

## **Advocate Medical Center Prenatal Classes**

Below are some of the prenatal classes that are offered by the Advocate Hospitals. All of the following classes are offered by Christ Medical Center (class location may vary). Some classes are also available at Trinity where noted.

**Registration is Required**  
**Call**  
**1-800-3-ADVOCATE**  
**or 1-800-323-8622**

**for more information or to register online go to [www.advocatehealth.com](http://www.advocatehealth.com)**

### **Infant and Child CPR**

This is an American Heart Association CPR class for non-health professional. It teaches basic CPR skills used on infants and children. There is a fee.

### **Breastfeeding Basics (Christ Hospital) or Prenatal Breastfeeding Class (Trinity Hospital)**

This class teaches breastfeeding preparation and positions. Information is also given on pumping and storage of breast milk. There is a fee.

### **Birth Center Tours**

This is available at Christ and Trinity Hospital. Call for dates and times. Free

### **Caring Kids Class**

Children ages 3-12 will learn what happens when mom goes to the hospital and how they can help when the new baby comes home. There is a fee.

### **Childbirth Education Classes (Christ Hospital) Baby on the Way Childbirth Class (Trinity Hospital)**

This 4 session class teaches mom and their support person the signs and stages of labor, breathing and relaxation techniques, medication and pain relief options, etc. This class should be taken in the third trimester. There is a fee.

### **Delivery Options (the 3<sup>rd</sup> week of Childbirth Education)-Christ Hospital Only**

This is a one session class that teaches about unexpected outcomes, assisted delivery, epidurals, infant complications, inductions, and reasons for cesarean delivery. There is a fee.

### **Marvelous Multiples**

This is a special series for expectant mothers of twins, triplets, and more. There is a fee.

**Tender Baby Care**

This is a one session infant care class for expectant couples in the third trimester. There is a fee.

**Weekend Childbirth Education**

All of the information of the 4 week childbirth education class in a two-part weekend class. There is a fee.