

Prenatal Classes

Family Centered Maternity Care

January – December 2020



 **NorthShore**
University HealthSystem

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 Pfingsten 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](https://www.northshore.org/calendar) or to register by phone, call Physician Referral at **(847) 570-5020**.

For class dates, times and registration information visit [northshore.org/calendar](https://www.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. 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.*



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. Mar 11, Jul 22, Oct 28

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

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 15, May 6, Sep 23



For the most up-to-date information on class times, locations and session start dates, or to register for classes, visit: northshore.org/classes or call (847) 570-5020.

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 Amy Terpstra, PT, at (847) 570-7118.

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

The ABC's of Pregnancy and Parenting

The ABC's of Pregnancy and Parenting is a five-session series specially designed to meet the needs and concerns of young moms-to-be (under the age of 22) 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	Tuesday	7–9 p.m.	Mar 10
	Thursday	7–9 p.m.	Jul 30, Oct 29

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.	Apr 2, Jul 2, Oct 1
HPH	Tuesday	6–8 p.m.	Jan 28, Sep 29

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

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 Monday 6:30–9:30 p.m.	Jan 6, 13, 27	Feb 3, 10, 17
	Mar 9, 16, 23	Apr 6, 13, 20
	May 4, 11, 18	Jun 1, 8, 15
	Jul 13, 20, 27	Aug 10, 17, 24
	Sep 14, 21, Oct 5	Oct 12, 19, 26
	Nov 2, 9, 16	Dec 7, 14, 21
HPH Wednesday 6:30–9:30 p.m.	Feb 5, 12, 19	Apr 15, 22, 29
	Jun 3, 10, 17	Aug 12, 19, 26
	Oct 8, 15, 22	Dec 2, 9, 16



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

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 4 & 5	Jan 11 & 12	Jan 25 & 26
Feb 1 & 2	Feb 8 & 9	Feb 15 & 16
Mar 7 & 8	Mar 14 & 15	Mar 28 & 29
Apr 4 & 5	Apr 18 & 19	Apr 25 & 26
May 2 & 3	May 16 & 17	May 30 & 31
Jun 6 & 7	Jun 13 & 14	Jun 27 & 28
Jul 11 & 12	Jul 18 & 19	Jul 25 & 26
Aug 8 & 9	Aug 22 & 23	Aug 29 & 30
Sep 12 & 13	Sep 26 & 27	
Oct 10 & 11	Oct 17 & 18	Oct 24 & 25
Nov 7 & 8	Nov 14 & 15	Nov 21 & 22
Dec 5 & 6	Dec 12 & 13	Dec 19 & 20

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

Jan 11 & 12	Jan 25 & 26	Feb 8 & 9
Mar 7 & 8	Mar 28 & 29	Apr 18 & 19
May 9 & 10	May 30 & 31	Jun 13 & 14
Jul 11 & 12	Jul 25 & 26	Aug 22 & 23
Sep 12 & 13	Oct 3 & 4	Oct 24 & 25
Nov 7 & 8	Nov 21 & 22	Dec 12 & 13

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 7, 21, 28, Feb 4, 11,
Mar 3, 17, 31, Apr 7, 14, 28,
May 5, 19, 26, Jun 9, 30,
Jul 14, 21, Aug 4, 25, Sept 1, 22,
Oct 6, 13, 27, Nov 17, 24,
Dec 1, 15, 22

Wednesday
7–8:30 p.m.
Mar 25, Apr 22, Jun 3, Jul 8, 29,
Aug 12, Sep 9, 30, Nov 11, Dec 9

Saturday
10:30 a.m.–noon
Jun 6, Aug 1, Oct 24, Dec 19

Saturday
1–2:30 p.m.
Jan 18, Feb 15, Mar 21, Apr 18,
May 9, Jun 6, Jul 18, Aug 1,
Sep 26, Oct 24, Nov 7, Dec 19

HPH
Wednesday
7:15–8:30 p.m.
Jan 8, 29, Feb 12, 26, Mar 4, 25,
Apr 1, 29, May 6, 27, Jun 10, 24,
Jul 8, 29, Aug 5, 26, Sept 2, 23,
Oct 7, 28, Nov 4, 18, Dec 16, 30

