Expecting a Baby?

Programs for Expectant and New Parents

HEALTHIER COMMUNITIES
Congratulations!
The birth of a baby is an exciting time. The Family Birthplace at Butterworth Hospital in Grand Rapids partners with Spectrum Health Healthier Communities to offer a variety of educational programs to help you feel prepared and confident as you move into your new role as a parent. Our childbirth and pregnancy classes are taught by certified childbirth educators.

For more information or to schedule a class, call 616.391.5000, option 1, or visit us online at spectrumhealth.org/pregnancy-class.
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Frequently Asked Questions

Q: When should I take a childbirth class?
A: It is recommended to register for childbirth classes when you finish your first trimester (after 12 weeks of pregnancy). The best time to begin your class is around your seventh month of pregnancy.

Q: Do you have natural birthing classes?
A: The Preparing for Childbirth classes at Spectrum Health include information on breathing techniques and comfort/relaxation measures for managing pain to help you have as little or no medications to assist with delivery. We also offer a prenatal yoga class to help mom prepare her body and mind for childbirth.

Q: I plan to get an epidural. Why do I need a childbirth class?
A: Our Preparing for Childbirth class describes how epidurals are performed at Spectrum Health. Other helpful topics covered include baby care, cesarean delivery, breastfeeding and postpartum concerns.

Q: I am undecided about breastfeeding. Should I take the Breastfeeding class?
A: Yes, even if you are unsure what your plans are for breastfeeding, taking a class is still advised. You and your support person will learn how the milk production process works, how to recognize feeding cues that alert you when to feed baby, how to correctly latch your baby, and tips on pumping breast milk and managing breastfeeding when you return to work. We encourage your partner to attend this class so they can learn this valuable information and how to best help with the feeding of your baby.

Q: I am expecting multiples and have registered for the Twins, Triplets and More class. Do I need to take any other classes?
A: If this is your first pregnancy, we recommend taking a Preparing for Childbirth class in addition to the Twins, Triplets and More class. The multiples class will not teach you about labor, delivery, breathing techniques, comfort measure or infant care. Other recommended classes include Breastfeeding, Cesarean Birth, Infant Car Seat Safety, and Infant/Child CPR and Other Emergencies.
Register

Online
spectrumhealth.org/pregnancy-class

Phone
Call Spectrum Health Healthier Communities at 616.391.5000, option 1

Class Locations
All locations have free on-site parking.

Spectrum Health Healthier Communities
665 Seward Avenue NW, Suite 110, Grand Rapids, MI 49504

Spectrum Health South Pavilion
80 68th Street SE, Grand Rapids, MI 49548

Spectrum Health Integrated Care Campus – East Beltline
2750 E. Beltline Avenue NE, Grand Rapids, MI 49525

In cases of severe weather, call 616.391.5000, option 3, or visit spectrumhealth.org/cancellations for cancellation information.
Class Offerings

Preparing for Childbirth
Our team of experienced childbirth educators is here to help you and your partner or labor support person understand and prepare for the arrival of your baby.

Topics include:
• Process of labor and birth
• Labor partner assistance: how to provide support during labor and birth
• Comfort measures, including relaxation, mindfulness and breathing techniques
• Medical interventions, including epidurals, inductions and pain management
• Cesarean birth
• Postpartum care and emotional needs
• Newborn care and feeding

Class fee: $129 per couple and insurance is billed. Fee includes mom and one support person. Preregistration is required.

Scheduling options:
• Four-week series: One class per week, 2.5 hours each class
• Two-week series: Two classes per week, 2.5 hours each class
• Weekend series: Friday 6 p.m. to 9:30 p.m. and Saturday 9 a.m. to 3:30 p.m.

Preparing for Childbirth Online (eClass)
This interactive online course covers essential information on labor and more. It also highlights ways partners can help throughout the process. You’ll also get a sense of what labor is really like as you watch several birth stories. It is designed for expectant moms who are on bed rest, or those whose circumstances don’t allow them to participate in our hands-on classroom experience. Learn more about this class at spectrumhealth.org/pregnancy-class.

Class fee: $129. We are unable to bill insurance for the online class.
Breastfeeding
Learn the breastfeeding basics from a certified lactation specialist. Please bring a baby-size doll or stuffed animal to practice holding and positioning.

Topics include:
• Benefits of breastfeeding
• Getting off to a good start: How baby establishes your milk supply
• How to know your baby is getting enough milk
• Positioning and latch-on
• Pumping, collecting and storing of breast milk
• Breastfeeding resources

Class fee: $30 for a single, 2.5-hour session and insurance is billed. Fee includes mom and one support person. Preregistration is required.

