

# Childbirth & Beyond



**Good Samaritan**  
Birthing Center

---

*2022 Education Offerings*

# Good Samaritan Birthing Center

## Preparing you for parenthood

Having a baby can be both joyful and overwhelming, no matter how many children you have had. Good Samaritan Birthing Center will stand by you through it all, from the moment you decide to become pregnant to well into your child's first year. Our compassionate staff and personalized approach ensure that your birth experience will be comfortable, safe and designed just for you.

Babies bring blessings, but they also change lives. Our education classes will help you to feel more prepared for your labor and delivery – and for your new life afterward with baby. Knowing what to expect will help ease your mind and will make preparations even more enjoyable.

This booklet describes education and support classes available at Good Samaritan. These classes are designed to help you achieve the best birthing experience possible and to prepare you for bringing baby home. We are always here when you need us.

View all class offerings and register online at [gshvin.org/babyeducation](http://gshvin.org/babyeducation).



# When it comes to babies, we deliver.

Your safety and comfort is important and we want to make your birthing experience with us a positive one. The unit features larger rooms with additional space for family members who come to visit. Large floor to ceiling windows allow you to enjoy the beautiful scenery outside, while maintaining your privacy in the comfort of your room. Every room has been designed to allow for the most safe and comfortable delivery of your baby. Birthing balls, peanut balls and wireless monitoring are also available to help facilitate labor.



## Prenatal Classes

Throughout the year, Good Samaritan offers five-week prenatal classes to prepare you for childbirth and infant feeding, with an emphasis on breastfeeding. They are designed to be taken in your sixth or seventh month of pregnancy. Your instructors will be registered nurses from the Good Samaritan Birthing Center.

Classes meet one night a week for five weeks. They run from 6 to 8 p.m. (Vincennes time). Saturday all day “marathon” sessions are from 9 a.m. to 5 p.m. **All classes will be held in Charles C. Hedde, MD Education Center - Room C, with the exception of the April 19 class that will be held in Eva Hill Auditorium.**

Each session concludes with a breastfeeding class taught by a certified lactation specialist. For those who are only interested in attending the breastfeeding class for \$10, you can register by calling (812) 885-3369.

**Class 1:** Last trimester and relaxation

**Class 2:** Labor and delivery - videos

**Class 3:** Postpartum and tour of facility

**Class 4:** Baby care, growth and development

**Class 5:** Infant Feeding

Classes are \$10, which covers a course handbook that you can keep. Call (812) 885-3369 to register for a Prenatal Class session or register online at [gshvin.org/babyeducation](http://gshvin.org/babyeducation).

\* See schedule on page 6

# Breastfeeding Classes

Join Good Samaritan's certified lactation consultants in a two-hour session designed for mothers and fathers. In the class, parents learn the basics of breastfeeding, along with its short and long-term benefits for mother and baby.

## Topics to be Covered

- Positioning the baby at breast
- Returning to work and breastfeeding
- Determining adequate fluid intake
- Pumping and storage of milk
- Prevention and treatment of breast/nipple problems
- Other common concerns

All prenatal classes include the Infant Feeding Class on their last date. For those who are only interested in attending the breastfeeding class can register by calling (812) 885-3369.



# Prenatal Class Schedule

Session I	Session II	Session III
January 11	March 1	April 19
January 18	March 8	April 26
January 25	March 15	May 3
February 1	March 22	May 10
February 8	March 29	May 17

Session IV	Session V	Session VI
June 7	July 26	September 6
June 14	August 2	September 13
June 21	August 9	September 20
June 28	August 16	September 27
July 5	August 23	October 4

Session VII
October 25
November 1
November 8
November 15
November 22

All Day Saturday Marathon 9 a.m. to 5 p.m.
February 26
April 9
June 4
August 27
October 15
December 10

# Grow Up with Good Samaritan

Mothers who make every effort to take the best care of their child during pregnancy, baby's first year and throughout their childhood deserve to be rewarded, regardless of race, color, religion, disability or income.

Grow Up With Good Samaritan is a program designed to decrease infant mortality and increase the health of your little one. Being a member of this program entitles you to free car seats for the rest of your child's life.



## Requirements

- Prenatal Education
- Indiana Tobacco Quitline (when applicable)
- Deliver at Good Samaritan
- Well Child Visits
- Immunizations

## Reward

At one year old, your child can become a member of Grow Up With Good Samaritan, which entitles them to complimentary car seats installed by Good Samaritan Passenger Safety Technicians until such time your child is able to safely sit in the seat with normal shoulder and lap belt.



## Infant CPR Classes

Despite our best efforts, babies sometimes get themselves into trouble. They choke on food, slip in the tub or get caught in drawstrings and curtain cords. If that happens to your baby, you want to be prepared. Good Samaritan offers CPR classes for the public, parents and caregivers, taught by American Heart Association instructors.





## Topics to be Covered

- Assessing status of child
- Clearing airways and giving mouth to mouth
- Positioning the child
- Giving chest compressions and back thrusts
- How to contact medical assistance

Dates for the 2022 Infant CPR classes are below. The Infant CPR class is available to those who wish to learn the infant (newborn to one-year-old) portion only. These classes are free and are from 6:30 to 7:30 p.m. on the OB unit. Please call (812) 885-3369 to register or go online to [gshvin.org/babyeducation](https://gshvin.org/babyeducation).

**January 6**  
**February 17**  
**March 17**  
**April 14**  
**May 19**  
**June 16**

**July 7**  
**August 11**  
**September 8**  
**October 13**  
**November 10**  
**December 15**

The Friends and Family Course is also available for parents and caregivers. This course is two hours and teaches CPR in infants, children and adults. The course is \$4 and will be taught on the OB unit, located on the fifth floor of Gibault Memorial Tower, in the Education Room. Those interested in the Family and Friends course can register by calling Dawn Hendrixson at 812-885-6784 or can register online by visiting [gshvin.org/babyeducation](https://gshvin.org/babyeducation).

# Our Physicians and Providers

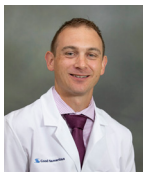
---



**Shalin Arnett, DO**

**OB/GYN**

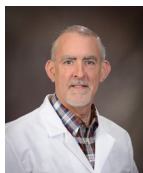
700 Willow Street, Suite 201  
Vincennes, IN  
812-885-8030



**Dustin Blackwell, DO**

**OB/GYN**

700 Willow Street, Suite 203  
Vincennes, IN  
812-882-1000



**Thomas O'Rourke, MD**

**OB/GYN**

700 Willow Street, Suite 203  
Vincennes, IN  
812-882-1000



**Heather Ludwig, MD**

**Family Practice/Obstetrics**

406 N. First Street  
Vincennes, IN  
812-882-1106



**Caroline Steinman, DO**

**Family Practice/Obstetrics**

406 N. First Street  
Vincennes, IN  
812-882-1106



**Lindsey VanSchoyck, NP-C**

**Family Practice/Obstetrics**

700 Willow Street, Suite 203  
Vincennes, IN  
812-882-1000

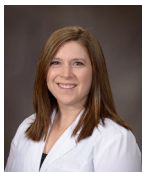
## **OB Unit Providers**



**Bryce Meck, MD**



**Cassi Fiscus, FNP-C**



**Amanda Franklin, FNP-C**



**Meagan Keyes, FNP-C**

