Maternity and Family Education Programs

When it comes to having a baby, you can count on Cleveland Regional Medical Center for complete support. We offer a wide variety of classes and seminars to help you through your pregnancy and the first few months after your baby’s birth. We recommend registering for classes early to insure you get the class of your choice. You can take classes in any order. Please try to schedule your classes so that you will complete them within the 36th - 37th week of pregnancy.

We encourage all first time parents to take as many of the classes as possible that are appropriate.

Pre-registration for all classes and programs is required. Please call 980-487-3983 and when prompted, clearly pronounce your name, and contact information, along with the name and date of the program you wish to attend or email: crmcmaternityandfamilyeducation@carolinashealthcare.org.

Any class fees may be paid via credit card (VISA, MasterCard, American Express or Discover) at time of registration or up until time of initial class by cash, check or credit card. Please have correct change when paying cash. Thank you.

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OB Tours

Location: CRMC Women’s Life Center Conference Room
Cost: Free
Pre-registration is required. Please call 980-487-3983 or email: crmcmaternityandfamilyeducation@carolinashealthcare.org.

This class provides information related to pregnancy, hospital admission and stay, allowing time for questions. A tour of CRMC’s Women’s Life Center allows you to become familiar with staff member faces as well as the physical environment, helping you to feel more comfortable when it is time for your childbirth experience.

Sunday, January 5 ...................... 2 - 4 p.m.
Sunday, March 2 ...................... 2 - 4 p.m.
Monday, May 19 ...................... 7 - 9 p.m.
Wednesday, July 9 .................... 7 - 9 p.m.
Tuesday, September 16 ............. 2 - 4 p.m.
Sunday, November 16 ................ 2 - 4 p.m.
**Bootcamp for Expectant Dads**

Location: CRMC Women’s Life Center Conference Room  
Cost: $10  
Pre-registration is required. Please call 980-487-3983 or email: crmcmaternityandfamilyeducation@carolinashealthcare.org.

This class, “Bootcamp for Expectant Dads”, allows man to man discussion with the opportunity to hear experiences and gain insight from recently new fathers and get helpful hints from facilitators. “Veteran” Dads bring their little ones, providing an opportunity to see and hold infants and allows participants to observe dads’ interactions with their babies.

- **Wednesday, January 15**: 6 – 8 p.m.  
- **Wednesday, April 16**: 6 – 8 p.m.  
- **Wednesday, July 16**: 6 – 8 p.m.  
- **Wednesday, October 15**: 6 – 8 p.m.

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**Kangaroo Kapers**

Location: CRMC Women’s Life Center Conference Room  
Cost: Free  
Pre-registration is required. Please call 980-487-3983 or email: crmcmaternityandfamilyeducation@carolinashealthcare.org.

This class provides children expecting a brother or sister with a positive introduction to the hospital and to what life will be like with a new baby.

- **Monday, January 13**: 6 – 7 p.m.  
- **Monday, March 10**: 6 – 7 p.m.  
- **Monday, May 12**: 6 – 7 p.m.  
- **Monday, July 14**: 6 – 7 p.m.  
- **Monday, September 15**: 6 – 7 p.m.  
- **Monday, November 3**: 6 – 7 p.m.
Expectant Grandparents

Location: CRMC Women’s Life Center Conference Room
Cost: Free
Pre-registration is required. Please call 980-487-3983 or email: crmcmaternityandfamilyeducation@carolinashealthcare.org.

This class provides updated information for grandparents-to-be and to see what’s new in baby care since your children were small. You’ll receive information on how to help and support the first few weeks after your grandchild is born. There will be a tour of the unit and we’ll discuss changes in maternity care over the past several years.

Tuesday, January 28 ..................... 6 – 8 p.m.
Wednesday, April 2  . . . . . . . . . . . . . . . . . . . . . 6 – 8 p.m.
Tuesday, July 15  . . . . . . . . . . . . . . . . . . . . . . 6 – 8 p.m.
Wednesday, October 8  . . . . . . . . . . . . . . . . . . . . . 6 – 8 p.m.

Infant Child CPR

Location: CRMC Women’s Life Center Conference Room
Cost: $10 per person or $15 per couple
Pre-registration is required. Please call 980-487-3983 or email: crmcmaternityandfamilyeducation@carolinashealthcare.org.

This class teaches the basics of resuscitation for infants and children up to 8 years of age. (This class does not provide official CPR certification.)

Monday, March 3  . . . . . . . . . . . . . . . . . . . . . . 6 – 8 p.m.
Monday, June 2  . . . . . . . . . . . . . . . . . . . . . . 6 – 8 p.m.
Monday, August 25  . . . . . . . . . . . . . . . . . . . . . 6 – 8 p.m.
Monday, December 1  . . . . . . . . . . . . . . . . . . . . . 6 – 8 p.m.
Breastfeeding Basics

Pre-registration is required.
Cost - CRMC $25 for participant.  No charge for support person attending.

