

Education

Together. Confident. Prepared.

Please register for childbirth education classes by the fourth month of pregnancy. Plan to complete your prenatal classes by the 36th week of pregnancy. Need more information? Please contact us at 317.338.2229. To register for classes, visit stvincent.org/classregistration or call 317.338.2229.

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	Monogram Maternity 32 to 36 Week Visit monogrammaternity.com 317.338.2229	Breastfeeding Support Groups Carmel: Mondays 10:30 a.m. Fishers: Saturdays 10 a.m. Indpls: Fridays 10:30 a.m.
Monogram Maternity Beautiful Beginnings: Your Pregnancy Primer A mix, mingle & mock-tail event Monthly	Newborn Care	Childbirth Preparation Options:	
Maternity Preview Tour Visit us at monogrammaternity.com for schedule details.	Boot Camp for New Dads	Childbirth Preparation: eLearning	Infant Massage
	Expecting Multiples	Done in a Day (Childbirth Prep + Breastfeeding + Newborn Care)	CPR for Family & Friends
	Sibling Preparation: Ages 3-4	Childbirth Preparation (1 session)	
	Sibling Preparation: Ages 5-8	Done in 2 Evenings (Childbirth Prep + Breastfeeding + Newborn Care)	Safe Sitter
	GRANDparenting	Childbirth Preparation: Lamaze (4 sessions)	
		Childbirth Preparation: Refresher See eLearning /Labor Support	Baby Boot Camp Stroller fitness classes for parents and babies (ages 6 wks to 4 yrs old) St. Vincent Fishers. Every Monday & Wednesday at 9:30 a.m.
		Labor Support (1 session)	

Childbirth Comparison at a Glance

Class Name	# sessions	Length	Weekend	Weeknight	Brief Description
eLearning	N/A	Total Program 4-5 hours. Work at your leisure.	•	•	For the independent learner from home or for those with time constraints or on bedrest. This is a web-based program including animated illustrations, videos and interactive learning. Offers 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	1	3 hours	•	•	Overview of birth and your hospital stay. Includes research-based information for mom and her care partner. You will also receive our online eLearning tool to enhance everything learned in class (code good for 90 days). Topics include: <ul style="list-style-type: none"> • What is labor and when should I come to the hospital? • What happens when I get to the hospital? • Explore comfort and labor intervention options through learning stations.
Done in a Day	1	7½ hours with a lunch break	•		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. You will also receive our online eLearning tool to enhance everything learned in class (code good for 90 days).
Done in 2 Evenings	2	3 hours		•	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)
Childbirth Preparation: Lamaze	4	2½ hours		•	Discover strategies that will help facilitate the birth of your baby. Interactive learning experience, taught by a Lamaze Certified childbirth educator. Prepares both mom and care partner for the challenges of labor and birth. Topics include: <ul style="list-style-type: none"> • Healthy birth practices • Labor support techniques • Breathing and relaxation techniques • Medications and possible medical interventions
Labor Support	1	2 hours		•	Practice labor techniques in an actual Labor Room. <ul style="list-style-type: none"> • Hands-on activities • Small class size (4-5 couples), personal attention • Previous Childbirth Class strongly encouraged • A great "Refresher" for experienced parents
Newborn Care	1	3 hours	•	•	You will learn normal newborn characteristics and activity, adjustments to parenthood, baby-proofing your home, safety issues and baby care basics (bathing, diapering and feeding) through demonstration and practice. Adoptive parents and grandparents are welcome!
Breastfeeding Basics	1	2½ hours	•	•	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.
Expecting Multiples	1	4 hours		•	This program is designed to help meet the unique needs of the family expecting more than one baby. Information regarding the importance of nutrition, labor and delivery basics, cesarean birth, and coping strategies for the first few weeks at home will be shared.