

# 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](http://steliz.org)



## 2023 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. A tour of the women and infants center is included at the end of the class.

Fee: \$20

## Evening Childbirth Classes

Series #1	Tuesdays	January 10 and 17
Series #2	Tuesdays	March 7 and 14
Series #3	Tuesdays	May 9 and 16
Series #4	Tuesdays	July 11 and 18
Series #5	Tuesdays	September 5 and 12
Series #6	Tuesdays	November 7 and 14

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

## Saturday Childbirth Classes

January 7	May 6	September 9
February 11	June 3	October 14
March 4	July 15	November 4
April 15	August 19	December 2

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 12	April 13	July 13	October 12
February 2	May 4	August 17	November 2
March 2	June 8	September 7	December 7

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



## INFORMATIONAL TOURS AND REGISTRATION

Free tours are offered on the first and third Wednesday of the month from 5 - 6 p.m.

### TOUR DATES

January 4 and 18	July 5 and 19
February 1 and 15	August 2 and 16
March 1 and 15	September 6 and 20
April 5 and 19	October 4 and 18
May 3 and 17	November 1 and 15
June 7 and 21	December 6 and 20

Please meet for your tour in 3rd floor waiting room.



to register for a class or tour, scan the code or go to [www.steliz.org/wic-tours](http://www.steliz.org/wic-tours)

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

Payment can be made at the first class, 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:  
**HSBS St. Elizabeth's Hospital**  
 1 St. Elizabeth's Blvd.  
 O'Fallon, IL 62269