

BAPTIST Babies!

2021 PROGRAM
& REGISTRATION
INFORMATION



At Baptist Health Care, you'll find our team feels childbirth care is a special calling. Baptist Women's 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 birthing experience.

REGISTRATION PROCESS

To register for the following program, monthly series or a la carte classes, please register on-line at ebaptisthealthcare.org or call 850.434.4567. If you are calling after normal business hours, please leave a detailed message including name, a good contact number and the class you are registering for and someone will call you back to confirm your registration and discuss payment options. **We encourage you to register early in your pregnancy to sign up for classes.**

TOURS

Baptist Women's Center tour

Baptist Hospital, 3rd Floor, Labor and Delivery

This includes a tour of the labor and delivery unit, nursery and post partum units of Baptist Hospital.

Please call 850.434.4874 to reserve your tour time. Reservations are strongly encouraged.

Sat., 10:00 a.m. Private tours can be arranged if this time is not possible for you.

*** Tours are also given in the Baptist Birth Experience Class**

FERTILITY AWARENESS

The Art of Fertility Awareness

FREE - RSVP to 850.434.4567

Baptist Hospital, Prenatal Classroom, 3rd Floor

6 to 6:30 p.m. - Fertility Appreciation

6:30 to 7:30 p.m. - Intro to Fertility Charting

*Optional \$40 materials fee

January 25

September 27

April 26

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

A LA CARTE CLASSES

(not included in monthly series)

Baptist Birth Experience

FREE

Baptist Hospital, Prenatal Classroom, 3rd Floor

Fridays, 5:30 p.m. to 7:30 p.m.

January 15 **March 19** **May 21**

July 16 **September 17** **November 19**

This class is an overview of what it is like to have a baby at Baptist. A tour is included. Please sign up early in your pregnancy.

Sibling Class

\$10 per child

Baptist Hospital, Prenatal Classroom, 3rd Floor

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

Wednesdays, 4 to 5:30 p.m.

January 20 **March 10** **May 19**

July 21 **September 15** **November 17**

ALL CLASSES ARE SUBJECT TO AVAILABILITY AND DATE CHANGES. VIRTUAL CLASSES ARE AVAILABLE.

At least four students (couples) 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 food and beverages to class.

MONTHLY SERIES - \$125

The monthly series includes 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. On-line registration and virtual classes are available, visit ebaptisthealthcare.org for more information.

Prepared Childbirth

\$90 per series

Baptist Hospital

Prenatal Classroom, 3rd Floor

This class prepares you and your partner for the labor and delivery journey by understanding the 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 4 classes

Monday thru Thursday, 6 to 8:30 p.m.

- January Series - Jan. 4, 5, 6, 7
- February Series - Feb. 1, 2, 3, 4
- March Series - March 1, 2, 3, 4
- April Series - April 5, 6, 7, 8
- May Series - May 3, 4, 5, 6
- July Series - July 12, 13, 14, 15
- August Series - Aug. 2, 3, 4, 5
- September Series - Sept. 13, 14, 15, 16
- October Series - Oct. 4, 5, 6, 7
- November Series - Nov. 8, 9, 10, 11

Baby Care Basics

\$20 per class

Baptist Hospital

Prenatal Classroom, 3rd Floor

This class will help prepare you for your new arrival by covering essential needs and 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.

- January 23
- March 27
- May 22
- July 24
- September 25
- October 23
- November 20

Breastfeeding

\$20 per series

Baptist Hospital

Prenatal Classroom, 3rd 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.

- SELECT ONE series -

**A series of 2 classes on
Tuesday & Thursday, 6 to 9 p.m.**

- January 26, 28
- February 23, 25
- April 27, 29
- June 22, 24
- August 24, 26
- October 26, 28
- November 16, 18



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 a customized labor, delivery and postpartum experience that is right for you. The Baptist Women's Center 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. Discuss a birth preference list first with your physician. Then bring the completed preference list form to your nurse when you arrive at Labor and Delivery. Mobile devices and other comforts of home are permitted. Free Wi-Fi is conveniently provided through Baptist Hospital.

Friends and family may attend the birth. For the best delivery environment, however, it's best to limit visitors to those who understand how to support you during labor. 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.

Baptist Women's Center has tailored services available for after the arrival of your baby. We offer breastfeeding services from a specialized registered nurse (R.N.) who is an International Board Certified Lactation Consultant. Our team is here to help make feeding your baby a fulfilling and positive experience.

Baptist Hospital promotes the benefits of breastfeeding for both mother and baby. We have your family's best interest in mind. Regardless of whether a baby is fed by breast or bottle, Baptist provides an environment that is supportive to your preferences. We offer various parenthood classes to help educate mother and baby on a healthy start. Thank you for choosing Baptist Health Care to serve you during this special time as a new mother.

For more information about the Baptist Women's Center, call 850.434.4567 or visit eBaptistHealthCare.org.

CATHERINE
& BABY RYAN

