

Family Life Education Schedule 2018

www.providence.net

Register and pay for any of the following classes by calling **751-4567**,

or email **childbirth@phn-waco.org**

Classes must be paid in FULL at time of registration.

Childbirth Education

Located in Classrooms 3 & 4

3-Week Series

Cost \$45/couple

Mondays 6:00 pm - 8:00 pm

January 22 - February 5

April 16 - April 30

August 6 - August 20

October 15 - October 29

One-Day Class

Cost \$45/couple

Saturday 9:00 am - 3:00 pm

January 13

March 17

May 19

June 30

September 15

November 17

December 8

Breastfeeding Basics

Located in Classrooms 3 & 4

Cost \$5

6:00 pm - 8:00 pm

January 4

February 1

February 27

April 5

May 3

May 31

June 28

August 2

September 6

October 4

November 1

December 6

Infant CPR Class

Located in Classroom 6

Cost \$25 - individual or couple

Call 254-652-3852 to schedule

Newborn Care Class

Located in Classrooms 3 & 4

Cost \$10/individual or \$15/couple

Mondays 6:00 pm - 8:30 pm

January 8

June 25

March 12

September 10

May 21

November 12

At Providence Health Center we consider every birth a miracle and are delighted you selected us to facilitate your birth experience. A variety of classes are offered throughout 2017:

3-Week Childbirth Class

Parents new to the birth process often feel anxiety as the event approaches. The goal of this series is to reduce fear by equipping parents with the information they need to make informed decisions. The series provides information on third trimester health, the signs and stages of labor, comfort techniques, and involvement of the labor partner. Couples will be introduced to childbirth procedures, anesthesia, cesarean birth, and what to expect after delivery, including routine newborn procedures. The class also includes a tour of the newly remodeled Labor & Delivery and Postpartum units.

One-Day Childbirth Class

The single-day class was designed to accommodate schedules that vary from week to week. Topics are identical to those taught in the 3-Week Childbirth series, but formatted to a convenient one-day class.

Breastfeeding Basics

Research confirms that breastfeeding education helps a mother meet her breastfeeding goals. This single-session class explains how breastfeeding is initiated and maintained, separating the myths from the realities. Topics range from latch techniques and the truth about milk supply, to returning to work, with the underlying goal of building the new mother's confidence. Husbands or other support persons are welcome to attend with the mother. *This class is free to those registered for childbirth classes.*

Infant CPR Class

This informative class teaches parents how to respond to choking and perform CPR on an infant. The class has a short video, accompanied by hands-on training. This class is beneficial for new parents, or experienced parents that are expecting a new baby. Participants will not receive a CPR certification at the end of the class.

Newborn Care Class

This helpful class for new parents focuses on the care of a newborn infant. A range of topics are discussed - new family changes, breast/bottle feeding, infant safety, when to call the doctor, and comfort techniques for a crying newborn. Time is also spent practicing basic care such as swaddling, diapering, and bathing your infant.

Tour the Women and Newborns Center

Please call and schedule a time to tour Labor & Delivery (254) 751-4581.

Sometimes the unit is full and rooms may not be available to view.