

## SUPPORT PROGRAMS

### Postpartum Support

Support is available for mothers who may feel overwhelmed, uncertain and frustrated during or after pregnancy. There is no reason to suffer silently. For assistance with medication or counseling, call our Behavioral Health CHOICES outpatient clinic at (815) 434-4382.

### Dietary Education

For questions about nutrition during pregnancy or after delivery, you may contact an OSF HealthCare Saint Elizabeth Medical Center dietitian at (815) 431-5290.

### Lactation Support

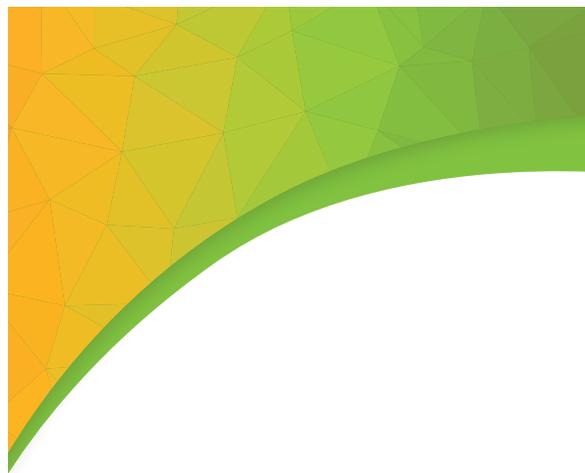
Please contact Brandi, certified lactation specialist, at (815) 431-5285.

### Breastfeeding Support Group

Join the Mothers of Beautiful Babies group the first Tuesday of each month from 6 – 7 p.m. in Meeting Room 2/3 and the last Tuesday of the each month from 10 a.m. – noon in Meeting Room 4 of OSF HealthCare Saint Elizabeth Medical Center for open discussions about breastfeeding and motherhood with other mothers and Brandi, our certified lactation specialist. For more information, please call (815) 431-5285.

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[osfsaintelizabeth.org](http://osfsaintelizabeth.org)



## FAMILY BIRTH CENTER

2019 Class Offerings and Schedule



**OSF**<sup>®</sup>  
HEALTHCARE

# 2019 CLASS SCHEDULE

Family Birth Center education programs are offered to couples delivering at OSF HealthCare Saint Elizabeth Medical Center at no charge. Registration is required for each class.

*For further information or to register, call (815) 431-5285.*

## CHILDBIRTH PREPARATION CLASSES FOR NEW AND EXPERIENCED PARENTS

Recommended for couples in their last three months of pregnancy. This is a series of five classes designed to help reduce the fear, tension and pain associated with the birth process through intellectual, physical and psychological preparation. Classes meet every other month from 7 – 9 p.m. in Meeting Room 1.

### Childbirth Preparation

Learn about the physical and emotional changes you can expect during pregnancy, labor and delivery. Labor support techniques, including relaxation and breathing exercises, as well as options for reducing pain, will be discussed. Includes a tour of the facility.

January 2, 8, 15

March 5, 12, 19

May 7, 14, 21

July 2, 9, 16

September 3, 10, 17

November 5, 12, 19

### Breastfeeding and Infant Nutrition

This session focuses on breastfeeding basics, infant nutrition, and how to be successful in your breastfeeding journey.

January 17

March 21

May 23

July 18

September 19

November 21

### Newborn Preparation

This session will focus on newborns, their care, concerns and safety issues.

January 22

March 26

May 28

July 23

September 24

November 26

## FAMILY SESSIONS

### “I’m a Star, Too!” Sibling Class

This one-time class is designed for brothers and sisters, ages two to seven, to prepare them for the adjustment to their new sibling and the initial visit to the hospital after the baby is born. Meets the second Monday of every other month from 6 – 7 p.m. in Meeting Room 4.

January 7

March 11

May 13

July 8

September 9

November 4

## PRIVATE SESSIONS

### Cesarean (C-Section) Class

### Child Safety Seat Checks

Whether you’re anticipating a cesarean birth or have questions about properly installing your child’s safety seat, we can help. Instructional sessions are available by appointment.

*For more information, please call (815) 431-5285.*