Prenatal Yoga
As expectant moms, we spend so much time preparing for baby’s arrival that we often forget to make time to care for ourselves. Please join us at Spectrum Health Healthier Communities for a prenatal yoga class that will lead expectant mothers through a gentle yoga flow that can help prepare their body and mind for childbirth. All trimesters welcome, and no prior yoga experience necessary. Mats are available, but feel free to bring your own.

Class fee: $10 for a single, one-hour session or $40 for a five-session package. Preregistration preferred, but drop-ins are welcome.
Infant/Child CPR and Other Emergencies
The CPR and safety class includes information and materials for parents and caregivers on safety topics for newborns and provides hands-on practice for infant and child CPR and what to do if an infant or child is choking. This course follows the guidelines of the American Heart Association but is NOT a certification course for professionals.

Topics include:
• Infant and child CPR and choking
• Use of an AED
• Home safety and baby proofing
• Preparing for emergencies

Class fee: $25 per person for a single, three-hour session. Preregistration is required.

Infant Car Seat Safety
A properly installed car seat can reduce the risk of death by nearly 71%. While the engineers go crazy seeking the safest design for car seats, parents (new and experienced) go equally crazy trying to figure out how they work. As a result:
• 90% of our kids are improperly secured while on the road
• Car accidents are the leading cause of death and injury to young children

This session is perfect for expectant parents shopping for the right car seat. It’s even great if this isn’t your first time as a parent. Bring your infant car seat if you already have it (if not, no worries, come without it). Join our hands-on event and learn the following from our child safety experts:
• How all those buckles and straps really work and what they do
• How to properly install the car seat into the car
• How to properly secure your baby or child in the seat

Each family who attends this class will receive a voucher for a discounted convertible car seat.

Class fee: Free, two-hour single session. Preregistration is required.

Questions? Call Spectrum Health Helen DeVos Children’s Hospital Injury Prevention Program at 616.391.7233.
Family Birthplace Tour
Interested in a tour of the Spectrum Health Butterworth Hospital Family Birthplace as you anticipate your new arrival? Free scheduled tours are available for you and one other guest over the age of 10.

For best selection of dates and times, schedule early your the second trimester of pregnancy. If interested in seeing the natural birthing rooms, please register for the last tour of the evening. Let us know if you are interested in attending a Spanish-speaking tour.

Class fee: Free. Preregistration is required.

Dads on Deck
A one-time session that gives a male perspective on what’s happening in your life—now, delivery day and when you take your new baby home. Led by an experienced “Dad’s class” educator, this class is your chance to:
• Ask questions (no restrictions) and get straightforward answers
• Learn how you can support mom
• Understand more about caring for your new baby

Class fee: $25 per person for a single, 2.5-hour session. Preregistration is required.

Grandparenting Journey
Are you wondering what has changed in parenting since you had your children? This class will help update you on the most current parenting practices, so you can support the new family during this exciting time in their lives.

Topics include:
• Current trends in pregnancy care
• Today’s childbirth options and newborn care
• How to support the new family now and after the baby’s birth
• How to be involved in the anticipation of the new grandbaby, from near or far

Class fee: $10 per person for a single, two-hour session. Preregistration is required.
Sibling
Becoming a sibling for the first time is a special event. We have a class designed especially for the big brother or big sister in your family. Classes are offered for children ages 3 to 5 and ages 6 to 9. Join other parents and new siblings to learn about:

- How a baby comes into this world on their “birth” day
- How to help care for a baby—hands-on practice time with a doll for the sibling
- How a baby’s needs are different than a sibling’s needs
- How to be a special big brother or big sister

Siblings will have a chance to get answers to questions they have about what’s ahead.

Class fee: $20 per child for a single, 1.5-hour session. Preregistration is required.

Newborn Care
For those not attending our Preparing for Childbirth class, our newborn class will cover practical baby care topics that will help you to feel more confident in your ability to care for your new addition. This class is open to all types of caregivers (parents, grandparents, day care providers).

Topics include:

- Bathing and diapering
- Feeding your baby
- Soothing a crying baby
- Sleep habits
- When to call the doctor

Class fee: $40 per couple for a single, three-hour session. Preregistration is required.
**Pointers From a Pediatrician**

This class provides an opportunity for all expectant parents to meet a Spectrum Health pediatrician or family medicine provider who will review topics such as:

- Things to consider when choosing a doctor for your baby
- Common concerns and questions from new parents
- Well-baby checkups and sick visits
- Crying and sleeping
- Feeding your newborn
- Parenting a newborn

**Class fee:** Free, two-hour single session. Preregistration is required.

**Scheduling options:**

- **Spectrum Health Integrated Care Campus – East Beltline**
  2750 E. Beltline NE, Grand Rapids, MI 49525
- **Spectrum Health South Pavilion**
  80 68th Street SE, Grand Rapids, MI 49548

**Cesarean Birth**

If you are anticipating a cesarean birth, this class will prepare you for the experience from pre-admission through your recovery at home. We’ll cover in detail what to expect during surgery and throughout your hospital stay, how your partner can help, and tips for a smooth recovery while caring for a newborn.

