CENTERED ON ME AND MY BABY
Classes to Prepare for Parenthood

South Miami Hospital
BAPTIST HEALTH SOUTH FLORIDA
Center for Women & Infants
Childbirth Classes at the Center for Women & Infants

It’s important for parents-to-be to prepare themselves as much as possible for their baby’s arrival. That’s why the Center for Women & Infants offers a variety of classes to expectant parents. Experienced nurses and childbirth instructors answer questions and talk about what to expect during pregnancy, the birth process and the transition to parenthood. South Miami Hospital offers these informative classes to help make this time of your life very special.

Registration:

There are three ways to register for childbirth classes at South Miami Hospital:

Call the Childbirth Coordinator at 786-662-5026, Monday through Friday, 9 a.m. to 4 p.m.; email us at SouthMiamiChildbirth@BaptistHealth.net; or fill out the online registration form on our website at BaptistHealth.net/Childbirth. A schedule of class dates and times can be found by clicking the “Register for Class at South Miami Hospital” link. Please schedule your class as soon as possible, as classes fill up quickly. We prefer credit card payments, but we will accept checks or money orders if necessary. Mail your check or money order made payable to:

South Miami Hospital
6200 SW 73 Street
Miami, FL 33143
Attn: Childbirth Registration 1ET

You will receive a written confirmation letter with the date, time and location of your class. Each course is taught by an obstetrical nurse. Refunds will be made (less a $10 processing fee) for cancellations received up to five days prior to the class. For further information, please read our preadmission brochure.

Prices good until October 2013.
Hospital Introduction and Tour
1 session, 1½ hours ...................... Free
Thinking about having a baby? Just found out you’re pregnant? Then you probably have a lot of questions. This session provides an overview of the many options available during childbirth. Along with a tour of the maternity floor, birth options are explained, such as facilities for births and educational programs.

Great Expectations ....................... Free
This program is for expectant parents who want more information about childbirth and parenting. A registered nurse counselor is available to answer questions during and after pregnancy. Experts present monthly informative seminars on topics related to pregnancy and parenting. Plus, local merchants offer discounts on products that new parents need.

Prepared Childbirth Series
5 sessions, 2 hours each .................. $95
Prepares the expectant mother and her labor coach for the birth process using relaxation and breathing techniques. Discusses various birth options, postpartum care and preparation for returning home. Vaginal delivery after cesarean section also is discussed. A tour of the maternity floor is offered as well.

Preparación para el Parto, en Español
2 sesiones de 2 horas cada una ............ $65

Fast-track Childbirth Class
2 sessions, 2 hours each ................... $65
This accelerated two-session class prepares the expectant mother and her labor coach for the birth process using relaxation techniques and some breathing. The class covers the same materials as the five-session Preparing for Childbirth Series, but at a much faster pace. Various birth options, postpartum care and preparation for returning home, as well as vaginal delivery after cesarean section, also are discussed. This class is ideal for working expectant moms or women with older children who need a refresher course about childbirth.

Preparing for Baby’s Arrival
1 session, 2 hours ......................... $40
This class covers layette planning, interview guidelines for pediatrician selection, car seat selection, nursery preparation, basic baby care and feeding choices. This session is open to all expectant parents, adoptive parents and grandparents who want to better prepare themselves for the new arrival.
Mommy Duties 101
1 session, 1½ hours ............................... $25
This predelivery class is designed for the expectant mother. It covers how to properly hold, feed and burp the baby and put on diapers. It includes instructions on how to give a sponge bath, use a bulb syringe, take the baby’s temperature and put a T-shirt on the baby. Mothers must bring a baby doll for practice.

Daddy Duties 101
1 session, 1½ hours ............................... $25
This predelivery class is designed for the expectant father. It covers how to properly hold, feed and burp the baby and put on diapers. It includes instructions on how to give a sponge bath, use a bulb syringe, take the baby’s temperature and put a T-shirt on the baby. The class also teaches dads about the emotions of a new mom. Fathers must bring a baby doll for practice.

How to Spoil Your Grandchild
1 session, 1½ hours ............................... $25 per person
This predelivery class is designed for expectant grandparents. New grandparents have a lot of joy in store, but they may also have some adjusting to do. This class covers choosing grandparent names and preparing the home for visits from grandchildren. In addition, it covers learning how to help out new parents, as parents are portals to your grandchildren, and how to maintain positive family relationships.

New Brother/New Sister Class
1 session, 1½ hours ............................... $25
This class, held on Saturdays, is designed to prepare children, ages 3-10, for the arrival of an infant.

Breast-feeding Class
1 session, 2 hours ................................. $40
This class offers practical insights into the art of breast-feeding — not only the methodology, but information on personal care and nutrition, milk storage, breast-feeding when you return to work and more that will help make your nursing an especially happy and rewarding experience. Husbands are encouraged to attend. This class is taught by a certified nurse lactation consultant.

Printed on recycled and mixed-source paper using vegetable-based inks. Please recycle.
◆ CPR and Safety Class
1 session, 2 hours ....................... $25 per person
This class will teach parents, grandparents and babysitters how to perform CPR and how to handle an infant who is choking. You also will learn how to childproof your house.

◆ Infant Massage Class
5 sessions, 1½ hours each .................. $65
Learn how to soothe your baby with infant massage. Massage can relax infants, calm colicky babies, help infants sleep longer and encourage bonding between parents and baby.

◆ Daddy and Me Infant Massage
1 session, 1¼ hours ...................... $25
This Sunday infant massage class is offered exclusively for daddy and baby. In addition to a full-body massage, daddy will learn different exercises to do with the baby and deepen the parent bond with the art of a loving touch. Fathers must have attended the five-session Infant Massage class prior to this class.

◆ Postdelivery Instruction Class
1 session, 1½ hours .......................... Free
This class should be taken by all parents delivering at South Miami Hospital. It provides parents with vital information, including “How to handle a crying baby” and “How do I know when my baby is sick?”, as well as newborn care, bathing and feeding. We urge you to take this class before your delivery. Grandparents who will be caring for the baby also are encouraged to attend.

◆ Baby Signs
1 session, 1½ hours .......................... $60 per couple
This program uses baby sign language to help decrease frustration resulting from the inability to communicate with your baby. It increases bonding between parents and the baby while increasing self-esteem and confidence. Baby signs also ease in learning to talk and stimulate the intellectual development of the baby. This program is for parents only and includes the cost of the $34.99 reference book.

◆ Baby’s First Year ......................... Free
This support group is for new mothers of children from birth to age 1. The group gives moms an opportunity to share their concerns and information with other parents. Babies are welcome. Call 786-596-3812.

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◆ Pregnancy Massage
1 session, 60 minutes ........................................... $85
1 session, 90 minutes .......................................... $130
5 sessions, 60 minutes each ............................... $350
South Miami Hospital has specially certified licensed massage therapists who are able to provide pregnancy massages in the hospital massage suite. They perform a modified Swedish massage designed to help alleviate the aches and discomfort associated with pregnancy. The massage includes a combination of gliding strokes, kneading and stretching the muscles to induce a relaxing and calming effect. By appointment only. Call 786-596-3812.

◆ Prenatal Yoga-style*
1 session, 1 hour .................................................... Free
A yoga-style* class that focuses on posture and breathing techniques to promote increased strength, flexibility, endurance and lung capacity. Classes are customized for pregnant women and focus on body changes throughout the pregnancy. Call 786-596-3812.

*Classes focus on movement instruction, rather than religious aspects of yoga.