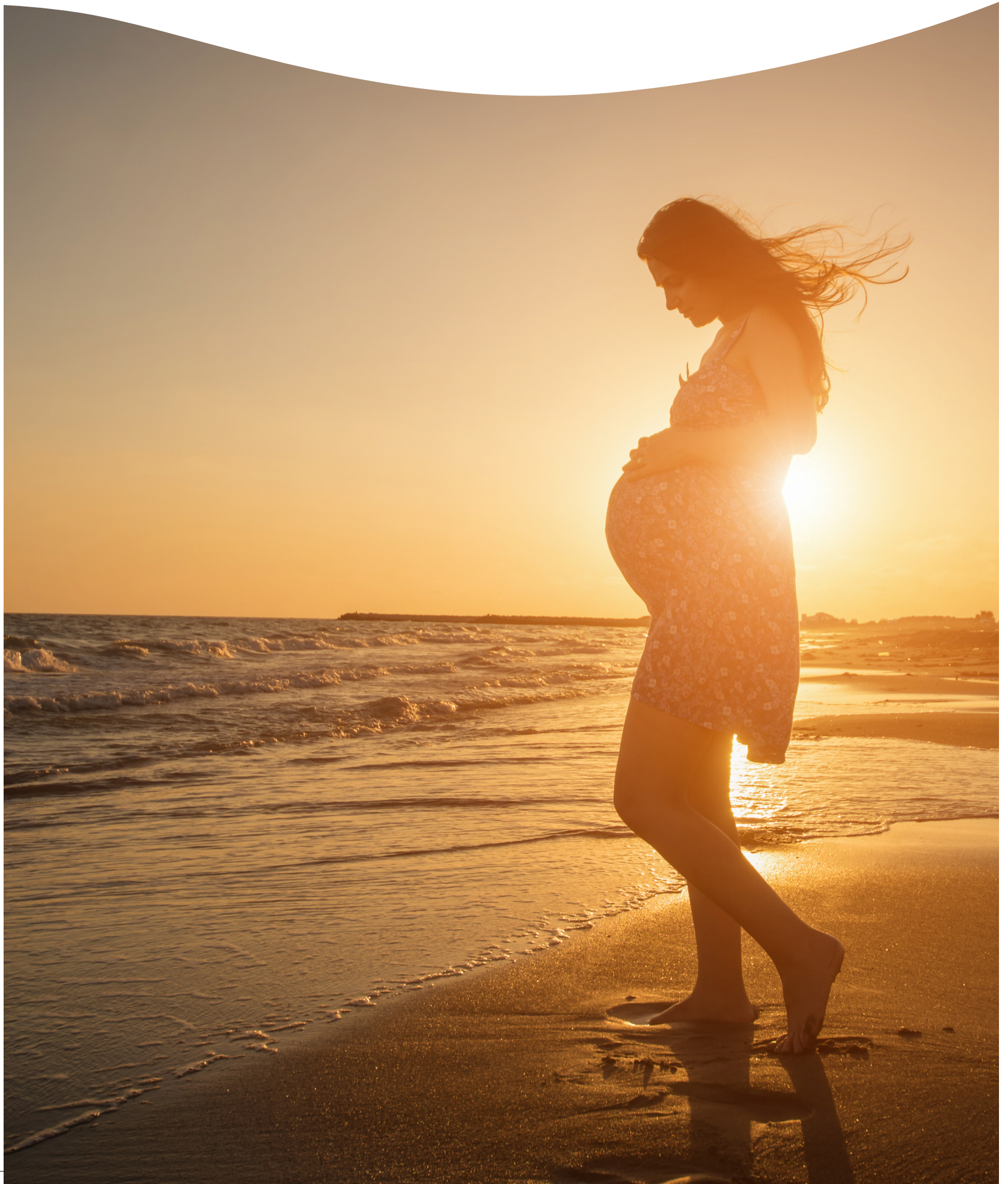


Baptist Babies

2026 Program and Registration Information



448.227.1511 / 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 and schedule them spaced out during the last few months of your pregnancy to ensure availability. A payment invoice will be emailed after completion of the registration process.** Call 448.227.1511 Monday-Friday, 9 a.m. to 4 p.m. for questions and to pay securely over the phone to hold your seat.

