

Prenatal Classes

Family Centered Maternity Care

January – December 2019



Registering for events is now faster and easier than ever!

Visit us at northshore.org/calendar to view all the Childbirth & Parenting classes offered by NorthShore University HealthSystem. Once you've found the classes that you are interested in attending, follow these simple steps to reserve your place:

1. Click the "enroll" button at the bottom of the event description.
2. Add the first and last names of each participant attending the class.
3. Click "register" to add this class to your "shopping cart."
4. Repeat steps 1 to 3 to add additional classes or proceed to the check-out screen.
5. Finally, after entering your contact and credit card information, click "submit" to reserve your spot in all of the classes selected.

Once you are finished registering for classes online, you will receive an email confirmation. Please refer to this email for any special instructions or billing questions you may have.

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Class Locations

BG	Sky Fitness 1501 Busch Parkway Buffalo Grove, IL
EAC	Evanston Athletic Club 1729 N. Benson Avenue, Evanston, IL
EH	Evanston Hospital 2650 Ridge Avenue, Evanston, IL
GB	Glenbrook Hospital 2180 Pflingsten Road, Glenview, IL
GPD	Glenview Park District NorthShore University HealthSystem at Park Center 2400 Chestnut Avenue, Glenview, IL
HPH	Highland Park Hospital, 777 Park Avenue West, Highland Park, IL

For class dates, times and registration information visit northshore.org/calendar.



Babies... Beautiful Beginnings

We know this is an exciting time in your life as you prepare for your baby's arrival. NorthShore University HealthSystem (NorthShore) offers a comprehensive prenatal education program for expectant parents so they can have all the information and support they need to care for their new baby.

Please review our class brochure to find resources that are available in your community. To register for a class or an event please visit us online at northshore.org/calendar or to register by phone, call **(847) 570-5020**.

For class dates, times and registration information visit northshore.org/calendar.

Classes To Attend

Early in Pregnancy, First or Second Trimester

Therapeutic Massage During Pregnancy

Massage during pregnancy may help relieve many of the common muscular discomforts of pregnancy. NorthShore University HealthSystem offers a massage therapist specially certified in pregnancy massage. *For appointments, call The Park Center in Glenview at (847) 657-3540.*

Physical Therapy During Pregnancy

For pregnancy symptoms, such as upper or lower back pain, pelvic pain, or sciatica, physical therapy can be very helpful. Treatment often includes manual therapy and specifically prescribed exercises. This is generally covered by insurance, but a prescription from your physician is needed. For more information, please call (847) 444-1310. Physical therapists with specialized training in treating pregnant and postpartum women are available in most NorthShore outpatient physical therapy clinics.

For more information or to schedule an appointment, please call (847) 444-1310.

For class dates, times and registration information visit northshore.org/calendar.

Nutrition Therapy Services

Registered dietitians teach individuals or families how to maintain a healthy diet during pregnancy and after birth. Generally, an individual one-hour session is offered. Priority appointments are available for women with gestational diabetes. *For more information or to schedule an appointment with a dietitian, please call (847) 926-6800.*

Nutrition During Pregnancy

A key factor for a healthy pregnancy is good nutrition: the foods you eat are the main source of nutrients for your baby. A registered dietician will provide nutritional guidance for mom and growing baby, including the types of food and the recommended amounts for each individual participant. You'll learn tips for managing morning sickness and what foods to beware of due to food safety concerns. Nutrition for breastfeeding and postpartum weight management also will be discussed.

EH Wednesday 7-8:30 p.m. Feb 20, Jun 5, Oct 23



Multiples

Expecting more than one baby? This is the class for you. A registered nurse will discuss the special physical and emotional needs associated with a multiple pregnancy and a pediatrician will share the unique aspects of caring for multiples while in the hospital and at home. Birth films of moms delivering multiples will be shown.

