Classes, Education & Resources
for New & Expectant Parents

Ridgeview Medical Center
952-442-2191

Ridgeview Sibley Medical Center
507-964-2271

Ridgeview Birthing Center
952-442-2191, ext. 5250

Lactation Services
952-442-2191, ext. 5262

Gift Shops
First Floor
952-442-2191, ext. 5528

Ridgeview Lily Pad Boutique
952-442-2191, ext. 5392

Rehab, Fitness and Wellness
952-442-7850
Dear Expectant Parent(s),

Congratulations! With the discovery of your pregnancy, there are decisions to make, questions to answer and much to learn. This is an exciting time of your life, and Ridgeview Medical Center is thrilled to be partnering with you on your journey to parenthood. Along with the excitement, we understand you need resources to help guide you. Through our classes, education, health resources and medical staff, we will be your partner from pregnancy through parenthood.

Our services are delivered by a network of medical professionals who meet the health needs of women and children at all of life’s stages. Care is provided by family physicians, pediatricians, ob/gyn physicians and surgeons, certified nurse midwives, nurse practitioners, perinatologists, lactation consultants and more at:

» Catalyst Medical Clinic
» Children's Heart Clinic
» Children's Hospitals and Clinics of Minnesota
» Lakeview Clinic, Ltd.
» OBGYN West
» Ridgeview Clinics
» Ridgeview Pediatric Rehab
» Ridgeview Sibley Medical Center
» Southlake Pediatrics
» Wayzata Children's Clinic
» Western OB/GYN, A Division of Ridgeview Clinics

To learn more about our medical providers, visit health.ridgeviewmedical.org/providers.

In this issue

Birthing Center ................................................................. 6
Neonatal Care Unit .......................................................... 8
Childbirth Preparation Classes ...................................... 10
Breastfeeding Classes & Resources ................................ 13
Additional Services for Women & Children ..................... 14

Expectant Parents’ Checklist

☐ Register for prenatal classes at www.ridgeviewmedical.org/events or call 952-442-8083. Note: Classes include tour and childbirth education guidebook. See page 10.

☐ Register for a tour of the Birthing Center. View the schedule at www.ridgeviewmedical.org/events.

☐ Preregister for your hospital stay by requesting a form from your provider and returning it to your provider by your fifth month. You may also preregister online at www.ridgeviewmedical.org; click on “Patients & Visitors.”

☐ Research providers for your baby, you and your family at health.ridgeviewmedical.org/providers.
Ridgeview Medical Center is an independent, nonprofit, regional health care system located just 35 minutes west of Minneapolis on Highway 5. Its network includes two hospitals—located in Waconia and Arlington—a multitude of primary and specialty care clinics, emergency services and specialty programs, and Two Twelve Medical Center in Chaska—a free-standing 24/7 emergency and urgent care facility with multispecialty clinics and services.

Ridgeview’s hospitals, associated clinics and physicians have a well-earned reputation for clinical excellence and extraordinary service. Patients say that the Ridgeview experience is decidedly different from what they encounter at other health care facilities. Ridgeview and Ridgeview-associated doctors and nurses are regularly among those honored by local and regional recognition programs as the best in their fields.

Visit Ridgeview’s website:
» To register for classes and events
» To find a doctor
» To view health information
» To access your personal health information through the FollowMyHealth patient portal

www.ridgeviewmedical.org
Ridgeview’s Birthing Center features private birthing suites with bathtubs for mothers to labor and deliver in water, private postpartum suites, a newborn and high-risk nursery, and the latest technology in nurse call systems, fetal monitoring, infant security and more.

Amenities and Specialized Services
The Birthing Center features numerous amenities and specialized services to ensure new mothers have a memorable experience while receiving the personalized care and quality they expect from Ridgeview, including:

» The option to labor in water, and to have a water birth attended by certified nurse midwives through Western OB/GYN, A Division of Ridgeview Clinics, and OBGYN West.

» Breastfeeding guidance and follow-up support. See page 13.

» Two gift shops: the Ridgeview Gift Shop located on the first floor, and the Ridgeview Lily Pad Boutique on the third floor, featuring unique products for women and babies including products recommended by Ridgeview’s prenatal instructors, OB nurses and lactation consultants.

