

# 2018 Pregnancy Education Program Schedule



**Wood County Hospital Family Birthing Center**

“Where babies transform people into parents”



**WOOD COUNTY  
HOSPITAL**

Depend on us.

# PREGNANCY EDUCATION PAPERWORK PROGRAM (PEPP)

Approximately two months before your baby's due date, please call **419-354-8932** and schedule a free PEPP appointment. This program will ease your admission and discharge process. A certified car seat technician will also show you how to use your infant care seat and assist you with installation.



## CLASSES OFFERED

### Prepared Childbirth ■

Learn comfort skills such as special breathing and relaxation techniques to use before, during and after your pregnancy. Learn about pain-control, anesthesia options and delivery methods and tour the Family Birthing Center.

Sign up for this class any time during your pregnancy. Expectant mothers and their coaches should attend. Wear comfortable clothing and bring two pillows and a soft mat or blanket for floor activities.

*Cost: \$80 per couple, if delivering at WCH; \$90 per couple if not delivering at WCH. Class fee covers Prepared Childbirth, Baby Care Basics and Breastfeeding classes.*

### Online Prepared Childbirth

The Prepared Childbirth class can be taken anytime from the comfort of your own home and at your own pace. Class includes self-assessments, video clips, and a birth video. An individual tour of the Family Birthing Center can be scheduled by calling Jennifer Tansel, WCH Childbirth educator at (419)373-7665 or online at [tanselj@woodcountyhospital.org](mailto:tanselj@woodcountyhospital.org)

*Cost: \$50. Register online at [www.woodcountyhospital.org/classes](http://www.woodcountyhospital.org/classes).*

### Baby Care Basics ■

Learn to care for your newborn in his or her first year of life. We'll cover newborn care, home and car safety and more. Take this class anytime during your pregnancy.

*Cost: Free if taken with PCB - \$20 (If taken separately from Prepared Childbirth).*

### Breastfeeding ■

Don't wait until your baby is born to learn about breastfeeding. Come to this single session breastfeeding class to learn about nursing techniques, breastfeeding benefits and how to collect and store breast milk. Support persons are encouraged to attend too. And in addition, to the class we offer a breastfeeding consultant who can provide you with ongoing support and education both before and after delivery.

*Cost: Free if taken with PCB - \$20 (If taken separately from Prepared Childbirth)*

### Breastfeeding Support ■

Free monthly support groups led by a breastfeeding consultant. *Cost: Free*

**Join our Facebook group for new and expectant mothers "Wood Cty Mother's Circle"**

### Infant Massage

A soothing touch through massage can calm an irritable infant and provide a sense of well-being. Take this individualized class before your baby's delivery or up until one year after their birth. *Cost: \$25, includes an instruction book.*

*Call 419-373-7665.*

## Lactation Services

Our lactation consultants provide bedside support after delivery while you are in the hospital. They are available by appointment to assist and support you after you and your baby are discharged home. *Cost: Free. Call 419-373-7665.*

For mothers interested in a LATCH class with our WCH lactation specialist but did not deliver at Wood County Hospital and were not referred by a Wood County Hospital Physician, there will be a \$20 fee.

## Sibling Preparation

The arrival of a new baby can bring a lot of excitement for your other children, but it can stir up some insecurities and jealousy as well. This one-hour class will help children ages 3 and older to get ready to be a big brother or big sister.

*Cost: \$10/child by appointment only. Call 419-373-7665.*

## Heartsaver CPR/AED

Learning CPR could help save your or another baby's life. This three-hour class will prepare you to respond during potential emergencies. The course covers CPR, AED use, and relief of choking in adults, infants and children. Class participants receive CPR certification.

*Cost: \$36. To register, call 419-373-7653 or e-mail [martinj@woodcountyhospital.org](mailto:martinj@woodcountyhospital.org).*

## Car Seat Safety

Prepare a safe ride home from the hospital for your baby before he or she arrives. Our certified car seat safety technicians will show you how to properly install your child-safety seat in your vehicle and adjust the safety features to fit your baby. This free car-seat inspection and education session can be completed in conjunction with your PEPP appointment, or at any time. *Please call 419-354-8932 to schedule an appointment.*

## Ohio Buckles Buckeyes (OBB)

The Ohio Buckles Buckeyes (OBB) Program supplies safety seats and child passenger safety education to WIC eligible families. Car seat sizes are available from newborn to booster seats. *To schedule an appointment, call 419-354-8932.*

## LEARN MORE

We welcome you to come tour our unit – just call us to schedule an appointment. And, if you are looking for an obstetrician/gynecologist who is on the staff at Wood County Hospital, visit our Find a Physician webpage or call our Physician Referral Service at 419-373-4195.

## Back to Sleep Program

Wood County Hospitals' Family Birthing Center has launched the Back to Sleep Program for their parents and infants. The program models safe sleep practices in the hospital and home.

The babies at Wood County Hospital are placed in sleep sacks, on their backs, in their cribs. All babies receive a Sleep Sack for home use at discharge.



# 2018 FAMILY BIRTHING CENTER CALENDAR

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- Prepared Childbirth, 9 AM - 3 PM
- Breastfeeding Support, 7-9 PM
- Prenatal Breastfeeding, Thurs. 7 PM - 9 PM  
Sat. 11 AM - 1 PM

- Baby Care Basics, Thurs. 7 PM - 9 PM  
Sat. 9 AM - 11 AM

**Register online at [www.woodcountyhospital.org/classes](http://www.woodcountyhospital.org/classes)**

For questions, call Jennifer Tansel, RN at [tanselj@woodcountyhospital.org](mailto:tanselj@woodcountyhospital.org) or the education information number at (419) 373-7665.