EH Wednesday 7-9:30 p.m. Jan 30, Jul 17, Nov 13

Financial Planning for the Future – A New Parent's Guide

In today's world of complicated financial decisions, we want to give you the opportunity to see things a bit more clearly. Experiencing a life-changing event such as the birth of a child is a good time to evaluate your objectives. In this interactive class we will discuss setting goals, budgeting, saving for college and identifying insurance needs, as well as planning for retirement. Take advantage of this class and become more confident in making important decisions now and throughout your financial life. Class is taught by a financial planner.



EH Wednesday 7-8:30 p.m. Jan 16, May 29, Sep 25

For class dates, times and registration information visit northshore.org/calendar.

Classes To Attend

Early in Pregnancy, Second or Third Trimester

Moving into Motherhood Seminar

This is a fun and educational one-time 2 hour seminar. This class is appropriate for pregnant women in 2nd and 3rd trimesters. Class components include:

- Most appropriate exercise according to research
- Core and abdominal strength especially for moms
- Pelvic floor exercises to treat and prevent incontinence (NOT just Kegels)
- How to lift, carry and exercise with baby without hurting yourself
- Exercises to avoid during and immediately after pregnancy
- Various labor and delivery positions especially for moms with certain types of back and pelvic pain
- Fun and useful exercises to do with your baby

If you have questions regarding this class, please call Nadia Ori, PT, at (847) 444-1310.

Prenatal Education Group for Teens

The Prenatal Education Group for Teens is a five-session series specially designed to meet the needs and concerns of pregnant teens who plan to deliver at Evanston or Highland Park Hospitals. The group is led by a social worker and a nurse. Prepare for parenting by learning about pregnancy, labor, birth, postpartum and infant care. Bring a support person or come on your own. Please call (847) 570-4717 for more information and to register. No charge, dinner is provided.



Baby and Bowser

For expectant, new and adoptive parents and childcare providers. When your baby comes home, your dog's life will change too. Learn how to peacefully prepare yourselves and your dog for the adjustment. Class is taught by a Certified Dog Trainer. Please leave dogs at home.

EH Thursday 7-9 p.m. Jan 31, May 30, Oct 24

Countdown to Labor and Delivery

This class presents a variety of topics to prepare you for having your baby. Topics include guidelines for coming to the hospital, pain relief options and warning signs during pregnancy. This class does not replace a prepared childbirth class.

EH Thursday 7-9 p.m. Mar 28, Jun 27, Sep 5

HPH Tuesday 7-9 p.m. Jan 29, Sep 24

For class dates, times and registration information visit northshore.org/calendar.

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Preparing for Childbirth

This series of classes prepares mom and her labor partner for the labor and delivery process. Content includes basics about labor and delivery, as well as comfort measures, coping strategies, relaxation and breathing techniques. This class discusses the use of medications during labor with an explanation of what types are available. Birth videos will be shown. Taught by Lamaze-Certified Childbirth Educators.

Please bring two pillows and a blanket or exercise mat to class. An optional tour is included. **Couples are encouraged to complete the series at least three weeks prior to their due date.** Class meets for three consecutive weeks on the following dates:

Three-Week Evening Series

EH	Jan 7, 14, 28	Feb 4, 11, 18
Monday	Mar 4, 11, 18	Apr 1, 8, 15
6:30–9:30 p.m.	May 6, 13, 20	Jun 3, 10, 17
	Jul 15, 22, 29	Aug 5, 12, 19
	Sep 9, 16, 23	Oct 7, 14, 21
	Nov 4, 11, 18	Dec 2, 9, 16
HPH	Jan 10, 17, 24	Feb 21, 28, Mar 7
Thursday	Mar 14, 21, 28	Apr 11, 18, 25
6:30–9:30 p.m.	May 9, 16, 23	Jun 13, 20, 27
	Aug 1, 8, 15	Oct 3, 10, 17
	Nov 7, 14, 21	



Preparing for Childbirth Weekend Workshop

This class condenses the standard course into a two-day program. Space is limited, so couples are encouraged to make reservations as far in advance as possible. Please bring two pillows and a blanket or exercise mat to class. An optional tour will follow.

It is suggested that couples complete the series approximately three weeks before the due date.

