

**INFANT & CHILD CPR +
FIRST AID CLASS** FEE: \$20 per person

Don't miss this opportunity to learn what to do if your baby or child is choking or stops breathing. This life-saving course includes demonstration, hands-on practice, and discussion of CPR, choking rescue and first aid. Parents, grandparents, and anyone caring for your baby or child are highly encouraged to take this class!

Important Note: This class uses the American Heart Association (AHA) resources, but this is NOT a certification class. The AHA uses the following guidelines: Infant is 1 year or less of age, Child is 1 year of age up until puberty. CPR is different for infants versus children.

JAN	16	Thurs. 6-8 pm
FEB	20	Thurs. 6-8 pm
MAR	20	Thurs. 6-8 pm
APRIL	17	Thurs. 6-8 pm
MAY	15	Thurs. 6-8 pm
JUNE	19	Thurs. 6-8 pm
JULY	17	Thurs. 6-8 pm
AUG	21	Thurs. 6-8 pm
SEPT	18	Thurs. 6-8 pm
OCT	16	Thurs. 6-8 pm
NOV	20	Thurs. 6-8 pm
DEC	18	Thurs. 6-8 pm



Childbirth Center

5900 Byron Center Avenue SW | Wyoming, MI 49519
616-252-7184 | UofMHealthWest.org
ExpectantParentClasses@umhwest.org

REGISTRATION

We recommend registering for your classes by 24 weeks of pregnancy. Take your classes by 34 weeks of pregnancy.

NEW! Online Registration: For the ease and convenience of registering and paying for classes all online, visit UofMHealthWest.org/childbirth-services.

Phone Registration: To register by phone, please call 616-252-7226.

All classes are subject to change. Our team will contact you if your class is impacted.

**CLASS PAYMENT &
INSURANCE COVERAGE**

Your classes could be free! If you are taking Childbirth, Breastfeeding, or Newborn Care classes your insurance company may cover the cost. Please check with your insurance provider to see if you have coverage.

They may ask for a diagnostic or procedure code:

- Childbirth Class (S 9442) or (V 221)
- *Virtual Childbirth Classes are not covered by insurance.*
- Breastfeeding Class (S 9443)
- Newborn Care (Parenting) Class (S 9444).

Childbirth, Breastfeeding and Newborn Care classes will be directly billed to your insurance after you have completed the class or class series. You are responsible for any balance not covered by insurance. If you have questions regarding insurance coverage please contact your insurance company directly.

All other classes are self-pay. Payment can be made when registering for class online or by phone, 616-252-7359.

LOCATIONS

All classes will be located at:
**University of Michigan Health-West
Conference Center
2225 S Main St, Wyoming, 49519**

QUESTIONS

For questions or more information:
**Visit UofMHealthWest.org/childbirth-services
Email ExpectantParentClasses@umhwest.org
Call 616-252-7226**



**Childbirth Center
Expectant Parent & Family
EDUCATION**



Congratulations!

Are you or someone in your family expecting a new bundle of joy? University of Michigan Health-West Childbirth Center offers a variety of interactive, hands-on classes and tours to help you prepare.

Check out everything we have to offer online at: UofMHealthWest.org/childbirth-services.

ONLINE EDUCATION

FEE: \$15 per pair/per topic

CHILDBIRTH

Understanding Birth provides essential, evidence-based information and engaging birth stories to help new parents be better prepared for their own birth experience. Access to a web app includes videos, essential tools, checklists, PDFs and much more.

Understanding Mother & Baby Care presents the most current, need-to-know information in a relatable way – including postpartum recovery tips, a bit of breastfeeding basics, a bit of newborn care and when to call healthcare providers.

NEWBORN CARE

Understanding Your Newborn provides comprehensive, evidence-based education about baby care in the first six weeks and beyond. Featuring modern, high-quality footage of newborns and real-life stories from first-time parents, this is a clear and relatable way to learn the latest guidelines from the American Academy of Pediatrics and other trusted organizations.

Topics covered include: newborn traits, newborn behaviors, crying and comforting, feeding, diapering, bathing, nail care, dressing, newborn health, newborn safety and great additional resources.

BREASTFEEDING

Understanding Breastfeeding can help improve your chances for breastfeeding success! This curriculum follows International Lactation Consultant Association (ILCA) recommendations and American Academy of Pediatrics (AAP) guidelines for breastfeeding. 3-D animation and realistic yet tasteful videos help you see and experience the beauty of breastfeeding – it's normal, natural, and healthy!

Topics covered include: how breastfeeding works, getting the best start, latching on, breastfeeding positions, when to feed your baby, getting enough milk, breast care, and the breastfeeding lifestyle.

REGISTRATION: Email ExpectantParentClasses@umhwest.org with your registration request or call 616-252-7226.

TRADITIONAL CHILDBIRTH CLASSES

FEE: \$90 per pair

We can help you feel more confident about having a positive birth experience. Childbirth classes help you build trust in your body's ability to give birth. You'll have the opportunity to discuss any concerns about labor and birth with the instructor and other expectant couples. Your partner will learn how to support you on the big day – and attending together will create a special bond. Our classes offer interactive learning and hands-on practice of techniques.

