



Safe Sitter

Safe Sitter® is a high quality program that gives young adolescents the skills to be safe, nurturing babysitters. Parents/guardians are always impressed with the results.

Safe Sitter® teaches adolescent babysitters how to handle crises, how to keep their charges secure, and how to nurture and guide a young child. In the process, these 11 to 13-year-old students emerge as more confident, responsible and compassionate teens and adults.

Columbus Community Hospital is a Safe Sitter training center and offers the two day program twice a year.

Strong Women Program

Columbus Community Hospital offers a 12-week exercise program for women of all ages twice a week at Columbus Community Hospital. The Strong Women Program is based upon years of research on how strength training and proper nutrition improve the health of women of all ages. The program is appropriate for both sedentary and active women.

Additional educational programs focusing on health and wellness are offered at Columbus Community Hospital. For more information call 920-623-1276.



CPR for Family & Friends

The American Heart Association (AHA) CPR for Family & Friends awareness program is modular and teaches rescue skills in CPR and relief of choking (foreign body airway obstruction). Information provided includes the AHA adult Chain of Survival and signs of a heart attack, cardiac arrest, stroke and choking in adults, as well as the AHA pediatric, infant and child Chain of Survival, signs of choking in infants and children, how to reduce the risk of sudden infant death syndrome (SIDS), and prevention of the most common fatal injuries in infants and children.

Well into the future



 **COLUMBUS**
COMMUNITY HOSPITAL

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Women & Childbirth SERVICES



Confidence

 **COLUMBUS**
COMMUNITY HOSPITAL

Well into the future



You'll feel well cared for right from the start.

We're prepared so you will be too.

To prepare and support you through pregnancy, childbirth and parenting, we offer a comprehensive education program including classes in childbirth, baby care, breastfeeding, infant/child CPR, infant massage and a sibling class. In addition, we provide 24-hour nursing phone consultation before and after your delivery, infant security banding to provide you peace of mind during your stay, and infant hearing screening.

Childbirth Classes

The Five Class Series is designed for the first-time parent/parents. The focus of the class is to help the mother and support person work as a team and to help you understand the pregnancy. You will learn relaxation techniques to make this the kind of delivery you can look back on and appreciate.

The Weekend Class is a self-study program recommended for experienced parents. It is a two-day class focusing on labor and delivery.

Babycare & Breast Feeding

Learn about feeding your baby, cord care, circumcision, and our breast pump rental and purchase program.

We will help you gain the confidence you need to better deal with your new role as a parent.

A New Baby for Us!

A special class designed for children expecting a new sibling. Your child or children will learn about new babies and how they can help with their new brother or sister. Children will see a video and tour the Women & Childbirth Services Department. Each child should bring a stuffed animal or doll and at least one parent to the class.

Infant Hearing Screening

We offer free infant hearing screening to all babies born at Columbus Community Hospital.

Educational Visits and Tours

Three to four weeks before your due date, we offer a tour of our facility as well as an educational visit. During the visit we assist you in planning your birth experience and answer questions you or your family may have about your stay.



Your confidence is our commitment. Call 920-623-2200

We are eager to make the birth of your baby as secure and gratifying as possible. Our focus is on you and your baby.

The birth of a new baby is an exciting event as you welcome your child into the world. Our skilled, caring physicians, nurses and staff are committed to ensuring the comfort and well-being of you, your child and your family during this special time.

Our goal is to provide expert medical care along with the highest level of attention to your needs.

We call this our One-to-One Care,[™] and we focus on making sure that the birth of your baby and your first days together are as safe, comfortable and satisfying an experience as possible.

We also offer a comprehensive education program to prepare you for pregnancy, childbirth and parenting,

To schedule a tour or to register for one of our classes, call 920-623-2200.

Connected

TO YOU AND THE COMMUNITIES WE SERVE