EH Saturday 9 a.m.–4 p.m. **and** Sunday 9 a.m.–1 p.m.

Jan 5 & 6	Jan 12 & 13	Jan 26 & 27
Feb 2 & 3	Feb 9 & 10	Feb 23 & 24
Mar 9 & 10	Mar 16 & 17	Mar 30 & 31
Apr 6 & 7	Apr 27 & 28	
May 4 & 5	May 18 & 19	
Jun 1 & 2	Jun 8 & 9	Jun 29 & 30
Jul 13 & 14	Jul 20 & 21	
Aug 3 & 4	Aug 17 & 18	Aug 24 & 25
Sep 7 & 8	Sep 14 & 15	Sep 28 & 29
Oct 5 & 6	Oct 26 & 27	
Nov 2 & 3	Nov 9 & 10	Nov 23 & 24
Dec 7 & 8	Dec 14 & 15	

HPH Saturday 9 a.m.–4 p.m. **and** Sunday 9 a.m.–1 p.m.

Jan 12 & 13	Jan 26 & 27	Feb 9 & 10
Mar 2 & 3	Mar 23 & 24	Apr 13 & 14
May 4 & 5	May 18 & 19	Jun 8 & 9
Jul 13 & 14	Jul 27 & 28	Aug 10 & 11
Sep 7 & 8	Sep 28 & 29	Oct 12 & 13
Nov 9 & 10	Nov 23 & 24	Dec 14 & 15

For class dates, times and registration information visit northshore.org/calendar.

Classes To Attend

Later in Pregnancy, During Third Trimester

Expectations for Your Hospital Stay/Tour

This important class is designed to help prepare you for your hospital experience. It's a great opportunity to get acquainted with our facilities, so you'll know what to expect. Topics include: common birthing options, postpartum guidelines and visitation procedures.

(Please, no children.) Advance registration is required.

EH Tuesday 7–8:30 p.m.	Jan 8, 15, 22, Feb 12, 19, Mar 26, Apr 30, May 28, Jun 4, 25, Jul 9, 16, 23, Aug 6, Sep 3, 17, 24, Oct 8, 15, 22 Nov 5, 12, 19, Dec 3, 10
Wednesday 7–8:30 p.m.	Feb 6, Mar 6, 20, Apr 3, 24, May 8, 22, Jun 19, Aug 14, 28, Sep 11, Dec 18
Saturday 10:30 a.m.–noon	Jan 5, Feb 2, Apr 6, Jun 1, Aug 17, Oct 5, Dec 21
Saturday 1–2:30 p.m.	Jan 5, Feb 2, Mar 2, Apr 6, May 11, Jun 1, Jul 20, Aug 17, Sep 7, Oct 5, Nov 16, Dec 21
HPH Wednesday 7:15–8:45 p.m.	Jan 9, 30, Feb 6, 27, Mar 6, 27, Apr 3, 17, May 1, 22, Jun 5, 26, Jul 10, 31, Aug 7, 28, Sep 11, 25, Oct 16, 30, Nov 6, 20, Dec 11
Saturday 10–11:30 a.m.	Jan 19, Feb 16, Mar 16, Apr 6, May 11, Jun 15, Jul 20, Aug 17, Sep 21, Oct 5, Nov 30, Dec 7

Brothers and Sisters at Delivery

For families who would like their children to be present at the delivery of a new sibling, this is the perfect preparation. The class is offered on an individual basis and is appropriate for children ages four and over. *Please schedule this class two months prior to your due date.* (Class available only at Evanston Hospital.) For more information and registration, call (847) 570-1843.



For class dates, times and registration information visit northshore.org/calendar.



The Adventure Begins: Caring For Newborns

This essential two-part series builds confidence in new parents by focusing on the physical, emotional and developmental needs of the newborn.

Session 1: The Adventure Begins—Baby Care Basics

“A must for first-time parents.” That’s what past students have said about this “hands on” class that covers all the basics—bathing, diaper changing, cord care, circumcision care, temperature-taking and signs of illness. Adoptive parents are welcome.