**Topics include:**

- Indications for cesarean birth
- Preparation for surgery
- Explanation of the cesarean birthing procedure
- Anesthesia for cesarean birth
- Breastfeeding after surgery
- Postoperative recovery in the hospital and at home

**Class fee:** $30 for single, two-hour session and insurance is billed. Fee includes mom and one support person. Preregistration is required.
Refresher
If you are pregnant, have given birth before, and would like a refresher on techniques and information regarding labor and delivery, this class was designed for you!

Topics include:
• Review of labor positions and breathing patterns
• Labor partner assistance: How to provide support during labor and birth
• Comfort measures, including relaxation, mindfulness and breathing techniques
• Medical interventions, including epidurals, inductions and pain management
• Newborn care updates and changes in family dynamics with the addition of a sibling

Class fee: $58 for a single, three-hour session and insurance is billed. Fee includes mom and one support person. Preregistration is required.

Expectant Teens: Preparing for Childbirth
This program is geared especially to the questions and concerns of expectant teens, giving you the opportunity to share with peers going through the same experience.

Class fee: $129 for a two-week series of classes, one class per week for 2.5 hours and insurance is billed. Fee includes mom and one support person. Preregistration is required.

Twins, Triplets and More
Expectant parents of twins, triplets or quads will enjoy the company of others expecting multiples as they learn about the unique circumstances of multiples in pregnancy, childbirth and beyond.

Your first session will cover helpful facts and unique considerations when expecting multiple newborns. This includes pregnancy, labor, delivery and postpartum issues. During the second session, the facilitator teams up with experienced parents of multiples who will offer real-life stories as you learn what to expect when you take your babies home, navigate the physical and emotional adjustments of parenting multiples, and get practical hints on juggling the care of your babies.

Class fee: $40 for two, 2.5-hour sessions and insurance is billed. Fee includes mom and one support person. Preregistration is required.
Support Groups

**Breastfeeding Support Group**
The early weeks of breastfeeding can be challenging. Sleepy babies, gassy babies, burping the baby, pumping and weight gain are just some of the topics that are discussed.

You will not only receive hands-on help from our experienced lactation specialists, you’ll meet other nursing moms who can share tips, challenges and emotions they experienced the first few weeks.

**Class fee:** Free. Registration is not required.

**Tuesdays, 12:30 p.m. to 2 p.m.**
Spectrum Health South Pavilion
80 68th Street SE, Grand Rapids, MI 49548

**Wednesdays, 6:30 p.m. to 8 p.m.**
Spectrum Health Healthier Communities
665 Seward Avenue NW, Suite 110, Grand Rapids, MI 49504

**Thursdays, 12:30 p.m. to 2 p.m.**
Spectrum Health Healthier Communities
665 Seward Avenue NW, Suite 110, Grand Rapids, MI 49504
Postpartum Emotional Support Group

Pregnancy, birth and caring for a new baby are hard work and can be emotionally challenging. This support group is for new mothers who are experiencing unexpected and challenging emotions in the early months of parenthood. A registered nurse and trained therapist facilitate this safe and caring support group.

Topics include:

- Dealing with feelings of sadness, anger, anxiety or frustration
- Adjusting to the many challenges of motherhood
- Understanding your emotional stress and the physical responses to extended baby blues or postpartum depression and/or anxiety
- Regaining confidence and contentment

A support person is welcome to attend with you and your baby. Pregnant women are welcome to attend as well.

Class fee: Free. Registration is not required.

Tuesdays, 7 p.m. to 9 p.m.
Spectrum Health Healthier Communities
665 Seward Avenue NW, Suite 110, Grand Rapids, MI 49504
To Help You Find Us

1. Spectrum Health Healthier Communities
   665 Seward Avenue NW, Suite 110, Grand Rapids, MI 49504

2. Spectrum Health Family Birthplace
   100 Michigan Street NE, Grand Rapids, MI 49503

3. Spectrum Health Integrated Care Campus - East Beltline
   2750 E. Beltline NE, Grand Rapids, MI 49525

4. Spectrum Health South Pavilion
   80 68th Street SE, Grand Rapids, MI 49548