

Education

Together. Confident. Prepared.

Please register for childbirth education classes by the fourth month of your pregnancy. Plan to complete your prenatal classes by the 36th week of pregnancy. Need more information? Please contact us at 765.236.8334. To register for classes, please call 765.456.5000.

Step I (Early Pregnancy)	Step II (2nd or 3rd Trimester)	Step III (3rd Trimester)	Next Steps (Early Parenting)
Monogram Maternity Register for the free e-newsletter at MonogramMaternity.com	Breastfeeding Basics No Fee	Monogram Maternity 32 to 36 Week Visit MonogramMaternity.com 765.236.8334	Breastfeeding Support Groups Kokomo: Wednesdays 10 a.m. Carmel: Mondays 10:30 a.m. Fishers: Saturdays 10 a.m. Indpls: Fridays 10:30 a.m. No Fee
		Childbirth Preparation Options	
		Childbirth Preparation eLearning \$45.00/couple Register online at stvincent.org/classregistration	
		Done in a Day No Fee (Childbirth Prep + Breastfeeding + Newborn Care)	CPR for Family & Friends \$5.00/person
	Sibling Preparation No Fee Age 3 and older	Childbirth Preparation No Fee (3 to 4 sessions)	
		Childbirth Preparation Refresher No Fee	

Childbirth Comparison at a Glance

Class Name	# of Sessions	Length	Price	Week-end	Week-night	Brief Description
eLearning	N/A	Total program is 4 to 5 hours Work at your leisure Register online at stvincent.org/classregistration	\$45.00		•	For the independent learner from home or for those with time constraints or on bedrest. This is a web-based program that includes animated illustrations, videos and interactive learning. The program provides information on the last trimester of pregnancy, labor and birth, medication options and cesarean birth. You will receive an online code valid for 90 days.
Childbirth Preparation	3 to 4	2 ½ hours each	No Fee	•	•	Overview of birth and your hospital stay. Includes research-based information for mom and her care partner. Sessions cover: <ul style="list-style-type: none"> • Preparation for Labor • Labor • Hospital Management • Infant Feeding Basics for Mom/Bootcamp for Dad
Done in a Day	1	7½ hours with a lunch break	No Fee	•		A fast-paced program designed for the expectant mom and care partner who want all of the basics of labor, birth, breastfeeding and newborn care. Topics include: <ul style="list-style-type: none"> • Breastfeeding • Newborn Care • An overview of labor, birth and inpatient care • Discussion of labor comfort strategies (such as breathing, relaxation and positioning)
Breastfeeding Basics	1	2 ½ hours	No Fee	•	•	This one-session class focuses on techniques for initiating nursing during the early weeks with your newborn and maintaining a successful breastfeeding experience. Discussion includes: <ul style="list-style-type: none"> • Benefits for both mom and baby • Latching • Positioning • Returning to the workplace Information on breast pumps and other available lactation services is included. Support persons are strongly encouraged to attend.