Family and Friends CPR
1 session, 3 hours........................................................... $50
Learn basic life-saving techniques.

Please call 786-596-8748 or log on to BaptistHealth.net/Childbirth for information on additional classes.
Expecting a baby? Baptist Hospital has designed a series of programs just for you. Our experienced team of childbirth educators will help you prepare for your baby’s arrival with informative classes on labor and delivery, breast-feeding, newborn care and everything in between. Whether you’re first-time parents seeking information on birth options or third-time parents in need of a refresher course, we’re here to help. That’s what Healthy Beginnings is all about.

**Fathers/Support Partners**
To further enhance the birth and parenting experience, the father or support partner is encouraged to attend all classes.

**Registration**
Class registration is quick and easy and can be done in one of two ways:

1. Call 786-596-8748, weekdays, 8 a.m.-4:30 p.m., to speak to our class registrar. Please leave a message during all other hours. You can also email us at BaptistChildbirth@BaptistHealth.net.
2. Log on to our website, BaptistHealth.net/Childbirth. Click on the link for “Healthy Beginnings classes at Baptist Hospital” for a class schedule and register online.

We recommend that you register as early as possible during your pregnancy. Once you are registered, you will receive a confirmation letter with detailed information on your class. Refunds will be made (less a $10 processing fee) for cancellations received at least five days prior to the class start date. We reserve the right to cancel classes at any time. In the event of a cancellation, you will be notified one week prior to the class start date.

**Birthing at Baptist: Video/Virtual Tour**
BaptistHealth.net/childbirth.................................Free
Thinking about having a baby? Just found out you’re pregnant? Take a video tour of the Family Birth Place and familiarize yourself with its many amenities. Please visit the website for access to the tour.

**Childbirth Preparation Classes**

**Labor in a Day — 1 session**
7 hours........................................................................$125

Our childbirth classes are designed to offer parents-to-be a well-rounded curriculum. The most important way to approach the birth of your baby is with confidence and relaxation. You achieve this by knowing what to expect, developing the skills to move through labor and feeling prepared through education. We encourage you to be an active participant in the birth process. Through a blend of lecture, open discussion and video presentations, you will learn about: the third trimester of pregnancy, pre-term labor, the stages of labor, vaginal and cesarean births, comfort measures, position changes, breathing and pushing, birth options and interventions.

**Abbreviated Childbirth Preparation**
1 session, 4 hours.....................................................$65

Designed for busy parents-to-be or those just wanting a refresher course, this class covers all the valuable information of our childbirth classes only in an abbreviated format.

**Basics of Breast-feeding**
1 session, 3 hours.....................................................$50

Congratulations on choosing to breast-feed your baby! This class will provide you with information that will create a strong foundation for your breast-feeding success. Topics include: the importance of breast-feeding, anatomy of the breast, positioning and latch-on, importance of skin-to-skin contact and trouble-shooting common problems. You will learn all of this from a certified lactation consultant. Partners are strongly encouraged to attend.

**Nursing Mothers Support Group**
1 session, 1.5 hours..............................................Free

Good information and a strong support system are important for nursing moms. This group gives breast-feeding moms the opportunity to share experiences and concerns and receive guidance and support from each other. Pregnant moms and babies of all ages are invited to attend. Facilitated by a certified lactation consultant. Call 786-596-2671 for dates and times.

**Baby Basics: Understanding Your Newborn**
1 session, 3 hours.....................................................$50

Why is my baby crying? What can I do to help? Caring for a newborn is an exciting yet anxious time. This class will help you become familiar with characteristics of normal newborn behavior and appearance, feeding and sleeping cues, as well as your baby’s unique language and needs. We also will discuss postpartum recovery for moms and coping skills.

**Guide for When to Take Classes:**

<table>
<thead>
<tr>
<th>Start Class</th>
<th>Class Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-4 months</td>
<td>Birthing at Baptist: Video/Virtual Tour</td>
</tr>
<tr>
<td>5-7 months</td>
<td>Basics of Breast-feeding</td>
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<tr>
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