The American Academy of Pediatrics recommends breastfeeding when possible because studies have shown that breastfeeding has a positive impact on an infant’s general health, growth and development. Breastfeeding may also enhance cognitive development and significantly decrease risk for many acute and chronic diseases later in life. There are also benefits for mom, family and society related to breastfeeding. This class will share with expectant moms (and their support persons) the basics of breastfeeding.

CRMC Breastfeeding Basics Class - Please call 980-487-3983 or email: crmcmaternityandfamilyeducation@carolinashealthcare.org to register.
Cost - $25 for participant and support person(s).
Class dates are as follows:

5:15 - 8:00 p.m.
Wed., Jan. 8
Wed., Mar. 5
Wed., May 21
Thur., Jul. 17
Wed., Sep. 17
Thur., Nov. 13

Prepared Childbirth Classes

Pre-registration is required.
Cost - CRMC - $65 for participant.  No charge for support person attending.

Prepared Childbirth Class provides expectant mothers and support persons with information about the last months of pregnancy, the birth process and labor-coping skills, along with information about the maternity hospital stay, early postpartum period and newborn care. All class series include a tour of the CRMC maternity unit.

Evening classes are one night each week for 5 weeks from 6:30 – 8:30 p.m. or choose one Saturday from at 8 a.m. until 5 p.m.

CRMC Prepared Childbirth - please call 980-487-3983 or email: crmcmaternityandfamilyeducation@carolinashealthcare.org to register. Classes are held at CRMC Women’s Life Center Conference Room.  Cost $65 - participant and support person(s)

Tuesdays
6:30 – 8:30 p.m.
Jan. 7 - Feb. 11
Mar. 4 - Apr. 1
May 6 - Jun. 3
Jul. 8 - Aug. 5
Sep. 9 - Oct. 7
Nov. 18 - Dec. 9

Cleveland Regional Medical Center
Women’s Life Center
Car Seat Safety Class

Location: CRMC Women’s Life Center Conference Room
Cost: Free
Pre-registration is required. Please call 980-487-3983 or email: crmcmaternityandfamilyeducation@carolinashealthcare.org.

Anyone who will be placing a baby in a vehicle is encouraged to attend this class.

Saturday, January 18 ........... 8 – 10 a.m.
Sunday, April 27 ................. 2 – 4 p.m.
Sunday, July 20 .................. 2 – 4 p.m.
Saturday, September 27 ......... 8 – 10 a.m.

Breastfeeding Support Group &
Mom to Mom Support Group

Location: CRMC’s Women’s Life Center Conference Room Cost: Free
Pre-registration is required. Please call 980-487-3983.

These support groups are open to all breastfeeding mothers and nursing babies as well as expectant moms who are interested in breastfeeding. Mom to Mom is open to all new mothers. These support groups are both offered on the first Wednesday morning of each month. Please note: Breastfeeding Support Group does not take the place of prenatal breastfeeding class.

Mom to Mom Support Group meets from 10 - 11 a.m.
Breastfeeding Support Group meets from 11 a.m. - noon.
Educational offerings are often presented. Please call for monthly topic.

Wednesday, January 8 .............................................. 10 a.m. - noon
Wednesday, February 5 ............................................ 10 a.m. - noon
Wednesday, March 5 .............................................. 10 a.m. - noon
Wednesday, April 2 ............................................... 10 a.m. - noon
Wednesday, May 7 ............................................... 10 a.m. - noon
Wednesday, June 4 ............................................... 10 a.m. - noon
Wednesday, August 6 ............................................ 10 a.m. - noon
Wednesday, September 3 .................................... 10 a.m. - noon
Wednesday, October 1 ......................................... 10 a.m. - noon
Wednesday, November 5 .................................... 10 a.m. - noon
Wednesday, December 3 ...................................... 10 a.m. - noon
Accessing the Epidural Video

1. Go to www.clevelandregional.com
2. Click on Women’s & Children’s on the left.
3. Note: All videos are on YouTube – however, in some cases, it may require a media player to view.
4. You may choose English or Spanish
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<thead>
<tr>
<th>Class</th>
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<td>OB Tour (Free)</td>
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<td>Kangaroo Kapers Sibling Class (Free)</td>
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<td>Expectant Dads Class ($10.00)</td>
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<td>Expectant Grandparents (Free)</td>
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<td>Infant/Child CPR ($10.00/person or $15.00/couple)</td>
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Cleveland Regional Medical Center Women’s Life Center offers a variety of educational programs to help moms, dads, grandparents and siblings prepare for the birth of a baby. Registration is required for all classes; early registration is recommended to obtain your preferred dates and times. To register call 980-487-3983.

Registration for Prepared Childbirth Classes & Breastfeeding Basics can be done through CRMC Maternity and Family Education by calling 980-487-3983 or by emailing crmcmaternityandfamilyeducation@carolinashealthcare.org. If you are a patient of Cleveland County Health Department register by calling 704-484-5155 (Breastfeeding class) or 704-484-5259 (Childbirth Class Series).