

Childbirth & Beyond



Good Samaritan
Birthing Center

2023 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 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.



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.**

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.

* 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

January 10

January 17

January 24

January 31

February 7

Session II

March 14

March 21

March 28

April 4

April 11

Session III

May 2

May 9

May 16

May 23

May 30

Session IV

June 13

June 20

June 27

July 11

July 18

Session V

August 15

August 22

August 29

September 5

September 12

Session VI

October 3

October 10

October 17

October 24

October 31

Session VII

November 7

November 14

November 21

November 28

December 5

All Day Saturday Marathon 9 a.m. to 5 p.m.

February 25

April 29

June 10

August 12

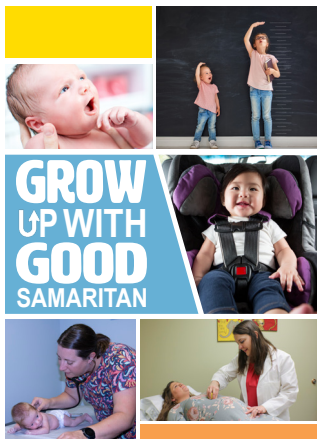
September 30

November 4

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.

January 19

February 16

March 16

April 13

May 18

June 15

July 20

August 24

September 21

October 26

November 16

December 7



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 Griggs at 812-885-6784 or can register online by visiting gshvin.org/babyeducation.

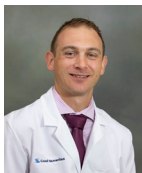
Our Physicians and Providers



Shalin Arnett, DO

OB/GYN

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



Dustin Blackwell, DO

OB/GYN

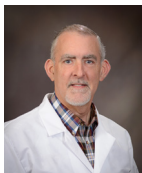
700 Willow Street, Suite 203
Vincennes, IN
812-882-1000



Heather Ludwig, MD

Family Practice/Obstetrics

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



Thomas O'Rourke, MD

OB/GYN

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



Caroline Steinman, DO

Family Practice/Obstetrics

406 N. First Street
Vincennes, IN
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Lindsey VanSchoyck, NP-C

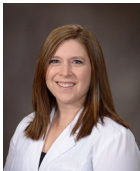
OB/GYN Nurse Practitioner

700 Willow Street, Suite 203
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812-882-1000

OB Unit Providers



Cassi Fiscus, FNP-C



Amanda Franklin, FNP-C



Meagan Keyes, FNP-C