» Home entertainment systems complete with surround sound, and capabilities to hook up MP3 players and view digital photos and videos in all birthing suites and postpartum suites.

» Conveniences of home, including hair dryer, refrigerator and natural lighting through large windows in each room.

» Wireless Internet access.

» On-site cafeteria.

» Complimentary parking.
Neonatal Care Unit

A collaboration between Ridgeview Medical Center and Children’s Hospitals and Clinics of Minnesota, Ridgeview’s Neonatal Care Unit provides patients with the high-quality, family-centered care that they have come to expect from Children’s—but in a setting much closer to home.

Care is provided by neonatal nurse practitioners from Children’s, who are at Ridgeview 24 hours a day, seven days a week, and neonatologists who have a daily presence at Ridgeview.

The Neonatal Care Unit features seven private rooms with the capability to care for up to 13 infants at a time. The unit includes a family lounge with a private consultation area, computer with Internet access, kitchenette and sitting area.

Families of infants in the Neonatal Care Unit receive daily updates by e-mail. Written to sound as if they’re coming from the infant, the messages update parents on their little one’s health—weight gain or loss, reliance on oxygen and feeding information, for example—and include encouragement and heart-warming comments that help parents feel connected to their babies, even if they’re not with them 24/7.

Peter and Chonda Ditsch, holding identical twins Blake and Braden, at eight weeks. The twins arrived six weeks early, at Ridgeview Medical Center in Waconia. They spent 18 days in Ridgeview’s Neonatal Care Unit, growing and learning to feed on their own. With support and encouragement from everyone involved in their care, “When it was time to take the babies home, we were confident we could do this on our own,” Chonda said.

“I cannot say enough about how wonderful the doctors and nurses were during labor and delivery.”
— Peter Ditsch

Health Information
For free, reliable health information, contact Ridgeview’s Health Information Library.

» Call 952-442-2191, ext. 6100, to speak with a librarian.
» Visit health.ridgeviewmedical.org/library.
» E-mail health.information@ridgeviewmedical.org.
Ridgeview staff can help you prepare for your special delivery. Prenatal classes are designed and taught by caring, experienced educators whose first priority is your health and the health of your baby.

Childbirth Preparation
Led by certified instructors, this series helps you prepare for the last months of pregnancy, labor and delivery. You will be given *The Gift of Motherhood*, a childbirth education book, at class. This series includes stages of labor and delivery, breathing and relaxation techniques, and a birthing suite and nursery tour. Please bring two pillows and a blanket. To accommodate your schedule, Ridgeview offers in-person and online childbirth preparation classes.

**4-Weeknight Series, 6–9 p.m.**
- Tuesdays, Jan. 6 – Jan. 27
- Thursdays, Feb. 19 – March 12
- Tuesdays, April 7 – April 28
- Thursdays, May 21 – June 11

**1-Day Express Class, Saturdays, 8:30 a.m. – 5 p.m.**
- Jan. 10
- Jan. 31
- Feb. 7
- Feb. 28
- March 7
- March 21
- April 11
- April 18
- May 2
- May 16
- June 13
- June 20

These classes are held at Ridgeview Medical Center in Waconia.

Fee: $95 per couple

To register, call 952-442-8083 or visit www.ridgeviewmedical.org/events.

Note: Meals and snacks are not provided during these classes. Bring your own food and beverages, or make purchases in the Ridgeview Medical Center cafeteria or from vending machines.

Childbirth Refresher
The refresher class provides parents with a review and update of birthing procedures. Please call 952-442-8083 if you are interested in a childbirth refresher class. Ridgeview will work with you to schedule a session.

**Online Course**
Ridgeview Medical Center offers an e-learning childbirth preparation class. The interactive, web-based program includes animated illustrations, videos, voice-overs and games, allowing expectant mothers and their labor partners to participate in an independent, self-paced class from the convenience of home. Participants will be given an access code, which is valid for three months, and are encouraged to complete the class four weeks prior to their due dates. Please note: This online course does not include interaction with an instructor.

