



Baptist Babies!

2024 Program and
Registration Information

 **BAPTIST**
HEALTH CARE
MOTHER-BABY CENTER

850.434.4567 / ebaptisthealthcare.org/birth

At Baptist Health Care, you'll find our team feels childbirth is a special calling. Baptist's Mother-Baby Center offers you choices to tailor your experience from early pregnancy to your baby's birth. Our experienced team of nurses and educators are specially trained to make your birthing experience truly one of a kind. Baptist strives to provide a one-to-one nurse to patient ratio with active labor patients. Our nurses will be by your side to give you the clinical and emotional support you need during your birth.

Registration Process

To register for the following programs, monthly series or a-la-carte classes, please register online at EasySchedule.com. **We encourage you to sign up for classes early in your pregnancy to ensure availability. A payment invoice will be mailed after completion of the registration process.** Call 850.434.4567 for questions.

EasySchedule

Tours

Baptist Mother-Baby Center Tour **Baptist Hospital, 5th Floor, LDRP Unit**

This includes a tour of the labor, delivery, recovery and postpartum units, including the newborn nursery, and an opportunity to ask questions!

Please reserve your tour time on EasySchedule.com. Please call Baptist Mother-Baby at 850.434.4567 if you would like to book your appointment within three days of your visit.

Reservations are strongly encouraged.

Saturdays at 10 a.m. Private tours can be arranged if this time is not possible for you.

*** Tours are also given during the Baptist Birth Experience Class and Prepared Childbirth Series.**

Understanding Your Hormones

FREE

Baptist Hospital, 5th Floor Conference Room **6 to 7:30 p.m.**

Jan. 29 **March 2*** **April 29** **July 22** **Oct. 29**

This class helps you learn how to track your hormones and menstrual cycle, determine days of fertility, as well as diagnose and treat medical problems. This understanding of your body can be used to **achieve or avoid a pregnancy.**

*The March 2 class will be from 10 to 11:30 a.m.

A-La-Carte Classes

(not included in monthly series)

Baptist Birth Experience

FREE

Bear Health Center, Conference Center, 2nd Floor

Fridays, 5:30 to 8 p.m.

Jan. 19 March 15 May 10 July 12 Sept. 13 Nov. 8

This class is an overview of the experience of having a baby at Baptist. **A tour is included.** Please sign up early in your pregnancy.

Sibling Class

\$10 per child

Baptist Hospital, 5th Floor Conference Room

This class helps you prepare your children for the arrival of the new member of the family!

Wednesdays, 4 to 5:30 p.m.

Jan. 17 March 13 May 15 July 17 Sep. 18 Nov. 20 Dec. 18

Baby Saver – Infant CPR

\$30 per person or two for \$50

Bear Health Center, Conference Center, 2nd Floor

While parents and caregivers hope to never need to use cardiopulmonary resuscitation (CPR) on an infant, it is an essential skill to know. This course is designed for non-health care providers, expectant parents, family members and babysitters. Attendees will learn CPR specifically designed for newborn babies and infants under 1 year old.

- SELECT ONE -

Feb. 10, 10 a.m. to noon April 12, 6 to 8 p.m. June 8, 10 a.m. to noon
 Aug. 9, 6 to 8 p.m. Oct. 12, 10 a.m. to noon Dec. 6, 6 to 8 p.m.

ALL CLASSES ARE SUBJECT TO AVAILABILITY AND DATE CHANGES.

At least four students (pairs) must be signed up to have a class. **If county schools are closed due to bad weather, these classes will be cancelled.**

Due to evening class hours, we encourage you **to bring dinner and beverages to class.**

Monthly Series - \$125

The monthly series includes a Prepared Childbirth four-class series, two Breastfeeding classes and one Baby Care Basics class. The Prepared Childbirth classes are offered in a series to maximize your learning experience.

If you only wish to attend Baby Care Basics or Breastfeeding, please select those individual dates. Online registration is available at EasySchedule.com.

EasySchedule

Prepared Childbirth

\$90 per series

Bear Health Center, Conference Center, 2nd Floor

This class prepares you and your partner for the labor and delivery journey by understanding the birth process and offering coping skills.

This class is vital for first time mothers and should be taken in the third trimester.

- SELECT ONE SERIES -

A series of four classes, Monday - Thursday, 6 to 9 p.m.

