

Preparation for Parenthood

2026 Programs and Services



Preparation for Childbirth (\$20/couple)

- Topics include stages of labor, pain relief options, breathing techniques and role of support person.

☐	January	Wednesday, 6:30 – 9 p.m.
☐	February.....	Wednesday, 6:30 – 9 p.m.
☐	March.....	Wednesday, 6:30 – 9 p.m.
☐	April	Wednesday, 6:30 – 9 p.m.
☐	May.....	Wednesday, 6:30 – 9 p.m.
☐	June	Wednesday, 6:30 – 9 p.m.
☐	July	Wednesday, 6:30 – 9 p.m.
☐	August	Wednesday, 6:30 – 9 p.m.
☐	September.....	Wednesday, 6:30 – 9 p.m.
☐	October	Wednesday, 6:30 – 9 p.m.
☐	November.....	Wednesday, 6:30 – 9 p.m.
☐	December	Wednesday, 6:30 – 9 p.m.

Breastfeeding Basics (\$20/couple)

- Learn about latch and positioning, pumping, when to feed, how much is enough, breast care and breastfeeding lifestyle.

☐	January	Wednesday, 6:30 – 9 p.m.
☐	February.....	Wednesday, 6:30 – 9 p.m.
☐	March.....	Wednesday, 6:30 – 9 p.m.
☐	April	Wednesday, 6:30 – 9 p.m.
☐	May.....	Wednesday, 6:30 – 9 p.m.
☐	June	Wednesday, 6:30 – 9 p.m.
☐	July	Wednesday, 6:30 – 9 p.m.
☐	August	Wednesday, 6:30 – 9 p.m.
☐	September.....	Wednesday, 6:30 – 9 p.m.
☐	October	Wednesday, 6:30 – 9 p.m.
☐	November.....	Wednesday, 6:30 – 9 p.m.
☐	December	Wednesday, 6:30 – 9 p.m.

Childbirth E-Learning (\$70/registration)

- Learn at your own pace from your home in this web based self-directed program. Call **419-291-5666** to register.

Car Seat and Infant Safety (\$20/couple)

☐	Thursday, February 12, 2026	5 – 7:30 p.m.
☐	Thursday, April 9, 2026	5 – 7:30 p.m.
☐	Thursday, June 11, 2026	5 – 7:30 p.m.
☐	Thursday, August 13, 2026	5 – 7:30 p.m.
☐	Thursday, October 15, 2026	5 – 7:30 p.m.
☐	Thursday, December 10, 2026	5 – 7:30 p.m.

Prenatal Water Aerobics

Contact Forever Fit at Wildwood to register **(419) 539-0235**.

Weekend Express (\$40/couple)

- This combines Preparation for Childbirth and Baby Care Bootcamp into just one class on a Saturday morning.

☐	Saturday, January 10, 2026.....	8 a.m. – 1 p.m.
☐	Saturday, February 7, 2026.....	8 a.m. – 1 p.m.
☐	Saturday, March 14, 2026	8 a.m. – 1 p.m.
☐	Saturday, April 11, 2026	8 a.m. – 1 p.m.
☐	Saturday, May 9, 2026	8 a.m. – 1 p.m.
☐	Saturday, June 20, 2026	8 a.m. – 1 p.m.
☐	Saturday, July 11, 2026.....	8 a.m. – 1 p.m.
☐	Saturday, August 8, 2026.....	8 a.m. – 1 p.m.
☐	Saturday, September 19, 2026	8 a.m. – 1 p.m.
☐	Saturday, October 17, 2026.....	8 a.m. – 1 p.m.
☐	Saturday, November 14, 2026.....	8 a.m. – 1 p.m.
☐	Saturday, December 12, 2026	8 a.m. – 1 p.m.

Baby Care Bootcamp (\$20/couple)

- Learn how to care for your baby and other topics such as diapering, swaddling and safe sleep.

☐	January	Wednesday, 6:30 – 9 p.m.
☐	February.....	Wednesday, 6:30 – 9 p.m.
☐	March.....	Wednesday, 6:30 – 9 p.m.
☐	April	Wednesday, 6:30 – 9 p.m.
☐	May.....	Wednesday, 6:30 – 9 p.m.
☐	June	Wednesday, 6:30 – 9 p.m.
☐	July	Wednesday, 6:30 – 9 p.m.
☐	August	Wednesday, 6:30 – 9 p.m.
☐	September.....	Wednesday, 6:30 – 9 p.m.
☐	October	Wednesday, 6:30 – 9 p.m.
☐	November.....	Wednesday, 6:30 – 9 p.m.
☐	December.....	Wednesday, 6:30 – 9 p.m.

Family and Friends CPR Class (\$20/person)

☐	Thursday, January 15, 2026	6 – 9 p.m.
☐	Thursday, February 19, 2026	6 – 9 p.m.
☐	Thursday, March 19, 2026.....	6 – 9 p.m.
☐	Thursday, April 16, 2026	6 – 9 p.m.
☐	Thursday, May 21, 2026.....	6 – 9 p.m.
☐	Thursday, June 18, 2026.....	6 – 9 p.m.
☐	Thursday, July 16, 2026	6 – 9 p.m.
☐	Thursday, August 20, 2026	6 – 9 p.m.
☐	Thursday, September 17, 2026.....	6 – 9 p.m.
☐	Thursday, October 15, 2026	6 – 9 p.m.
☐	Thursday, November 19, 2026	6 – 9 p.m.
☐	Thursday, December 17, 2026.....	6 – 9 p.m.



promedica.org

Preparation for Parenthood

2026 Programs and Services

Register for classes by phone or email:

Phone: **419-291-5666**

Email: childbirtheeducation@promedica.org



Request a spot in one
of our Preparation for
Parenthood classes

NOTE: Please add \$15/class if you are delivering your baby at a non-ProMedica hospital.

Name of expectant mother

Birthing partner's name

Address

City State Zip

Phone

Email address

Physician's/Midwife's name Due date



- ☐ I will deliver at _____ Hospital.
- ☐ I am hearing impaired.
- ☐ I need a foreign language interpreter.
- ☐ I need handicap accessibility.

Payment Information:

Class fee(s) \$ _____

Discount _____ %

Total Paid \$ _____

Credit: ☐ M/C ☐ Visa ☐ Discover ☐ AX ☐ HSA

Cash: ☐

Receipt emailed: ☐ Yes Date _____

An email receipt will be sent with all class charges after processing.

Maternity Tours are available at no cost!

Call for dates and times:

ProMedica Toledo Hospital – **419-291-5666**



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