

Preparing for Baby



Schedule of Classes January/June 2013

Preparing for the birth of your baby is one of the most exciting—and sometimes most anxious—times of your life. That's why Harrison offers classes that can help prepare you for pregnancy, delivery, and caring for your baby. All classes are presented at Harrison Silverdale by instructors who are certified by the International Childbirth Education Association.

To find complete descriptions, dates, and times, and to register for all classes through June 2013, call **866-844-WELL** or visit harrisonmedical.org/childbirth-classes.

CLASSES

Bundled Classes

Get the most for your money with the purchase of a bundle. \$150 includes mom-to-be and support partner. Registration required.

Preparing for Baby

Pregnancy Essentials
Birth & Beyond
Newborn Essentials
Breastfeeding: Getting Started & Staying Latched
Infant CPR Anytime (self-instruction kit)

Four Steps Toward Baby

Pregnancy Essentials
Birth Basics
Breastfeeding: Getting Started & Staying Latched
Infant CPR Anytime (self-instruction kit)

Oh, Baby, Let's Get Started!

Pregnancy Essentials
Childbirth Express
Newborn Essentials
Breastfeeding: Getting Started & Staying Latched
Infant CPR Anytime (self-instruction kit)

Individual Classes

Registration required.
Birth Basics, \$110
Newborn Essentials, \$30
Breastfeeding: Getting Started & Staying Latched, \$30
Safe Sitter, \$65
Kangaroo Kapers, FREE

CLASS DESCRIPTIONS

Pregnancy Essentials

Learn helpful information on what to expect during pregnancy, including changes to your body, proper nutrition, and healthy lifestyle choices, as well as practice hands-on massage and relaxation techniques.

Time: 6:30 to 8:30 pm

Dates: Tuesday, January 8; Thursday, January 10; Friday, February 8; Tuesday, March 5; Thursday, March 7; Friday, April 12; Tuesday, May 7; Thursday, May 9; Friday, June 14

Birth Basics

Prepare for the experience of labor, birth, and recovery all in one day. You'll also learn how to care for your newborn. *(lunch included)*

Time: Saturdays, 8:30 am to 4:30 pm

Dates: January 12, February 9, March 9, April 13, May 11, June 8

Childbirth Express

This two-session class to prepare you for childbirth focuses on labor, pain management, and relaxation skills, as well as ways to mentally prepare for the unexpected. Class material provides Internet access to in-depth information on pregnancy, labor, and birth for at-home learning.

Time: Fridays, 6:30 to 8:30 pm

Classes start: January 11, February 15, March 8, April 19, May 10, June 21

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Birth & Beyond

Perfect for first-time parents, this four-week class focuses on labor, birth, and recovery, with a special emphasis on breathing, relaxation, and pain control options. A tour of our birthing center is included.

Time: Tuesdays, 6:30 to 8:30 pm

Classes start: January 15, March 12, May 14

Newborn Essentials

Learn the basics of diapering, dressing, and feeding, as well as strategies to soothe a crying baby using infant dolls. Discuss your questions and concerns with expert instructors and receive exclusive Internet access to in-depth information on newborn care to peruse at home.

Time: 6:30 to 8:30 pm

Dates: Friday, January 25; Tuesday, February 12; Friday, March 22; Tuesday, April 9; Friday, May 24; Tuesday, June 11

Breastfeeding: Getting Started & Staying Latched

Nature's oldest means of nourishing baby offers benefits for baby and mom. Led by a certified lactation specialist, this class offers essential information, including tips for getting started, where to turn for support, and answers to individual questions.

Time: 6:00 to 8:30 pm

Dates: Thursday, January 17; Thursday, February 21; Friday, March 1; Friday, April 5; Thursday, May 16; Friday, June 7; Thursday, June 20

Kangaroo Kapers

A new baby in the family means adjustments for everyone, even siblings-to-be. This free, one-hour class will help prepare children ages 2 through 6 for the arrival of a new brother or sister. A tour of our Women's and Children's Center is included.

Time: Saturdays, 11 am to noon

Dates: January 26, February 23, March 23, April 27, May 25, June 22

Infant CPR Anytime

This personal learning program is a self-directed activity kit that allows anyone caring for infants to learn the core skills of infant CPR and relief of choking. Each kit contains a personal, inflatable Mini-Baby™ CPR learning manikin; a CPR skills practice DVD; fold-out Quick Reference Guides; sanitizing wipes and a replacement lung for the Mini-Baby™ manikin; and other program accessories.

(included with Bundled Classes only)

Safe Sitter

Medically accurate, two-day class to teach students ages 11-13 how to handle emergencies when caring for children. Includes Safe Sitter manual, backpack, safety kit, snacks, and lunch.

Time: Saturdays, 9 am to 3:30 pm

Classes start: March 9, May 4



REGISTRATION

Option 1: Individual and Free Classes

Visit harrisonmedical.org/childbirth-classes, choose the individual or free classes that fit your schedule, and complete the online registration forms. You may also register by calling 866-844-WELL.

Option 2: Bundled Classes

To register for Bundled Classes, call 866-844-WELL and a representative will register you for the package of your choice.

Payments Accepted*

Visa, MasterCard, and Discover cards are accepted, as well as checks and money orders.

**fee considerations available based on income eligibility*

Confirmation

You will receive a class registration confirmation by mail or email before your first class.

Refunds

Individual class payments (\$30 and \$110) and package payments (\$150) are non-refundable after the first class is completed. Withdrawal before the first scheduled class entitles you to a full refund.



Register now!

HARRISON
MEDICAL CENTER