

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	11	Tues. 7-9pm
JAN	20	Thurs. 7-9pm
FEB	8	Tues. 7-9pm
FEB	25	Thurs. 7-9pm
MAR	17	Thurs. 7-9pm
MAR	28	Mon. 7-9pm
APRIL	21	Thurs. 7-9pm
MAY	18	Wed. 7-9pm
JUNE	23	Thurs. 7-9pm

Watch For New Classes In 2022!

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



Childbirth Center

5900 Byron Center Avenue SW | Wyoming, MI 49519
616.252.MOMS (6667) | 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-MOMS (6667).

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.MOMS (6667)



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

We offer online, independent learning at your own pace.

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)

JAN/FEB	1/31	2/7	2/14	Mon. 6-9pm
APR	4	11	18	Mon. 6-9pm
MAY	3	10	17	Mon. 6-9pm
JUNE	6	13	20	Mon. 6-9pm
JULY	11	18	24	Mon. 6-9pm
AUG	15	22	29	Mon. 6-9pm
SEPT	13	20	27	Mon. 6-9pm
OCT	10	17	24	Mon. 6-9pm
NOV	7	14	21	Mon. 6-9pm
DEC	5	12	19	Mon. 6-9pm

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	15	Sat. Noon-3pm
JAN	24	Mon. 6-9pm
FEB	12	Sat. Noon-3pm
FEB	28	Mon. 6-9pm
MAR	12	Sat. Noon-3pm
MAR	21	Mon. 6-9pm
APR	16	Sat. Noon-3pm
APR	25	Mon. 6-9pm
MAY	14	Sat. Noon-3pm
JUNE	11	Sat. Noon-3pm

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 an International Board Certified Lactation Consultant (IBCLC) who has helped with breastfeeding in West Michigan for many years, both in the hospitals and out in the community. They 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," and nursing as a working mother. This class is for you and your support person – fathers or partners are encouraged to attend!

JAN	27	Thurs. 6pm-9pm
FEB	26	Sat. 9:30am-12:30pm
MAR	24	Thurs. 6pm-9pm
APR	9	Sat. 9:30am-12:30pm
MAY	19	Thurs. 6pm-9pm
JUNE	18	Sat. 9:30am-12:30pm
JULY	14	Thurs. 6pm-9pm
AUG	6	Sat. 9:30am-12:30pm
SEPT	15	Thurs. 6pm-9pm
OCT	22	Sat. 9:30am-12:30pm
NOV	17	Thurs. 6pm-9pm
DEC	3	Sat. 9:30am-12:30pm

CAR SEAT SAFETY CLASS

FEE: \$30 per pair

Parents will gain hands-on training and confidence with their baby's car seat. This free 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	12	Wed. 6pm-8pm
FEB	9	Wed. 6pm-8pm
MAR	9	Wed. 6pm-8pm
APR	20	Wed. 6pm-8pm
MAY	11	Wed. 6pm-8pm
JUNE	8	Wed. 6pm-8pm
JULY	13	Wed. 6pm-8pm
AUG	10	Wed. 6pm-8pm
SEPT	14	Wed. 6pm-8pm
OCT	12	Wed. 6pm-8pm
NOV	9	Wed. 6pm-8pm
DEC	14	Wed. 6pm-8pm

TOURS

We'd love to show you our Childbirth Center! Free, scheduled tours are available for you and one other guest over age 10. For best selection of dates and times, register by 30 weeks of pregnancy. Registration is required.

For tour dates and registration visit

UofMHealthWest.org/events.

Click on "Childbirth Center Tour" on your preferred date.