Session 2: The Adventure Begins—Understanding Newborns

This class is designed to expand the information learned in Baby Care Basics. A registered nurse and/or physician will discuss appearance and behavior of the newborn. Topics of common interest for expectant parents include: infant development, immunizations, well baby/sick visits with the pediatrician, hospital procedures and choosing a pediatrician for your baby.

To register for the two-part series, select one date from Session I – Baby Care Basics and the corresponding date in Session II – Understanding Newborns. Please plan to attend both sessions within the same month. There is no need to register separately for the second session.

EH Session 1 7–9:30 p.m. Session 2 7–9 p.m.

Session 1	Jan 3 or 10	Session 2	Jan 17
Session 1	Feb 7 or 14	Session 2	Feb 21
Session 1	Mar 7 or 14	Session 2	Mar 21
Session 1	Apr 4 or 18	Session 2	Apr 25
Session 1	May 9 or 16	Session 2	May 23
Session 1	Jun 6 or 13	Session 2	Jun 20
Session 1	Jul 11 or 18	Session 2	Jul 25
Session 1	Aug 15 or 22	Session 2	Aug 29
Session 1	Sep 12 or 19	Session 2	Sep 26
Session 1	Oct 3 or 10	Session 2	Oct 17
Session 1	Nov 7 or 14	Session 2	Nov 21
Session 1	Dec 5 or 12	Session 2	Dec 19

HPH Session I 7–9:30 p.m. Session II 7–9 p.m.

Session 1	Jan 15	Session 2	Jan 22
Session 1	Feb 19	Session 2	Feb 26
Session 1	Mar 12	Session 2	Mar 19
Session 1	Apr 9	Session 2	Apr 16
Session 1	May 14	Session 2	May 21
Session 1	Jun 11	Session 2	Jun 18
Session 1	Jul 16	Session 2	Jul 23
Session 1	Aug 6	Session 2	Aug 13
Session 1	Sep 10	Session 2	Sep 17
Session 1	Oct 15	Session 2	Oct 22
Session 1	Nov 12	Session 2	Nov 19
Session 1	Dec 10	Session 2	Dec 17

For class dates, times and registration information visit northshore.org/calendar.

Happiest Baby

Are you ready to be a parent? New babies are a blessing, but they can bring with them sleepless nights, crying and often quite a bit of extra stress. In our Happiest Baby class, new and expectant parents will learn step-by-step how to help their baby sleep longer and how to soothe even the fussiest baby in minutes... or less! Our class is based on the highly effective new approach to babies pioneered by Harvey Karp, MD, author of *The Happiest Baby on the Block*. This class is best for expectant parents planning ahead, but also perfect for new parents looking for some tools to help comfort their baby! Class cost includes a Parent Kit (*The Happiest Baby on the Block* DVD and *Soothing Sounds* CD—a \$40 value). Taught by a certified Happiest Baby Educator.

HPH	Tuesday	7–9 p.m.	Feb 12, Apr 30, Jun 25, Aug 27,
	Thursday	7–9 p.m.	Oct 3, Dec 5



For class dates, times and registration information visit northshore.org/calendar.



Breastfeeding Classes

This comprehensive program for the expectant mother and partner (grandparents and other support persons are also invited) provides current, research-based information to help you breastfeed your baby.

Breastfeeding Basics

This class gives you all the information you will need to begin to breastfeed your baby. Topics include benefits of breastfeeding for mother and infant, prenatal preparation, how the breast functions, initiating breastfeeding and establishing an adequate milk supply, prevention of soreness and nutrition for the breastfeeding mother.

