Summa Health offers a variety of childbirth education and parenting classes to help you and your family prepare for your precious little one’s arrival. We also provide you the opportunity to tour our maternity units either virtually (summahealth.org/mybaby) or in person. Our offerings include:

**Childbirth Education**

$60 per couple

First time parents can prepare for the physical and psychological experiences of labor, birth and postpartum. Choose the session listed to the right that fits your schedule.

Participants will learn how to prepare for birth and delivery; natural vs. epidural assisted labor; hospital procedures; Cesarean delivery; relaxation and breathing techniques; comfort measures for labor, and postpartum. You will need to schedule a maternity unit tour if you attend the two-evening or one-day marathon sessions.

We recommend you take this class six to ten weeks prior to your due date.

**Four-Week Session**
Maternity unit tour and breastfeeding class included
Monday or Tuesday evenings
6:30 – 9:00 p.m.

**Marathon Session over Two Evenings**
Breastfeeding class included
Wednesdays and Thursdays
6:00 – 9:30 p.m.

**Marathon Session in One Day**
Saturdays
9:00 a.m. – 3:30 p.m.
Additional Classes Offered

**Baby Care**  
$15 per couple  
Single-session class (2½ hours)

Get hands-on training in newborn care. Practice diapering, dressing and swaddling baby dolls. Topics covered include newborn characteristics and procedures; infant nutrition; signs/symptoms of illness, crying and how to soothe your baby; colic; and basic car seat safety.

We recommend this class be taken four to ten weeks prior to your due date.

**Infant Safety/CPR**  
$20 per person  
Single-session class (2½ hours)

This class will teach you the critical skills of the American Heart Association’s CPR methods. Learn how to perform CPR on infants, children and adults. This class will also cover how to relieve foreign body airway obstruction as well as how to reduce the risk of accidents.

**Breastfeeding Your Baby**  
$15 per couple  
Single-session class (3 hours)

This class teaches the basic skills for successful breastfeeding and problem-solving techniques. Topics covered include: advantages of breastfeeding; breastfeeding basics; positioning; latch-on; breast pumps and other important facts regarding breastfeeding. We encourage you to bring a support person to the class with you.

We recommend this class be taken four to ten weeks prior to your due date.

**Caring as a Grandparent**  
$10 per person  
Single-session class (1 hour)

Are you expecting your first grandchild? Come learn what is new! The Grandparents Class will cover the basics of diapering, bathing, the benefits of breastfeeding and safe sleep. We will review some of the latest and greatest baby care items available. This class will help ease your anxiety when called upon to help care for your newest little member of the family.

**Classes are held at the following locations:**

- **Summa Health Corporate Office**  
  1077 Gorge Blvd, C2  
  Akron, OH 44310

- **Summa Health Barberton Campus**  
  155 Fifth St, NE  
  Barberton, OH 44203

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**Maternity Tours**

We recognize how important it is to see firsthand the space where you will complete one of your most important life events. Our maternity tours include Labor and Delivery, Special Care Nursery and the Mother Baby Units of both Summa Akron City Hospital and Summa Barberton Hospital. Tours are available during evening and weekend hours making them easier to fit into your schedule. Registration is required.

Call 800.23.SUMMA or visit summahealth.org/mybaby to take a virtual tour, register for a class or tour and schedule an appointment.