The Childbirth Education Program at Goshen General Hospital focuses on expectant parents and their families during a significant time in their lives that is filled with many physical, emotional, developmental and learning needs. Our classes are designed to effectively prepare both expectant and new parents for the exciting and challenging experiences of pregnancy, birth and early parenting.

- Traditional Childbirth Education Series
- Single Parent Childbirth Preparation Series—designed for the unmarried, teenage parent
- Weekend Express Childbirth Education Course
- Childbirth Education “To-Go” DVD Series
- Refresher Class
- Breastfeeding/Tour Class
- Labor Rehearsal
- Cesarean Birth
- Sibling Preparation Class—Designed for Children of Expectant Parents
- Babysitting Seminars
Congratulations on the upcoming addition to your family. We have many childbirth education class offerings available for expectant parents. Please review our selection of classes and choose the best options for you.

**Traditional Childbirth Education Series**
A four class series that discusses the third trimester of pregnancy, labor and birth process, medical interventions, cesarean birth, postpartum, baby care basics and safety, breastfeeding, tour of the OB unit, and labor rehearsal.

**Weekend Express Childbirth Education Class**
A one-day class that is a condensed version of the Traditional Series. Class participants will have the option to attend a breastfeeding class and labor rehearsal at no additional charge.

**Shipshewana or Nappanee Childbirth Education Class**
A two-night series class that is a condensed version of the Traditional Series. Class participants will have the option to attend breastfeeding/tour class and a labor rehearsal at no additional charge.

**Childbirth Education “To-Go” Series**
A DVD based class. This is for the busy expectant parents that cannot attend traditional classes. The fee includes rental of DVD, two manuals and a tote bag. Participants may attend breastfeeding/tour class and a labor rehearsal at no additional charge.

**Single Teen Childbirth Education Series**
Includes topics covered in the Traditional Education Series but directed toward single, young expectant parents.

**Refresher Class**
A review class for expectant parents that have previously attended childbirth education classes. Includes a tour of the OB unit. Class time is 5:30 pm to 8:30 pm.

**Cesarean Class**
A discussion on the process of a cesarean birth process.

**Breastfeeding/Tour Class**
A discussion of breastfeeding basics. Topics include getting started, positioning, pumping and storage, what to expect in the hospital, and anatomy and physiology of breastfeeding. Class will include a tour of the OB unit.

**Labor Rehearsal Class**
Topics include comfort measures and positions for labor, relaxation and breathing techniques, and many other coping strategies.

**Sibling Class**
This class is for ages 2 to 10 years old. There will be a discussion on what to expect with a new sibling at home as well as a “practice session” on diapering and holding a newborn. Children should bring a doll or stuffed animal. A tour and snack are included.

Our team of childbirth educators looks forward to helping you and your family prepare for the birth of your baby. If you have any questions or concerns please call (574) 535-2582.

**Pre-registration is required.**
To register, please call Nurse on Call at (574) 535-2600 or (877) 846-4447. After calling to register and prior to attending class, please mail your payment to: Community Wellness and Education/Childbirth Education, Goshen General Hospital, 200 High Park Avenue, Goshen, IN 46526.

Most classes include a nominal fee. If the cost creates a financial hardship for you, or if you have any questions, please call (574)-535-2582. For a full listing of childbirth education class fees, please visit our website at www.goshenhealth.org.