EH	Tuesday	6:30–9 p.m.	Jan 29, Feb 19, Mar 19, Apr 16, May 21, Jun 18, Jul 30, Aug 20, Sep 24, Oct 29, Nov 19, Dec 17
HPH	Thursday	7–9:30 p.m.	Jan 10, Feb 7, Mar 7, Apr 11, May 2, Jun 6, Jul 11, Aug 1, Sep 12, Oct 3, Nov 14, Dec 5

(continued)

Breastfeeding Classes *(continued)*

Double Blessings: Breastfeeding Your Twins

HPH Thursday 7–9:30 p.m. Jan 17, Apr 25,
Jul 25, Oct 24



Post-Partum Breastfeeding Support Group

This support group meets every Thursday (except major holidays) from 10–11 a.m. at Evanston Hospital in Room 1602. A lactation consultant will facilitate this support group to answer questions and address concerns building confidence in the breastfeeding mother. Come join other new mothers in a friendly, relaxed setting. No fee to attend, but registration is necessary. For additional information or lactation consultations, please call (847) 570-2414.

For class dates, times and registration information visit northshore.org/calendar.

Expectant Grandparents

Grandparents are invited to attend a class designed specifically with them in mind. Changes in obstetrical and baby care practices and ways to support their children in the parenting role are discussed. The class also explores ways to make the grandparent role special for all family members involved. Hospital tour is included.

EH	Tuesday	7–9 p.m.	Feb 26, Aug 27
HPH	Tuesday	7–9 p.m.	May 28
	Thursday	7–9 p.m.	Nov 7



For class dates, times and registration information visit northshore.org/calendar.



Daddy U

This class is designed specifically for dads-to-be. Join a group of dads to learn about this brand new role you will soon experience. In this class experienced fathers work with the “in-coming class” discussing the changes and stresses involved in becoming a father. Information you can trust is essential. Topics of importance to fathers are discussed and dads talk openly about their experiences and what’s on their minds. Dads learn from each other as they share parenting wisdom building confidence in the expectant father.

We suggest expectant fathers attend one session before the baby is born. We encourage both dad and baby to attend another class at least 8 weeks after the baby’s birth. Since dads and their babies attend on a volunteer basis, we cannot guarantee that each class will have babies present. Both dad and babies attend second class free of charge. This class does not replace Baby Care Basics.

EH Saturday Mar 2, May 11, Jul 20,
10 a.m.–12:30 p.m. Sep 7, Nov 16

For class dates, times and registration information visit northshore.org/calendar.

Infant Safety and CPR

Cardio-Pulmonary Resuscitation (CPR) follows the guidelines of the American Heart Association for the “Friends and Family” program. **This class teaches CPR skills intended for babies from birth to age one.** Class size is limited, so plan to register early. (Please no children.) **We require a two-week notice to cancel or reschedule a class. Classes begin promptly at scheduled times.** This is not a certification class.

EH Wednesday 7–9 p.m. Jan 9, 23, Feb 13, 27,
Mar 13, 27, Apr 17,
May 1, 15, Jun 12, 26,
Jul 10, 24, Aug 7, 21,
Sep 4, 18, Oct 2, 16,
Nov 6, 20, Dec 11

HPH Tuesday 7–9 p.m. Jan 8, Feb 5, Mar 5, 26,
Apr 2, 23, May 7, Jun 4,
Jul 9, 30, Aug 20, Sep 3,
Oct 29, Nov 5, Dec 3

Thursday 7–9 p.m. Oct 10

For class dates, times and registration information visit northshore.org/calendar.

For More Information

Registration: Due to space limitations, advance registration is required for all classes. We can not accommodate walk-ins.

To Register: We have registration and payment available at northshore.org/calendar for your convenience

OR

Call **(847) 570-5020**.

A confirmation letter and map will be sent to you with the exact room location of each class for which you register.

Refund Policy: Refunds will be made for cancellations due to medical reasons or cancellations made a minimum of two weeks before your class date.

To speak with an educator regarding a class, please call the following numbers:

Evanston Hospital (EH) (847) 570-1843

Highland Park Hospital (HPH) (847) 480-3909



**At NorthShore,
we're not just here
for you now.**

**We're helping you be
ready for what's next.**

Evanston Hospital
2650 Ridge Avenue
Evanston, Illinois 60201

Highland Park Hospital
777 Park Avenue West
Highland Park, Illinois 60035

For physician referral information,
visit northshore.org or call **(847) 570-5020**.

