



HSHS St. Elizabeth's Hospital Announces Prenatal Education Program Classes for 2020

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O'FALLON - Pregnant moms can get all their “what to expect” pregnancy questions answered by attending any or all of the Prenatal Education programs offered by HSHS St. Elizabeth's Hospital in the coming year.

St. Elizabeth's Women and Infants Center offers a wide range of services for mothers and infants, and the class schedule for 2020 is now available. It includes Prepared Childbirth Classes, Breastfeeding Fundamentals; a Sibling Preparation Class; and other education about the amenities and quality at St. Elizabeth's Hospital.

Classes are taught by a Registered Nurse from St. Elizabeth's Women and Infant Center and are open to any mom-to-be and their support person.

According to the March of Dimes, prenatal education is an important component of supporting healthy pregnancies. Prenatal education promotes the maintenance of healthy lifestyles during pregnancy and helps expectant mothers manage stress, support a healthy diet, avoid harmful chemicals and situations, recognize warning signs and symptoms that mean something may be wrong with their pregnancy, as well as prepare for labor and delivery.

The full calendar of classes at St. Elizabeth's Hospital Women and Infants Center can be reviewed [here](#). For more information or to register for classes, please call 618.234.2120, ext. 31260 or email childbirtheduc@hshs.org.

St. Elizabeth's Women and Infants Center is recognized by the National Safe Sleep Hospital Certification Program, created by Cribs for Kids, as a Bronze Safe Sleep Hospital. The hospital also has a partnership with SSM Health Cardinal Glennon pediatricians who provide coverage 24/7. These pediatricians care for babies admitted to

the Well or Intermediate Care Nurseries. The Intermediate Care Nursery is also staffed with specially trained nurses to care for babies born with special health care needs.

Hospital is part of the Southern Illinois Division of Hospital Sisters Health System, which also includes HSHS St. Anthony's Memorial Hospital in Effingham, HSHS St. Joseph's Hospital in Breese, HSHS Holy Family Hospital in Greenville and HSHS St. Joseph's Hospital in Highland.