EasySchedule

Tours

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

This includes a tour of the Mother-Baby floor, including LDRP (labor, delivery, recovery, postpartum) rooms, the newborn nursery and an opportunity to ask questions!

Please reserve your tour time on easyschedule.com or call Baptist Mother-Baby at 448.227.1511

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 at the end of the Baptist Birth Experience Class and the Prepared Childbirth Series.**

A-La-Carte Classes

(not included in monthly series)

Baptist Birth Experience

FREE

Bear Health Center, Conference Center, 2nd Floor

Thursdays, 5:30 to 7:30 p.m., Tour 7:30 to 8 p.m.

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

- | | | | | | |
|----------------------------------|----------------------------------|-----------------------------------|-----------------------------------|---------------------------------|----------------------------------|
| <input type="checkbox"/> Jan. 15 | <input type="checkbox"/> Feb. 19 | <input type="checkbox"/> March 19 | <input type="checkbox"/> April 16 | <input type="checkbox"/> May 7 | <input type="checkbox"/> June 18 |
| <input type="checkbox"/> July 16 | <input type="checkbox"/> Aug. 6 | <input type="checkbox"/> Sept. 3 | <input type="checkbox"/> Oct. 1 | <input type="checkbox"/> Nov. 5 | |

Understanding Fatherhood

FREE

Bear Health Center, Conference Center, 2nd Floor

Thursdays, 6:30 to 8 p.m.

Understanding Fatherhood is a FREE class designed to prepare new and expectant fathers for the journey of fatherhood, from pregnancy through early parenting. The training covers topics such as the importance of father involvement, supporting a partner during pregnancy and labor, newborn care, bonding, emotional health and long-term parenting roles. The purpose is to equip dads with practical skills and confidence, helping them build stronger relationships with their children and families.

- SELECT ONE -

- | | | | | | |
|----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|----------------------------------|----------------------------------|
| <input type="checkbox"/> Jan. 22 | <input type="checkbox"/> Feb. 25* | <input type="checkbox"/> March 26 | <input type="checkbox"/> April 23 | <input type="checkbox"/> May 28 | <input type="checkbox"/> June 25 |
| <input type="checkbox"/> July 23 | <input type="checkbox"/> Aug. 27 | <input type="checkbox"/> Sept. 24 | <input type="checkbox"/> Oct. 22 | <input type="checkbox"/> Nov. 19 | <input type="checkbox"/> Dec. 17 |

* This class will be held on a Wednesday.

Baby Saver – Infant CPR

\$30 per person or two for \$50

Clinical Education Building, 250 Amber St.

Saturdays, 10 a.m. to noon

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. Please register each individual that will attend to ensure there will be a sufficient number of instructors and mannequins. Class size is limited to 24 participants.

- SELECT ONE -

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|----------------------------------|----------------------------------|-----------------------------------|-----------------------------------|---------------------------------|---------------------------------|
| <input type="checkbox"/> Jan. 10 | <input type="checkbox"/> Feb. 7 | <input type="checkbox"/> March 7 | <input type="checkbox"/> April 11 | <input type="checkbox"/> May 2 | <input type="checkbox"/> June 6 |
| <input type="checkbox"/> July 11 | <input type="checkbox"/> Aug. 15 | <input type="checkbox"/> Sept. 12 | <input type="checkbox"/> Oct. 10 | <input type="checkbox"/> Nov. 7 | <input type="checkbox"/> Dec. 5 |

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 classes. Call 448.227.1511 Monday-Friday, 9 a.m. to 4 p.m. for questions and to pay securely over the phone to hold your seat. 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/support person 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. Please sign up early!

