Family Programs

☐ CPR For Family And Friends
This 2 ½ hour American Heart Association program will teach you how to perform CPR on an infant, child and adult as well as how to relieve an obstructed airway. A participation card is given to each person upon completion. Expectant moms are encouraged to attend this class before their 8th month of pregnancy.
Fee: $30 per person.

☐ The Joy Of Grandparenting
Join a lively discussion for grandparents-to-be and new grandparents about the changes in birthing and infant care practices. The class will include information on long-distance grandparenting, safety issues and the latest nutrition information. A tour of the Maternity Center (including labor and delivery and the mother-baby unit) is included.
Fee: $30 for two people.

Soon-To-Be Sibling Programs

☐ Tyke Hyke
We understand that the arrival of a new baby means changes for the whole family, so we've created a program especially for children under age 3 that will ease them into their new role as big brother or sister. Parents stay with their child during this 45-minute class, which includes story time, practice holding a life-size baby doll, and a tour of the mother-baby unit.
Fee: $15 per child.

☐ Super Sibs
Children ages 3 to 6 will have fun learning about babies through an interactive puppet show featuring "Molly" and her new baby brother, "Sam." Rules on how to hold a baby and a trip to the nursery and mother-baby unit are also included. Children receive a music CD filled with songs to sing to their new baby brother or sister.
Fee: $20 per child.

☐ Older Sibs
This class prepares children ages 7 to 12 for what life will be like with a new baby in the family. Children will have the opportunity to express their feelings, ask questions about their mom's pregnancy and the labor process, and practice diapering a life-size baby doll. A tour of the nursery and the mother-baby unit is included.
Fee: $20 per child.

New Parent Programs

☐ Breastfeeding With Confidence
This informal group of nursing mothers with their babies provides an opportunity to receive expert advice from a lactation consultant on any breastfeeding topic or concern. The group meets every Wednesday from 1-2 p.m. at Mercy Hospital St. Louis.
Fee: No Charge. Registration appreciated but not required.

☐ Life With Baby: New Moms Group
Join other moms with their babies and hear from a variety of health care experts who will address the many concerns of new parents. Share your experience with other new moms and make new friends. The group is facilitated by a registered nurse and meets the second and fourth Monday of each month from 10 a.m. to 11:30 a.m. at Mercy Hospital St. Louis.
Fee: No Charge. Registration appreciated but not required.

For a link to our online class registration site go to: http://mercy.net/stlouismo/service/mother-and-baby-care or call 314-961-BABY (2229).
Check with your private insurance carrier regarding full or partial reimbursement of maternity class registration fees.
Congratulation!  
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. We recommended that first-time parents attend one of our childbirth preparation programs, a newborn care class and breastfeeding basics. These can be taken separately or at a discounted price in a six-week series called Childbirth, Newborn Care and Breastfeeding Package. Maternity tours are included in all of our childbirth preparation programs, the cesarean birth class and are also available for those families choosing where they will give birth to their baby. And of course, we offer classes to prepare every member of the family including soon-to-be siblings, grandparents and even the family pet!  
For a link to our online class registration site go to: http://mercy.net/stlouismo/service/mother-and-baby-care or call 314-961-BABY (2229).  

Expectant Parent Programs  

☐ Childbirth Preparation Programs  
We offer several programs for expectant parents to prepare for the birth of their baby. Our programs are led by registered nurses and Lamaze-certified educators and include a maternity center tour. All childbirth preparation courses cover how to know if you are in labor, natural comfort measures including massage, relaxation, breathing awareness and labor positions. Learn about epidural and other medical interventions, labor induction, cesarean birth, and postpartum recovery. Register early for best selection of dates and times, and plan to complete classes five to six weeks prior to your baby’s due date.  

Childbirth Preparation 4-WEEK SERIES  
Four-week series, three hours each.  
Fee: $100 per couple.  
Childbirth Preparation in A Day  
Seven-hour program on a Saturday or Sunday.  
Fee: $100 per couple.  

☐ Childbirth, Newborn Care And Breastfeeding Basics Package  
This six-week, 18-hour program combines our three most popular classes (childbirth preparation, newborn care and breastfeeding basics) at a reduced rate for first-time expectant parents. A tour of the maternity center is included. Complete this course five to six weeks prior to your due date.  
Fee: $180 per couple.  

