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 and register at: UofMHealthWest.org/childbirth-services.

We offer online, independent learning at your own pace. Classes are available in English and Spanish.

CHILD BIRTH
Your Guide to Labor and Birth
This class 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. The class will also present the most current, need-to-know information in a relatable way— including postpartum recovery tips, a bit of newborn care and when to call healthcare providers.

LOCATION
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

NEWBORN CARE
Your Guide to Baby’s First Year
This class 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.

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On-LINE EDUCATION
FEE: $15 per pair/ per topic

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BREASTFEEDING
Your Guide to Breastfeeding
This class 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.
TRADITIONAL CHILDBIRTH CLASSES

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

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

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, baby’s life. It’s also ideal for parents who are adopting a newborn. Learn about newborn appearance, senses and brain development; understanding baby’s communication cues, why babies cry and how to comfort them, feeding your baby, development, understanding baby’s communication cues, and much more. This class is for you and your support person – partners are encouraged to attend!

Topics include: newborn appearance, senses and brain as well as great discussion that includes practical tips.

You’ll enjoy the hands-on stations to practice real life scenarios, baby’s life. It’s also ideal for parents who are adopting a newborn.

Car seat safety class.

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 manual
- Car seat and base (if applicable)
- Correct installation in your car
- Properly securing baby in the car seat
- Doll/stuffed animal
- Safety features of your car seat and your vehicle
- Common car seat errors and solutions
- Allowed add-on products

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 partner – 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).

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.

Watch For New Classes In 2024!

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