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

- SELECT ONE SERIES -

- | | | | |
|-------------------------------------|--------------------------------------|------------------------------------|-----------------------------------|
| <input type="checkbox"/> Jan. 5-8 | <input type="checkbox"/> March 9-12 | <input type="checkbox"/> May 11-14 | <input type="checkbox"/> July 6-9 |
| <input type="checkbox"/> Aug. 10-13 | <input type="checkbox"/> Sept. 14-18 | <input type="checkbox"/> Nov. 9-13 | |

Baby Care Basics

\$20 per class

Bear Health Center, Conference Center, 2nd Floor

Saturdays, 9 a.m. to 12:30 p.m.

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. Fathers and grandparents are encouraged to attend as well.

- SELECT ONE DATE -

- | | | | | | |
|----------------------------------|----------------------------------|-----------------------------------|-----------------------------------|----------------------------------|----------------------------------|
| <input type="checkbox"/> Jan. 17 | <input type="checkbox"/> Feb. 21 | <input type="checkbox"/> March 21 | <input type="checkbox"/> April 18 | <input type="checkbox"/> May 9 | <input type="checkbox"/> June 13 |
| <input type="checkbox"/> July 18 | <input type="checkbox"/> Aug. 1 | <input type="checkbox"/> Sept. 5 | <input type="checkbox"/> Oct. 3 | <input type="checkbox"/> Nov. 14 | |

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 or eat prior to coming.**

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. The first class is **Beginning Breastfeeding** (including initiating breastfeeding, establishing a milk supply and avoiding common pitfalls when starting breastfeeding). The second class is **Breastfeeding and Working** (pumping included). **Fathers and grandparents are encouraged to attend as well.**

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

- SELECT ONE SERIES -

- | | | | | |
|---------------------------------------|--------------------------------------|---------------------------------------|--------------------------------------|--------------------------------------|
| <input type="checkbox"/> Jan. 20, 22 | <input type="checkbox"/> Feb. 24, 26 | <input type="checkbox"/> April 21, 23 | <input type="checkbox"/> June 23, 25 | <input type="checkbox"/> Aug. 18, 20 |
| <input type="checkbox"/> Sept. 22, 24 | <input type="checkbox"/> Oct. 20, 22 | <input type="checkbox"/> Nov. 17, 19 | <input type="checkbox"/> Dec. 1, 3 | |

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
- Lactancia materna
- Cuidados básicos del bebé

Estas clases en español se programan previa solicitud. Por favor llame 448.227.1511.



Postpartum Support

Free

Bear Health Center, Conference Center, 2nd Floor

The birth of a baby can start a variety of powerful emotions from excitement and joy to fear and anxiety. With postpartum support, you can 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.

These sessions are individually scheduled upon request. Please call 448.227.3840.

Breastfeeding Support Group

Free

Bear Health Center, Conference Center, 2nd Floor

The Baptist Mother-Baby Center invites you to join our ~~FREE~~ FREE postpartum Breastfeeding Support Group to help parents in their breastfeeding journey. Each group is led by an International Board-Certified Lactation Consultant. Infants and crawlers are welcome to attend.

First Wednesday of the month

English Group 10 to 11 a.m.

- | | | | | | |
|---------------------------------|---------------------------------|----------------------------------|----------------------------------|---------------------------------|---------------------------------|
| <input type="checkbox"/> Jan. 7 | <input type="checkbox"/> Feb. 4 | <input type="checkbox"/> March 4 | <input type="checkbox"/> April 1 | <input type="checkbox"/> May 6 | <input type="checkbox"/> June 3 |
| <input type="checkbox"/> July 1 | <input type="checkbox"/> Aug. 5 | <input type="checkbox"/> Sept. 2 | <input type="checkbox"/> Oct. 7 | <input type="checkbox"/> Nov. 4 | <input type="checkbox"/> Dec. 2 |

Grupo de apoyo a la lactancia materna en español

Gratis

Bear Health Center, Centro de Conferencia, segundo piso

El Centro Madre-Bebé del Hospital Baptist y el Departamento de Salud de Florida te invitan a unirse a nuestro grupo GRATUITO de apoyo para ayudarte en tu experiencia de lactancia materna. El grupo será dirigido por una consultora de lactancia certificada por la Junta Internacional. Podrás conectarte con otras mamás, recibir consejos, aprender trucos sobre la lactancia materna y resolver cualquier duda o problema. Bebés (incluyendo los que gatean) son bienvenidos.