Saturday
10–11:15 a.m.
Jan 18, Feb 22, Mar 14, Apr 25,
May 16, Jun 20, Jul 18, Aug 15,
Sep 12, Oct 17, Nov 14, Dec 5

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 I: 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 II: 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 9, 16 or 30	Session 2	Jan 23
Session 1	Feb 6	Session 2	Feb 13
Session 1	Mar 12 or 19	Session 2	Mar 26
Session 1	Apr 16 or 23	Session 2	Apr 30
Session 1	May 7 or 14	Session 2	May 21
Session 1	Jun 4 or 11	Session 2	Jun 25
Session 1	Jul 9 or 16	Session 2	Jul 23
Session 1	Aug 6 or 13	Session 2	Aug 20
Session 1	Sep 10 or 17	Session 2	Sep 24
Session 1	Oct 8 or 15	Session 2	Oct 22
Session 1	Nov 5 or 12	Session 2	Nov 19
Session 1	Dec 3 or 10	Session 2	Dec 17

HPH Session I 6–8:30 p.m.
Session II 6–8:30 p.m.

Session 1	Jan 14	Session 2	Jan 21
Session 1	Feb 11	Session 2	Feb 18
Session 1	Mar 10	Session 2	Mar 17
Session 1	Apr 16	Session 2	Apr 23
Session 1	May 19	Session 2	May 26
Session 1	Jun 16	Session 2	Jun 23
Session 1	Jul 14	Session 2	Jul 21
Session 1	Aug 18	Session 2	Aug 25
Session 1	Sep 8	Session 2	Sep 15
Session 1	Oct 20	Session 2	Oct 27
Session 1	Nov 17	Session 2	Nov 24
Session 1	Dec 15	Session 2	Dec 22

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	6–8 p.m.	Feb 25, May 5, Jun 30, Aug 4, Dec 1
	Wednesday	6–8 p.m.	Oct 14



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



Baby Sleep 101

Presented in a concise format where specific questions can be answered. The two-hour class will give parents all the information they need to formulate their own plan that fits their parenting style, family dynamic and individual baby to achieve a good night's sleep for the whole family. Parents will walk away feeling like their baby's personal sleep guru. This technique is geared for babies over 12 weeks of life. This class does not take the place of Happiest Baby on the Block which focuses on soothing techniques for infants in the first 12 weeks of life.

HPH	Monday	Jan 13, Mar 16, May 4,
	7-9 p.m.	Jul 13, Sep 14, Nov 9

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	Jan 14, Mar 24, Apr 21, 6:30–9 p.m.	May 12, Jun 16, Jul 28, Dec 8
EH	Sunday	Feb 23, Aug 16, Sep 20, 10 a.m.–12:30 p.m.	Oct 4, Nov 1
HPH	Thursday	Jan 9, Feb 13, Mar 5, Apr 9, 7–9:30 p.m.	May 7, Jun 11, Jul 9, Aug 6, Sep 10, Oct 1, Nov 12, Dec 17

Double Blessings: Breastfeeding Your Twins

HPH	Thursday	7–9:30 p.m.	Jan 23, Apr 30, Jul 23, Oct 29
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For class dates, times and registration information visit northshore.org/calendar.

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.*



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 Wednesday 7–9 p.m. Feb 12, Aug 26

HPH Tuesday 6–8 p.m. Mar 31, Nov 3

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 21, May 9, Jul 18,
	10 a.m.–12:30 p.m.	Sep 26, Nov 7

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 8, 22, Feb 5, Mar 4, 18, Apr 1, 15, 29, May 13, 27, Jun 10, Jul 1, 15, Aug 5, 19, Sep 2, 16, Oct 7, 21, Nov 4, 18, Dec 2, 16
HPH	Tuesday 6–8 p.m.	Jan 7, Feb 4, Mar 3, 24, Apr 7, 28, May 12, Jun 2, Jul 7, 28, Aug 11, Sep 1, 22, Oct 6, Nov 10, Dec 8

For the most up-to-date information on class times, locations and session start dates, or to register for classes, visit: northshore.org/classes or call (847) 570-5020.

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

For registration information, please log on to northshore.org/calendar or call **(847) 570-5020.**



**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**.

