BAPTIST Babies!

2020 PROGRAM & REGISTRATION INFORMATION

850.434.4567 / eBAPTISTHEALTHCARE.ORG
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 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 call 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 postpartum 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

February 10       June 15
April 20          September 14
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 17        July 17
March 20          September 18
May 15            November 6
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 22        July 22
March 25          September 23
May 27            November 18

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

**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. 6, 7, 8, 9
- February Series - Feb. 3, 4, 5, 6
- March Series - March 2, 3, 4, 5
- April Series - April 6, 7, 8, 9
- May Series - May 4, 5, 6, 7
- July Series - July 6, 7, 8, 9
- August Series - Aug. 3, 4, 5, 6
- September Series - Sept. 14, 15, 16, 17
- October Series - Oct. 5, 6, 7, 8
- November Series - Nov. 9, 10, 11, 12

**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 25
- March 28
- May 23
- July 25
- September 26
- October 24
- November 21

**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 28, 30
- February 25, 27
- March 24, 26
- May 26, 28
- June 23, 25
- July 21, 23
- August 25, 27
- October 20, 22
- November 17, 19

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.