First Wednesday of the month

Grupo de habla en Español: 11 a.m. - 12 p.m.

- | | | | | |
|---|---|--------------------------------------|--|---------------------------------------|
| <input type="checkbox"/> 7 de enero | <input type="checkbox"/> 4 de febrero | <input type="checkbox"/> 4 de marzo | <input type="checkbox"/> 1 de abril | <input type="checkbox"/> 6 de mayo |
| <input type="checkbox"/> 3 de junio | <input type="checkbox"/> 1 de julio | <input type="checkbox"/> 5 de agosto | <input type="checkbox"/> 2 de septiembre | <input type="checkbox"/> 7 de octubre |
| <input type="checkbox"/> 4 de noviembre | <input type="checkbox"/> 2 de diciembre | | | |

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, a queen sofa bed, hospital-grade electric breast pump 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 448.227.1511 or visit ebaptisthealthcare.org.



Baptist Hospital Campus

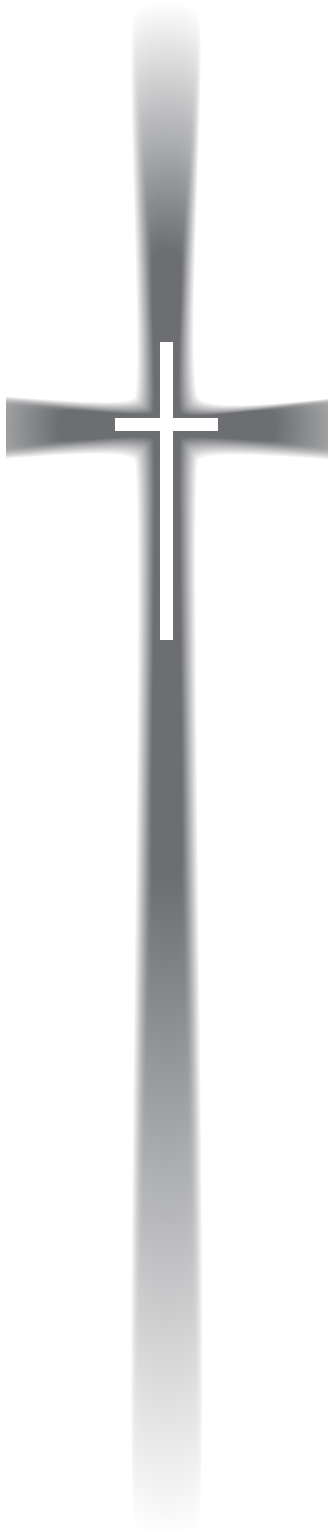
Baptist Hospital, 123 Baptist Way, Pensacola, Florida 32503

Bear Family Foundation Health Center, 125 Baptist Way, Pensacola, Florida 32503

Clinical Education, 250 Amber St., Pensacola, FL 32503







Our **Mission**

Helping people throughout life's journey.

Our **Vision**

To be the trusted partner for improving the quality of life in the communities we serve.

Our **Values**

Guided by Christian values, we commit to the following:

Ownership | accountable, engaged,
stewardship, responsive,
committed

Integrity | honest, principled, trustworthy,
transparent

Compassion | empathetic, merciful, sensitive,
kind, giving, forgiving, hopeful

Excellence | safety, quality, distinguished,
learning, improving

Service | welcoming, attentive, humble,
respectful, exceeds expectations,
collaborative





BAPTIST
HEALTH CARE
MOTHER-BABY CENTER

Baptist Hospital
123 Baptist Way
Pensacola, FL 32503
448.227.1511

**Baptist Hospital is a
Level 1 Maternal Care Verified
facility by The Joint Commission.**



ebaptisthealthcare.org/birth