provider following delivery, this class will focus on developing an awareness and trust in the changes that have occurred in the body and how to recover your pelvic positioning following labor and birth. RSVP: 877-597-6348

The following class is held at
University Hospital Westlake Medical Center
960 Claque Road, Westlake 44145
RSVP: 1-440-779-5793

Natural Family Planning

7:00 – 9:30 pm | 3rd Monday of the month | Cost: \$135.00

Session I - January 13, February 10, March 10

Session II - April 14, May 12, June 9

Session III - September 8, October 13, November 10

A healthy and highly effective way for a couple to understand how a woman's body works in order to achieve or postpone pregnancy. This class enhances communication and respect for the gift of life. Couples who switch to Natural Family Planning report greater marital intimacy. Classes are taught in a set of three sessions. Participants must attend all three classes.

The following classes are held at
SJMC Community Outreach
29160 Center Ridge Road, Westlake 44145
No registration needed

Beyond Birth

1:00 – 3:00 pm | Thursdays | No Fee

Join other new moms and learn more about parenting. Facilitated by an ICEA-certified childbirth educator, topics will include newborn care, breastfeeding/bottle feeding, coping strategies, ongoing recovery and more. Get the support you need and connect with other new moms in a safe and nurturing environment.

Breastfeeding Group

10:00 am – Noon | Wednesdays | No Fee

Come and meet with other moms who have experienced the joy of breastfeeding and have all your questions answered. This group is facilitated by an International Board Certified Lactation Consultant.