- | | |
|--|--|
| <input type="checkbox"/> Jan. Series - Jan. 8, 9, 10, 11 | <input type="checkbox"/> March Series - March 4, 5, 6, 7 |
| <input type="checkbox"/> May Series - May 6, 7, 8, 9 | <input type="checkbox"/> July Series - July 8, 9, 10, 11 |
| <input type="checkbox"/> Sep. Series - Sep. 3, 4, 5, 6 | <input type="checkbox"/> Nov. Series - Nov. 4, 6, 7, 8 (M, W, TH, F) |

Baby Care Basics

\$20 per class

Bear Health Center, Conference Center, 2nd Floor

This class will help prepare you for your new arrival by covering what to expect at birth and during your hospital stay. It also prepares you to care for your baby's basic needs in the early weeks and provides key milestones of growth and health care during the first year.

- SELECT ONE DATE -

Saturdays, 9 a.m. to 1 p.m.

- Jan. 20 Feb. 17 April 20 June 15 Aug. 17 Sept. 21 Oct. 19 Nov. 16

Breastfeeding

\$25 per series

Bear Health Center, Conference Center, 2nd Floor

This class teaches how breastfeeding works, the best way to start and what choices will result in a rewarding breastfeeding experience. First class is **Beginning Breastfeeding** (including initiating breastfeeding, establishing a milk supply and avoiding common pitfalls when starting breastfeeding). Second class is **Breastfeeding and Working** (pumping included). Fathers and grandmothers are encouraged to attend as well for free.

- SELECT ONE SERIES -

A series of two classes on Tuesday and Thursday, 6 to 9 p.m.

- Jan. 30, Feb. 1 Feb. 20, 22 April 23, 25 June 18, 20 Aug. 20, 22
 Oct. 22, 24 Nov. 19, 21

Clases de parto y posparto en español

\$125

Baptist Hospital, sala de conferencia, 5to piso

La clase será completamente en español. Se abordarán los siguientes temas:

- Preparación para la labor de parto
- Cuidados básicos del bebé
- Lactancia materna

5, 6, 7, 12, 13 y 15 de febrero

30 de septiembre y 1, 2, 7, 8, 9 de octubre



Grandparenting 101

\$15 per person

Baptist Hospital, 5th Floor Conference Room

Wednesdays, 1 to 3 p.m.

Grandparents play an essential role in their adult children and grandchildren's lives. It's important to know what parenting guidance has changed over the years and how to support new parents. This fun and informative class will cover the latest information on baby care, safe sleep, swaddling, breastfeeding, vaccinations, car seat safety and infant feeding. You will also learn how to navigate this new relationship as your children transition into being first-time parents. Even if your grandchild will be born at another facility, you are welcome to register for the class.

- SELECT ONE -

- Jan. 31 March 20 May 29 July 31 Sept. 11 Nov. 13

Postpartum Support Group

Free

Baptist Hospital, 5th Floor Conference Room

The birth of a baby can start a variety of powerful emotions from excitement and joy to fear and anxiety. At our postpartum support group, you can connect with other moms, learn stress management techniques and feel encouraged in a safe, supportive environment. Together we can move forward through the struggles, navigate the challenges and lift the burden with a common bond. Infants and crawlers are welcome to attend.

Tuesdays, 4 to 5 p.m.

- Jan. 16 Feb. 13 March 19 April 16 May 14 June 11
 July 16 Aug. 13 Sept. 17 Oct. 15 Nov. 12

Wednesdays, 11 a.m. to noon

- Jan. 24 Feb. 28 April 24 May 22 June 26
 July 24 Aug. 28 Sept. 25 Oct. 23 Dec. 11

Caring for you and the
generations to come

Tailored Experience

Before and After Baby's Arrival

As a mom-to-be, you want to have the customized labor, delivery and postpartum experience that is right for you. The Baptist team is committed to creating a tailored birthing experience that aligns with your needs and wishes. We do this by pairing your indicated birth preferences with the latest safety standards to create an environment that helps you relax and enjoy the journey of childbirth. Baptist's Mother-Baby Center offers hydrotherapy labor tubs in each room, floor-to-ceiling windows overlooking a park-like view, mom-controlled ambient lighting, a flat screen smart TV, Wi-Fi and more.

The arrival of your baby is an amazing event! Each birth is attended by a registered nurse who will examine your baby at your bedside. If your newborn is doing well, you will have unlimited time to become acquainted with your baby; skin-to-skin is highly encouraged.

The Mother-Baby Center has tailored services available for after the arrival of your baby. We offer breastfeeding services from two International Board Certified Lactation Consultants, and all of our registered nurses are trained in breastfeeding support. Our team is here to help make caring for your baby a fulfilling and positive experience.

We have your family's best interest in mind. Baptist provides an environment that is supportive to your choices. Thank you for choosing Baptist Health Care to serve you during this special time.

For more information about the Baptist Mother-Baby Center, call 850.434.4567 or visit ebaptisthealthcare.org.



Heather & Baby



BAPTIST
HEALTH CARE
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Baptist Hospital
123 Baptist Way
Pensacola, FL 32503

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