

Preparing for Baby



Schedule of Classes July/December 2012

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 December 2012, call 360-744-6765 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
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, July 10; Friday, August 10; Tuesday, September 11; Thursday, September 13; Friday, October 12; Tuesday, November 6

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: July 14, August 11, September 8, October 13, November 10, December 1

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. *(free DVD and book with registration)*

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

Dates classes begin: July 13, August 17, September 14, October 19, November 9

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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, as well as teaching skills on how to adapt to life with a newborn.

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

Dates classes begin: July 17, September 18, November 13

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: Thursday, July 5; Tuesday, August 14; Tuesday, September 4; Thursday, November 1; Tuesday, December 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 two-hour class offers essential information, including tips for getting started, where to turn for support, and answers to individual questions.

Time: 6 to 8:30 pm

Dates: Friday, July 6; Thursday, July 19; Friday, August 3; Thursday, August 16; Friday, September 7; Thursday, September 20; Friday, October 5; Thursday, October 18; Friday, November 2; Thursday, November 15; Tuesday, December 18

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: July 28, August 25, September 22, October 27, November 17, December 15

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 in just 22 minutes. 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)*

REGISTRATION

Option 1

Email childbirth.registration@harrisonmedical.org and provide the following information:

- Full name
- Name of the support person who will be attending classes with you
- Date of birth (mother's)
- Address, phone number, email address
- Physician
- Due date
- Names and ages of your other children
- Names and dates of package, individual classes, or free classes for which you are registering

Option 2

Visit harrisonmedical.org/childbirth-classes, choose the package, individual classes, or free classes that fit your schedule and complete the online registration forms.

Option 3

Register in person at Harrison Silverdale, First Floor Reception Desk, 1800 Myhre Road, Silverdale, Monday to Friday, 6:30 am to 4:30 pm.

Payments Accepted

Check, money order, or credit card.

Confirmation

You will receive a class registration confirmation from Harrison Medical Center's Organizational Development department by mail or email about 10 days 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.

Still have questions? Call 360-744-6765.



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