Fee: $35

*The Gift of Motherhood* is available in English or Spanish to those who are unable to attend Childbirth Preparation or Childbirth Refresher classes. Please call 952-442-8083 if you would like to purchase this book for $15.

Every fall, Ridgeview hosts an annual Halloween-themed event in which alumni from Ridgeview’s Neonatal Care Unit and their families gather.
Childbirth Preparation Classes, continued

Single or Young Parents-to-Be
Ridgeview Medical Center offers childbirth preparation classes specifically geared toward single or young parents-to-be under the age of 21. Dates and times for these classes are coordinated with you by the instructor, and will be on a one-to-one or a small-group basis.

Fee: $25. For more information, please call 952-442-8083.

Breastfeeding
Breastfeeding is a unique experience for each mother. This class is beneficial whether you choose to breastfeed for many months or just a few weeks. It can also be helpful if you are unsure about whether to breastfeed or bottle feed. Topics addressed by certified instructors include advantages of breastfeeding, preparation for breastfeeding, nutrition, problem-solving and returning to work. Bring a special support person.

Thursday, Jan. 8 Thursday, March 17 Thursday, May 14
Thursday, Jan. 22 Tuesday, March 26 Tuesday, May 19
Tuesday, Feb. 17 Thursday, April 16 Tuesday, June 16

Sessions are held at Two Twelve Medical Center, 111 Hundertmark Road, Suite 300, Chaska, from 6–9 p.m.
Fee: $40 per couple. Includes a copy of Breastfeeding: A Great Start.
Note: You are encouraged to bring your own snacks and beverages to have during the class.

Breastfeeding Classes & Resources

Single or Young Parents-to-Be
Ridgeview Medical Center offers childbirth preparation classes specifically geared toward single or young parents-to-be under the age of 21. Dates and times for these classes are coordinated with you by the instructor, and will be on a one-to-one or a small-group basis.

Fee: $25. For more information, please call 952-442-8083.

Breastfeeding
Breastfeeding is a unique experience for each mother. This class is beneficial whether you choose to breastfeed for many months or just a few weeks. It can also be helpful if you are unsure about whether to breastfeed or bottle feed. Topics addressed by certified instructors include advantages of breastfeeding, preparation for breastfeeding, nutrition, problem-solving and returning to work. Bring a special support person.

Thursday, Jan. 8 Thursday, March 17 Thursday, May 14
Thursday, Jan. 22 Tuesday, March 26 Tuesday, May 19
Tuesday, Feb. 17 Thursday, April 16 Tuesday, June 16

Sessions are held at Two Twelve Medical Center, 111 Hundertmark Road, Suite 300, Chaska, from 6–9 p.m.
Fee: $40 per couple. Includes a copy of Breastfeeding: A Great Start.
Note: You are encouraged to bring your own snacks and beverages to have during the class.

To register or to learn more about any class, service or resource available through Ridgeview, call 952-442-8083 or visit www.ridgeviewmedical.org/events. Classes, schedules and locations may change. Go online for current information.

In special circumstances, financial assistance is available for our childbirth preparation classes and resources. Please speak with your health care provider or ask about this when registering for a class.

Lactation Services
Ridgeview’s certified lactation specialists can counsel you on everything from when to introduce a bottle to how to use a breast pump. Acting as a nurse, cheerleader and friend, the lactation specialists have encountered issues ranging from postpartum depression to nutrition questions, and they’re here to answer your questions too. You can be seen by a lactation specialist during your hospital stay. When needed, you have access to complimentary outpatient lactation consultations for up to three weeks following discharge. Telephone support is available throughout your breastfeeding experience.

Lactation Services
952-442-2191, ext. 5262
• Breast pump purchases and rentals
• Breast pump accessories
• Nursing bra fittings
• Personal consultations by a board-certified lactation consultant
Classes & Events
Throughout the year, Ridgeview offers a variety of classes and events, including topics such as prenatal education to pre- and postmenopausal concerns; pilates, fitness classes, and personal training with medical professionals; support groups; and health screenings and health fairs. For current class and event schedules, visit www.ridgeviewmedical.org/events or call 952-442-8083.