

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 brand new, state-of-the-art hospital, a nitrous oxide pain management program, 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. A variety of classes are offered to meet individual needs. You are encouraged to register for as many classes as you desire. 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



2020 Prenatal Education Programs

- Prepared Childbirth Classes
- Sibling Preparation Class
- Breastfeeding: Fundamentals and Practical Problem Solving



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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

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 hospital tour is included in both the Saturday class and the evening series. Recommended time to attend is after 28 weeks.

Fee: \$20

Evening Childbirth Classes

Series #1	Tuesdays	January 7, 14, 21
Series #2	Tuesdays	March 3, 10, 17
Series #3	Tuesdays	May 12, 19, 26
Series #4	Tuesdays	July 14, 21, 28
Series #5	Tuesdays	October 13, 20, 27
Series #6	Tuesdays	November 3, 10, 17

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

Saturday Childbirth Classes

January 4	May 2	September 12
February 1	June 6	October 10
March 7	July 11	November 7
April 4	August 1	December 5

Time: 9:00 a.m. to 5:00 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 9	April 16	July 16	October 1
February 6	May 7	August 6	November 12
March 12	June 11	September 3	December 10

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

Sunday Classes

January 5, March 8, May 3, July 12, September 13, and November 8

Time: 2:00 to 5:00 p.m.

Sibling Preparation Class

Children 3 to 10 years of age, who are anticipating the arrival of a sibling, are invited to attend the Sibling Preparation Class. It offers them the opportunity to develop positive feelings about a new sibling and to become familiar with the hospital setting. Parents are expected to attend the class with their children. Recommended time to attend is after 32 weeks.

Fee: \$5 per family

January 27	May 18	September 28
March 23	July 27	November 16

Time: 6:30 to 7:30 p.m.

Informational Tours

Tours of the Women and Infants Center are offered at various dates and times. You may schedule a tour anytime during your pregnancy by calling 618-234-2120, ext. 31260.

CLASS REGISTRATION

To register, 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
- 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 or check.

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.