

Prenatal Education Programs

HSHS St. Elizabeth's Hospital Women and Infants Center offers a wide range of services for mothers and infants, including birth in a modern labor and delivery suite in our beautiful, state-of-the-art hospital, postpartum care with 24-hour rooming-in option available, and much, much more.

We additionally offer optional Midwife coverage with Heartland Women's

Healthcare. We also have a partnership with SSM Health Cardinal Glennon pediatricians who provide coverage 24/7. These



pediatricians care for babies admitted to our Well or Intermediate Care Nurseries. The Intermediate Care Nursery is also staffed with specially trained nurses to care for babies born with special health care needs.

To learn more about your pregnancy and the services available, we invite you to participate in the Prenatal Education Programs at St. Elizabeth's Hospital. In person classes are offered to meet your needs while taking all appropriate safety precautions. All classes are taught by the Women and Infants Center staff.



St. Elizabeth's is certified as a Bronze Safe Sleep Hospital and is committed to educating parents and caregivers on infant safe sleep.



HSHS
St. Elizabeth's
Women & Infants
Center

1 St. Elizabeth's Boulevard,
O'Fallon, Illinois 62269
618-234-2120, ext. 31260
steliz.org



2022 Prenatal Education Programs

Prepared Childbirth Classes

Breastfeeding: Fundamentals
and Practical Problem Solving



HSHS
St. Elizabeth's
Women & Infants Center

Prenatal Education Classes

As class size is limited, we recommend registering for classes early. Those who deliver at St. Elizabeth's Hospital will be given priority.

Prepared Childbirth Classes

Recommended time to attend is after 28 weeks.

These classes teach relaxation techniques, controlled breathing, physical and emotional changes that occur during labor and birth. Pain control options including unmedicated, medicated and epidural will be discussed. Class discussions of inductions and Cesarean sections are also included. Both mother and her support person learn how to take an active part in the birth process. The class will also cover Infant Care and Safe Sleep.

Fee: \$20

Evening Childbirth Classes

Series #1	Tuesdays	January 4 and 11
Series #2	Tuesdays	March 8 and 15
Series #3	Tuesdays	May 10 and 17
Series #4	Tuesdays	July 19 and 26
Series #5	Tuesdays	September 13 and 20
Series #6	Tuesdays	November 8 and 15

Time: 5:30 to 8:30 p.m.

Saturday Childbirth Classes

January 8	May 14	September 17
February 12	June 11	October 1
March 5	July 16	November 5
April 2	August 6	December 3

Time: 9 a.m. to 5 p.m.



Breastfeeding: Fundamentals and Practical Problem Solving

The Breastfeeding class provides information on preparation for feeding, feeding techniques, and common concerns. Additional topics include information on which type of breast pump will best meet your needs, discussion on returning to work and other everyday issues. The class is open to expectant and new mothers. Support persons are welcome. Class is taught by an RN certified lactation counselor. Recommended time to attend is after 28 weeks.

Fee: \$10

Thursday Evening Classes

January 6	April 14	July 7	October 6
February 17	May 12	August 11	November 10
March 10	June 9	September 15	December 8

Time: 5:30 to 8:30 p.m.



Informational Tours

Tours are not available at this time but will resume when safe to do so.

CLASS REGISTRATION

To register visit
hshs.org/StElizabets/events
and select a class or email
childbirtheduc@hshs.org

Please include the following information in your email:

- Name
- Date of birth
- Due date
- Doctor/OB-GYN group name
- Phone number
- Mailing address
- Email address
- Support person's name

After we receive your registration, a member of our Women and Infant Center staff will contact you to confirm your registration and give you additional class details.

Payment can be made at the first class by cash only.

We reserve the right to cancel any class due to lack of enrollment. Classes with enrollment of three or less will be cancelled with the option of enrolling in a later class.

All classes will take place at:

HSHS St. Elizabeth's Hospital
1 St. Elizabeth's Blvd.
O'Fallon, IL 62269

Additional directions will be given upon registration.