Learn about what matters most:

- Am I in labor? What will it *really* be like?
- Relaxation and breathing techniques
- Comfort measures and pain relief options
- Empowering partners to provide support
- Cesarean birth basics
- Early postpartum self-care

3-WEEK SERIES

1 class per week (3 hours each)

FEB	4	11	18	Tues. 6-9 pm
MAR	TBD			
APRIL	15	22	29	Tues. 6-9 pm
MAY	6	13	20	Tues. 6-9 pm
JUNE	TBD			
JULY	15	22	29	Tues. 6-9 pm
AUG	12	19	26	Tues. 6-9 pm
OCT	7	14	21	Tues. 6-9 pm
NOV	TBD			
DEC	2	9	16	Tues. 6-9 pm

NEWBORN CARE CLASS: Bringing Baby Home & the First 6 Weeks

FEE: \$35 per pair

Taking your baby home and the first six weeks are exciting. Let us help you prepare! This class will help new parents feel more confident, comfortable and prepared for the first six weeks of baby's life. It's also ideal for parents who are adopting a newborn. You'll enjoy the hands-on stations to practice real life scenarios, as well as great discussion that includes practical tips.

Topics include: newborn appearance, senses and brain development, understanding baby's communication cues, why babies cry and how to comfort them, feeding your baby, diapering, bathing, sleeping, keeping baby healthy and safe, and more!

JAN	9	Thurs. 6-9 pm
FEB	25	Tues. 6-9 pm
MAR	TBD	
APRIL	TBD	
MAY	8	Thurs. 6-9 pm
JUNE	10	Tues. 6-9 pm
JULY	1	Tues. 6-9 pm
AUG	TBD	
SEPT	11	Thurs. 6-9 pm
OCT	18	Sat. 6-9 pm
NOV	13	Thurs. 6-9 pm
DEC	TBD	

CHILDBIRTH CENTER TOURS

We'd love to show you our Childbirth Center!

Expectant parents will have the opportunity to learn more about and tour the University of Michigan Health-West Childbirth Center.

JAN	14	Tues. 5:30-6:30 pm
FEB	27	Thurs. 5:30-6:30 pm
MAR	18	Tues. 5:30-6:30 pm
APRIL	24	Thurs. 5:30-6:30 pm
MAY	19	Mon. 5:30-6:30 pm

JUNE	26	Thurs. 5:30-6:30 pm
JULY	8	Tues. 5:30-6:30 pm
AUG	TBD	
SEPT	TBD	
OCT	TBD	
NOV	TBD	
DEC	TBD	

BREASTFEEDING CLASS

FEE: \$25 per pair

If you're curious about breastfeeding or worried about how it will go, this class is a great place to start! This class is taught by a nurse who has helped with breastfeeding for many years, both in the hospitals and out in the community. She will help you see and experience the beauty of breastfeeding – it's normal, natural and healthy! This class will cover the emotional and physical benefits of breastfeeding, mother and baby nutrition, practical "how-tos," nursing as a working mother, and so much more. This class is for you and your support person – partners are encouraged to attend!

If you own a breast pump, please bring it to this class.

**This class is directly billed to your insurance. Your insurance will not be billed until after you have completed this class. You are responsible for any balance not covered by insurance.*

If you have questions regarding insurance coverage, please contact your insurance company directly. They may ask for a diagnostic or procedure code: Breastfeeding Class (S9443).

JAN	TBD	
FEB	TBD	
MAR	TBD	
APRIL	TBD	
MAY	TBD	
JUNE	TBD	
JULY	TBD	
AUG	TBD	
SEPT	TBD	
OCT	TBD	
NOV	TBD	
DEC	TBD	

BREASTFEEDING SUPPORT GROUP:

Takes place every Thursday in the Mike and Beverly Fass Classroom on the 2nd floor.
THURSDAYS, 1-2:30 pm

CAR SEAT SAFETY CLASS

FEE: \$30 per pair

Parents will gain hands-on training and confidence with their baby's car seat. This class is facilitated by Certified Child Passenger Safety Technicians. The class provides information on:

- Properly securing baby in the car seat
- Correct installation in your car
- Safety features of your car seat and your vehicle
- Common car seat errors and solutions
- Allowed add-on products
- Much more!

What to bring to class:

- Car seat and base (if applicable)
- Car seat manual
- Doll/stuffed animal

JAN	22	Wed. 6-8 pm
FEB	19	Wed. 6-8 pm
MAR	26	Wed. 6-8 pm
APRIL	23	Wed. 6-8 pm
MAY	21	Wed. 6-8 pm
JUNE	25	Wed. 6-8 pm
JULY	23	Wed. 6-8 pm
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OCT	22	Wed. 6-8 pm
NOV	26	Wed. 6-8 pm
DEC	17	Wed. 6-8 pm

Watch for New Classes in 2025!

Visit UofMHealthWest.org/Childbirth-Services for announcements on new classes and offerings.