



Childbirth

Education Programs

Maternal/Infant Health Services

AT THE CHESTER COUNTY HOSPITAL

*The birth of a baby is an important moment in
the life of a family and at The Chester County Hospital
we believe everyone
should have the opportunity to share in the miracle.*



The Chester County Hospital offers a comprehensive Childbirth Education Program intended to meet the needs of first-time parents or experienced ones. We offer a wide variety of classes to help prepare the entire family in welcoming the newborn. The curriculum has been carefully designed to assist parents in obtaining the tools they will need for pregnancy, labor, birth, postpartum, breastfeeding, newborn care, parenting, and sibling adjustment. Classes are taught by experienced maternal/infant nurse educators who have a special certification in childbirth education.

* To help fit parents' busy schedules classes are offered on evenings and weekends.

Please note:

Registration is required for all classes and tours.

Preparation for Childbirth

FOUR-WEEK PREPARED CHILDBIRTH SERIES

This four-week series is offered once a week for 2 1/2 hours. The goal of the class is to provide valuable tools to expectant parents in preparation for the birth experience. The program includes discussion on the stages of labor, role of the coach, relaxation and breathing techniques, medications, (including epidurals), birth options, cesarean births, postpartum issues, and newborn routines. A tour of the Maternity Unit is included. Recommended for first-time parents, this class is best taken during the seventh month of pregnancy.

Location: The Chester County Hospital Campus: Center for Nursing and Allied Health
Fee: \$80/couple

ONE-DAY PREPARED CHILDBIRTH CLASS

This class is one day in length and is intended for busy couples who want the condensed version of the four-week series. All the critical information to prepare for childbirth is taught in an accelerated fashion. A tour of the Maternity Unit is included. Recommended for first-time parents, this class is best taken during the seventh month of pregnancy.

Location: The Chester County Hospital Campus: Center for Nursing and Allied Health
Fee: \$80/couple

CHILDBIRTH REFRESHER

This one-session class is offered for couples who have taken a childbirth preparation class during a previous pregnancy. The program offers a review of the signs and stages of labor, role of the coach, breathing and relaxation techniques, medication options, sibling adjustment, and hospital routines.

Location: The Chester County Hospital Campus: Center for Nursing and Allied Health
Fee: \$30/couple

MATERNITY UNIT TOUR

Our maternity tours offer prospective parents an opportunity to visit our labor and delivery unit, newborn nursery, maternity unit, and neonatal intensive care unit. Ample time is available to answer questions regarding the Hospital's policies and procedures. Tours are offered two times per month.

Location: The Chester County Hospital: Main Lobby
Fee: Free

NEWBORN CARE

This one-session class teaches important techniques about caring for your infant. The program includes infant safety, bathing, diapering, dressing, and needs of the newborn. Participants will have the opportunity for "hands-on" practice.

Location: The Chester County Hospital Campus: Center for Nursing and Allied Health
Fee: \$30/couple



For more information about staying in shape during and after your pregnancy, call **The Center for Health and Fitness at The Chester County Hospital** at 610-436-8249.

PRENATAL BREASTFEEDING

This one-session class is for pregnant women who are interested in breastfeeding. The program provides practical information helpful in getting breastfeeding off to a successful start. Topics covered include factors impacting milk production, correct latch and positioning, feeding schedules, and problem solving. Spouses/significant others are encouraged to attend.

Location: The Chester County Hospital Campus: Center for Nursing and Allied Health

Fee: \$30/couple

SIBLING CLASS

This is a special class to help children ages 3-7 prepare for the new baby and addresses the child's role as the new big brother/sister. Changes that will occur within the family are also discussed. A brief tour of the newborn nursery and maternity unit is included.

Location: The Chester County Hospital: Mira Conference Room

Fee: \$20/family

CPR CLASS: FAMILY & FRIENDS

This program is now being offered at Good Fellowship Ambulance & EMS Training Institute located at 600 Montgomery Avenue, West Chester. For more information, please call 610-431-2303.

LOCATIONS

The Chester County Hospital: Center for Nursing and Allied Health (Rhoads Education Building)

701 East Marshall Street, West Chester

This building is located on the hospital campus, below the hospital. Parking is available at 440 East Marshall Street in the parking lot of the East Marshall Street Office Building. The building is right across the street from that parking lot. Follow the drive toward the Hospital to the second white building on your left.

The Chester County Hospital: Main Lobby (First Floor)

701 East Marshall Street, West Chester

The Chester County Hospital: Mira Conference Room (First Floor)

701 East Marshall Street, West Chester

Registration

Class size is limited and registrations fill quickly so please register early in your pregnancy. Note that pre-registration is required for all classes and tours. For more information visit our website at www.chestercountyhospital.org. To register for classes or tours call **610-738-2300**. Credit cards are accepted over the phone to secure your registration. For classes involving a fee, registration is not complete until payment is received.

Refund and Cancellation Policy

Refunds are offered in full when requested at least five business days prior to the first class. To cancel, call 610-738-2300.

Inclement Weather

In the event of inclement weather, please call the Inclement Weather Line at **610-738-2824** no earlier than two (2) hours before your scheduled class to find out if your class is cancelled.



Maternal/Infant Health Services

AT THE CHESTER COUNTY HOSPITAL

701 East Marshall Street, West Chester, Pennsylvania 19380

www.chestercountyhospital.org

BEYOND GOOD CARE™