Classes and programs for growing families

Congratulations!

The Women’s and Children’s Education Department is honored to share this important time with you. Our goal is to provide the education and support you need to give you confidence about the birth and care of your baby.

Our classes fill quickly so register early and plan to finish 6-8 weeks before your baby’s due date. Payment is required at time of registration. Check with your private insurance carrier regarding full or partial reimbursement of maternity class registration fees.

Register on-line at: mercy.net/stlclasses or call Women’s and Children’s Education at 314-961-2229 for assistance.

Before Your Baby’s Birth

- **Maternity Center Tour** (Free)
  
  Considering giving birth at Mercy? Join us for a one-hour walking tour of our Welcome Center, Labor & Birth Suites and Mother-Baby Units.

- **Early Pregnancy: A Healthy Start** ($20)
  
  Two-hour program to help you stay healthy and enjoy those first few months of pregnancy.

- **Move It Baby! Prenatal Yoga** Six-week series ($36)
  
  Prepare for labor and birth and learn stretching, mental centering and focused breathing to reduce stress, promote relaxation and rejuvenate the mind.

Welcome Baby!

**Labor & Birth Preparation Programs**

Choose one of these classes to prepare for your baby’s Birth Day. A Maternity Center Tour is included in each of these programs. Registration in these programs is for the expectant mom and her birth partner.

- **Labor & Birth Preparation** Three-week Series ($90)
  
  Expectant parents will gain confidence and feel better prepared to welcome their baby into the world by attending this program. Learn about common hospital birth practices, pain management options and spend time each week practicing labor support techniques.

- **Labor & Birth Preparation** Express ($75)
  
  This class is offered for expectant parents with busy schedules. Join us on a Saturday or Sunday for a shortened version of our labor and birth preparation class with less time spent practicing labor support techniques.

- **Labor & Birth Preparation Refresher** ($40)
  
  This class is perfect for expectant couples who have attended prenatal classes in the past and are preparing for the birth of another baby. Updates about labor and birth practices and labor support techniques will be presented.

- **Labor & Birth Preparation Online e-Class** ($50)
  
  Perfect alternative for busy couples and moms on pregnancy bed rest. Registration includes eight-weeks of access to self-learning modules customized for women giving birth at Mercy.

- **Natural Birth Preparation Five-week Series** ($110)
  
  This class is essential for expectant couples who desire a low intervention birth without the use of epidural anesthesia. Women and their birth partners will gain the knowledge, skills and confidence to have a natural birth. Each class includes focused practice time to learn natural pain relief techniques and comfort measures.

- **Hypnobabies® Six-week series** ($325)
  
  The Hypnobabies course helps women create shorter, easier, and more comfortable labors, making childbirth a more joyful experience. Women are fully in tune with their babies during the birthing process, and as aware of everything around them as they’d like to be, easily able to communicate with their support team, and completely in charge of their own birth experience. It is best to begin this training between 20-30 weeks of pregnancy.

- **Cesarean Birth Preparation** ($25)
  
  Expectant couples learn how to prepare and what to expect during a planned cesarean birth and postpartum recovery. A tour of the labor and birth peri-operative unit is included.

Check out this Popular Combination!

- **Labor & Birth, Newborn Care and Breastfeeding Package Six-week Series** ($180)
  
  This program combines our three most popular classes for first-time expectant parents into a convenient six-week series.
Building Confidence: Prenatal Classes to Help You Care for Your Newborn

Unless indicated registration in these programs are for the expectant mom and her birth partner.

- **Breastfeeding Basics: A Successful Start** ($25)
  This two-and-a-half-hour class is packed with valuable information and strategies for a successful start to breastfeeding in the first few days and weeks after the baby’s birth.

- **CPR for Family and Friends** ($25 per person)
  This two-and-a-half-hour American Heart Association program teaches CPR skills and how to relieve an obstructed airway for an infant, child and adult. Register each person separately for this class.

- **Happiest Baby On the Block** ($30)
  Learn proven techniques for calming even the fussiest baby in this two-hour class. Attend before the birth or bring your baby to class within the first three weeks after birth.

- **Hello Baby! Newborn Care Basics** ($65)
  Join us on a Saturday or Sunday for a fun and interactive class to prepare expectant parents for the first few months of caring for their baby.

- **Preparing for Multiple Blessings Three-week Series** ($75)
  Learn about the nuances of multiple pregnancy and giving birth, special considerations when caring for multiples and community resources.

Hey! What about Me? We’ve got classes for all your loved ones!

- **Grandparenting Today** ($15 per person)
  Wow how things have changed! Learn important updates about labor and birth, what’s new in baby care and making the most of your special role as grandparent. This three-hour class includes a tour of the Maternity Center.

- **Preparing your Pet for the New Baby** ($15)
  A local veterinarian provides tips on how to prepare your beloved pet for the arrival of a new baby.

Sibling Preparation Programs

- **Tiny Tot Siblings!** ($10) 2 year olds
  This 45 minute program will help ease your little one into their new role of big brother or sister. Story time, rules for holding a baby and a trip to the Mother-Baby Unit is included. Parents stay with their child during this class.

- **Super Star Siblings!** ($12) 3-6 year olds
  Parents stay with their child during this one-hour class which includes a puppet show, practice time holding a baby doll and a trip to the Mother-Baby Unit.

- **Awesome Older Siblings!** ($12) 7-12 year olds
  Kids talk about their new role and learn basic newborn skills like holding and changing a baby’s diaper. A tour of the Mother-Baby Unit is included in this program.

Programs for New Moms

- **Breastfeeding with Confidence Group** (Free)
  This informal group of nursing mothers with their babies is led by a certified lactation consultant. Meetings are held every Wednesday from 1 to 2 p.m. at Mercy Hospital St. Louis.

- **Mercy Moms Connect** (Free)
  Bring your baby and connect with other new moms while learning current trends in baby care. Meets on the second and fourth Monday of each month from 10 a.m. to 11:30 a.m. at Mercy Hospital St. Louis.

- **Move It Baby! Mom and Baby Yoga Six-week Series** ($36)
  Bring your newborn up to 6 months old and participate in gentle stretching and strengthening exercises to restore the muscles used during pregnancy and birth. Yoga for your baby and infant massage techniques will be included.

- **Dancing For Birth™ Six-week Series** ($36)
  You’ll love our groundbreaking Dancing For Birth™ class - combining feel-good prenatal fitness, cutting-edge birth wisdom, and a celebration of pregnancy and birth, all rolled into one class. Each signature move is designed to guide your baby into the optimal fetal position, and enable you to work with your baby and your body for a birth experience you’ll love. After you give birth, come wear your baby to class for postpartum fitness, mothering wisdom and bonding with your baby.

- **Tummy Time for Baby Four-week Series** ($40)
  Babies need to develop tummy strength to lift their heads, roll over, focus their eyes, sit, crawl, and speak. This program is ideal for babies from birth to 6 months. During this group class for baby and caregiver, pediatric physical therapists will teach you creative ways to engage your baby in tummy time activities that are fun and supportive of motor development. Come and enjoy play time with your baby while connecting with other new parents! Class meets at Mercy Children’s Therapy and Development Center, 641 N. New Ballas Rd. For more information, call 314-872-3345.

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