



The Countdown Begins

Each series offers 8 weeks of classes and covers all the basics for new parents.

We will discuss all you need to know about caring for your newborn, including bathing, holding and carrying, cord care, nursing and feeding, and more.

You'll find out what to expect during your hospital recovery and during your first few weeks home with a new baby.

We will provide essential information about labor and delivery, relaxation and breathing techniques, comfort and support, Caesarean sections, medication and anesthesia. We'll also give you a tour of Charlevoix Area Hospital's Birthing Center.



REGISTER
FOR CLASSES
TODAY



Charlevoix
Area Hospital

Taking good care of you and your baby

BIRTHING CENTER

231.547.4024
www.cah.org

14700 Lake Shore Drive
Charlevoix, Michigan 49720

*For more information or to register
online visit our website at*

www.cah.org/birthingcenter



Countdown



TO
CHILDBIRTH

Tyler Swanson

CHILDBIRTH PREPARATION AND
PARENTHOOD PROGRAM

Breastfeeding 101

Practical info for moms who plan to breastfeed—and those who are still undecided. Dad's are welcome too!

This informative class is taught by a Lactation Consultant who will prepare you for what is ahead and support you throughout your hospital stay and after you go home. We'll answer your questions and help you prepare for nursing, so you can bond with your baby. Fathers are encouraged to attend.

Safety First

Infant CPR, car seats, and more.

A registered nurse will introduce you to life-saving cardiopulmonary resuscitation techniques for babies. In addition, a certified child passenger safety technician from the Charlevoix Sheriff's department will answer your questions. Parents and grandparents are welcome.

Brothers & Sisters-to-Be

Future siblings learn to prepare for the big event.

A fun, action-packed program for expectant parents and their children from age 2-12. Using creative play, art, and video, kids are introduced to life with a new baby. They'll also tour the Birthing Center, view a new baby, and receive a Big Brother-Big Sister hat and diploma.

Moms On The Move

A new mom support group to keep you in the know.

Meet other new moms, socialize, exchange information, and share tips. Monthly guest speakers address a variety of topics of interest to new mothers. Siblings under 3 are welcome to join us too! No charge and no need to pre-register. The mom's group meets twice monthly in the large classroom. Call (231) 547-8575 for details.

Fit For Two

Stay in shape during your pregnancy.

Our prenatal exercise class teaches you simple, safe, non-strenuous exercise techniques designed to stretch and strengthen the abdominal, back, and pelvic muscles that support your growing baby while you keep up your energy and feel great.

Refresher Class

Five classes for experienced parents who want to refresh their skills or who are new to Charlevoix Area Hospital.

Even in-the-know parents can use a little extra help. Join in for Countdown to Childbirth classes, Weeks 4-8, for all the latest info on pregnancy, delivery, and our hospital's Birthing Center.

Class Schedule 2012

You may attend any or all of our classes for a one-time fee of \$35, unless an additional charge is noted.

All classes are held at the Charlevoix Area Hospital unless otherwise noted.

Countdown to Childbirth

Held on consecutive Mondays from 7-9 p.m. Refresher classes are the last five in the series.

Series #1

Jan 9, 16, 23, 30

Feb 6, 13, 20, 27

Refresher class starts Jan. 30

Series #3

May 7, 14, 21, 28,

June 4, 11, 18, 25

Refresher class starts May 28

Series #5

Oct 8, 15, 22, 29

Nov 5, 12, 19, 26

Refresher class starts Oct. 29

Series #2

March 5, 12, 19, 26

April 9, 16, 23, 30

Refresher class starts March 26

Series #4

August 6, 13, 20, 27

Sept 10, 17, 24

Oct 1

Refresher class starts Aug. 27

Breastfeeding 101

March 15

May 10

July 19

Oct 18

Dec 6

Private class considered on an individual basis. Call (231) 547-8669.

Safety First

March 8 May 17 July 12

Oct 11 Dec 13

Breastfeeding 101 and Safety First are included in the cost for the Countdown to Childbirth series.

Brothers & Sisters-To-Be

Classes are held depending on demand. Call if you are interested. There is a small additional fee for this class, but scholarships are available.

Moms On The Move

Group meets twice monthly. Call (231) 547-8669 for details.

Fit For Two

Classes are scheduled according to demand. Please call Candice Wiers to register at (231) 547-8907. There is no charge for this class.

Registration Form

Please complete this form, make a copy for your records and mail to:

Charlevoix Area Hospital BIRTHING CENTER

14700 Lake Shore Drive, Charlevoix, MI 49720

231.547.8575 or register online at www.cah.org

Name _____

Address _____ City _____ Zip _____

Home Phone _____ Work Phone _____

Email Address (optional) _____

Date of Birth _____

Due Date _____

Labor Companion _____

Doctor _____

Is this your first baby? _____

Date of last delivery (if applicable) _____

Please circle the series that best meets your needs.

Countdown To Childbirth: 7-9 p.m.

Series 1 Series 2 Series 3 Series 4 Series 5

Refresher 7-9 p.m.

Series 1 Series 2 Series 3 Series 4 Series 5

Breastfeeding 101: 7-9 p.m.

March 15 May 10 July 19 Oct. 18 Dec. 6

Safety First: 7-9 p.m.

(Infant CPR and Car Seat Safety)

March 8 May 17 July 12 Oct. 11 Dec. 13

○ Brothers & Sisters-To-Be

Classes are held depending on demand. Call if you're interested. There's a small additional charge for this class, but scholarships are available.

○ Moms On The Move

Group held first and third Monday of each month from 9:30 a.m. - 11:30 a.m. No meetings held in July or August.

○ Fit For Two

Classes are scheduled according to demand. All classes are held at Charlevoix Area Hospital. Please call Candice Wiers to register at 231-547-8907. There's no charge for this class.

