Visit the Maternity Suites at IU Health Arnett Hospital
IU Health Arnett Hospital offers maternity suites designed to celebrate life. Spacious and private labor-delivery-recovery suites allow mom to have loved ones on hand during labor and delivery. All childbirth preparation classes include a tour of the maternity suites. If you have your class at another location, you may attend a tour free of charge.

Register for Classes
Registration forms for classes are available online at iuhealth.org/arnett or you may register by contacting our Childbirth Educator at:

- 765.838.4670
- childbirthed@iuhealth.org

Why should I take a childbirth education class?
- Address your fears
- Brush up on newborn care
- Connect with your partner or labor coach
- Create a social network
- Discuss options for handling pain
- Get the basics on medical interventions
- Learn things you never knew about labor, delivery and postpartum care

Childbirth Education classes will be held at Indiana University Health Arnett Hospital in the Childbirth Education Classroom on the 3rd floor.

Childbirth Preparation Classes
The best start possible.

Arnett Hospital
5165 McCarty Lane
Lafayette, IN 47905
765.448.8000 | 800.899.8448
iuhealth.org/arnett

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Childbirth can be one of the most meaningful times in life, not only for parents, but for extended family and friends as well. To help prepare for this experience, Indiana University Health offers a variety of childbirth programs designed to educate and enlighten those waiting to welcome new life into the world.

**Childbirth Preparation**

**5-week course**
Class meets for 5 consecutive weeks. The goal of the class is to increase women’s confidence in their ability to give birth. Women and their support persons will learn coping strategies for labor, including focused breathing, movement and positioning, labor support, massage and relaxation. Also included is information on epidurals, cesarean section births, post-partum and the early newborn period.

**Fast Track Childbirth Preparation**

**Weekend option**
Class meets for 2 consecutive Saturdays. This class offers you the opportunity to learn more about childbirth and gain confidence as you prepare for the birth of your baby. Information on pregnancy, labor and delivery, labor support, relaxation, breathing techniques, post partum care and immediate newborn care is provided. Also included is information on epidurals and cesarean section births.

**Next Time Around**

**Prenatal Refresher class**
Class is designed for couples who have taken a childbirth class with a previous baby and would like a review of childbirth techniques. The class reviews labor and delivery topics, such as breathing, relaxation, labor support techniques, anesthesia and cesarean section births.

The following classes are available at no charge to all families who have registered for either of the Childbirth Preparation courses or the Prenatal Refresher class.

**Newborn Basics**
During this class you will have the opportunity to explore, discuss, and share your concerns in caring for a new baby. A registered nurse will discuss baby care topics such as bathing, feeding, holding, diapering, comforting, car seat safety, cord care, the crying baby and more.

**Breastfeeding With Ease**
Learn how to make breastfeeding a positive experience for you and your baby. We give you practical information about positioning and latch-on. We also discuss common concerns and problems related to breastfeeding. Attend this class with your partner.

**Cesarean Birth Class**
This class is designed for women who are scheduled for a cesarean section or those whose physician indicates they may need a C-section. We will answer your questions and help you become more at ease with the surgery by discussing the indications, procedures, delivery and expectations for recovery.

**CPR and First Aid for Parents**
During this class you will learn choking rescue and CPR for infants and children. You will also learn basic first aid for your child’s early years and receive information about home safety and assembling a family first aid kit. This class is taught by an American Heart Association CPR instructor.

**Especially for Children**
Help children prepare for their new role as big brother or big sister. Class is filled with activities to help explain how siblings may feel and how they can safely play and help with the new baby. Children are assured that they are very special people in their families and will remain loved as much as ever after the birth of the baby.