

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



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. Please note that payment cannot be taken over the phone.

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.

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



UNIVERSITY OF MICHIGAN HEALTH-WEST

MICHIGAN MEDICINE

Childbirth Center

Expectant Parent & Family EDUCATION



2024

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**.

ONLINE EDUCATION

FEE: \$15 per pair/ per topic

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

CHILDBIRTH

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 breastfeeding basics, a bit of newborn care and when to call healthcare providers.

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.

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.

REGISTRATION: Please visit UofMHealthWest.org/childbirth-services

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	5	12	19	Mon. 6-9pm
MAR	4	11	18	Mon. 6-9pm
APRIL	16	23	30	. 6-9pm
MAY	14	21	28	Tues. 6-9pm
JUNE	4	11	18	Tues. 6-9pm
JULY	8	15	22	Mon. 6-9pm
AUG	TBD			
OCT	TBD			
NOV	5	12	19	Tues. 6-9pm
DEC	TBD			

EXPRESS SERIES

1 weekend | Friday: 3 hours | Saturday: 6 hours

JAN	5	Fri. 6-9pm	6	Sat. 9am-3pm
SEPT	20	Fri. 6-9pm	21	Sat. 9am-3pm

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	16	Tues. 6-9pm
FEB	6	Mon. 6-9pm
MAR	12	Tues. 6-9pm
APRIL	8	Mon. 6-9pm
MAY	13	Mon. 6-9pm
JUNE	3	Mon. 6-9pm
JULY	TBD	
AUG	12	Mon. 6-9pm
SEPT	TBD	
OCT	7	Mon. 6-9pm
NOV	TBD	
DEC	16	Mon. 6-9pm

Watch For New Classes In 2024!

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

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	13	Sat. 9:30am-12:30pm
FEB	8	Thurs. 6pm-9pm
MAR	9	Sat. 9:30am-12:30pm
APRIL	11	Thurs. 6pm-9pm
MAY	4	Sat. 9:30am-12:30pm
JUNE	6	Thurs. 6pm-9pm
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, 1-2:30PM

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

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	8	Mon. 6pm-7pm
FEB	26	Mon. 6pm-7pm
MAR	5	Tues. 6pm-7pm
APR	8	Mon. 6pm-7pm
MAY	7	Tues. 6pm-7pm
JUNE	3	Tues. 6pm-7pm