☐ Childbirth Preparation Online eClass  
Our new online childbirth class is the perfect alternative for busy parents needing a flexible class schedule or for moms on bed rest.  
Have you given birth before? This online class is a great refresher course! While nothing can replace the personal connection of an on-site childbirth class, you’ll learn the same essential information, including what’s happening to your changing body, how you’ll know when you are really in labor, helpful comfort techniques, advice for partners, an overview of medical procedures, and much more. Your eClass registration includes online access for eight weeks. Consider attending our Labor Support Skills class following completion of this program and schedule a separate maternity center tour several weeks before your due date.  
Fee: $50 per couple.  

☐ Labor Support Skills  
This class is for women who have given birth previously or couples who have attended a childbirth preparation class and would like additional time practicing labor support skills prior to birth.  
Expand your knowledge and increase your confidence level about natural coping techniques for labor and birth in this three-hour program facilitated by a Lamaze-certified doula. You and your labor partner will practice labor positions, massage, breathing awareness, and strategies for coping with back labor. Learn about music therapy, comfort measures and relaxation techniques.  
Fee: $30 per class.  

☐ Newborn Care in A Day  
This fun and interactive class will help you prepare for the first few months of caring for your baby. Practice diapering, bathing and swaddling the life-size baby doll. The benefits of breastfeeding, infant formula preparation and introducing solids will be presented. Learn about circumcision, sleep patterns and baby safety tips.  
A guest pediatrician will discuss what to expect during well-baby visits, the importance of immunizations and common childhood illnesses. This class will boost your confidence while preparing for your baby’s arrival. Take this class five to eight weeks before your due date.  
Fee: $90 per couple.  

☐ Move It Baby! Pregnancy And Postpartum Yoga  
Prepare for labor and delivery and support your body’s recovery after giving birth by attending a pregnancy or postpartum Yoga class.  
Yoga encourages stretching, mental centering and focused breathing to reduce stress, promote relaxation and rejuvenate the mind.  
Fee: $20 Four-week series  

☐ Cesarean Birth Preparation  
This one-time, 2-hour class is for couples who have been scheduled to have a cesarean or repeat cesarean birth. Topics include: understanding reasons for cesarean; things to do before the big day, types of anesthesia, cesarean birth procedure; pain management after birth; and Mom’s physical recovery. A tour of the maternity center is included.  
Fee: $25 per couple.  

☐ Childbirth Preparation For Life With Multiples  
This three-week series focuses on the unique aspects of multiple pregnancies and raising twins or triplets. Topics include: preterm labor, why bed rest is sometimes recommended and how to survive it; feeding schedules for multiples; and what to expect in cesarean birth. Helpful community resources will be shared, including the Mothers of Twins Group. Enjoy a presentation by a perinatologist about maternal and fetal testing during multiple pregnancy. A nurse practitioner from the Neonatal Intensive Care Unit will provide helpful information about what to expect if your babies require a stay in the NICU. Parents who are raising multiples will give their advice on how to survive.  
Fee: $60 per couple.  

☐ Happiest Baby On The Block  
Learn how to calm even the fussiest baby. Babies often have trouble adjusting during the first three months of life. Now you can learn how to quickly calm a crying baby. Our certified instructor is trained in the program developed by Harvey Karp, MD, pediatrician and author of the best-selling book “The Happiest Baby on the Block.” We suggest taking this class any time before or soon after giving birth. Fee includes “The Happiest Baby on the Block” video and “Soothing Sounds” CD.  
Fee: $45 per couple.  

☐ How To Raise A Green Baby  
From pre-conception to the arrival of your little one and beyond, this two-hour class offers tips, products and resources on raising a “green” baby, including nutrition, toys and clothing, and how to make your kitchen, baby’s nursery, bathroom, and garden eco-friendly, safe and healthy places to grow up.  
Fee: No Charge.  

☐ Preparing Your Pet For The New Baby  
A local veterinarian will provide a lively discussion about how your beloved pet may react to the addition of a baby in the household. Topics include: tips for preparation; bringing your newborn home and their introduction; and what to expect when baby starts crawling and interacting with your pet.  
Fee: $70 per couple.