

# Preparing for Childbirth - Classes Offered

## Delivering Joy to Your Life

Preparing for childbirth includes learning all about your exciting new journey. At Baptist Health System, we eagerly share this time of your life with you and offer the resources you need to learn about, and feel comfortable with, every aspect of childbirth.

Our caring, experienced staff offers guidance to make the birth experience a positive one. Our classes will inspire confidence in your ability to parent, foster closeness between you and your partner as you navigate one of life's most important transitions and open the lines of communication between you and your physician.

## PREPARED CHILDBIRTH

This course is designed for mothers and their partners who have never attended preparation classes. This class covers many aspects of pregnancy and childbirth, such as physical and psychological changes, hospital admission procedures and routines, cesarean birth, pain management options and your partner's role in labor and delivery. A tour of the labor and delivery, postpartum and nursery units are included.

TO REGISTER FOR A CLASS, CALL  
**(866) 309-2873** OR VISIT  
[BaptistHealthSystem.com/Events](https://www.baptisthealthsystem.com/Events)

## NEWBORN CARE

This class is offered to parents in their last trimester. It includes topics such as diapering and bathing baby, sleep and crying patterns, normal newborn characteristics and hospital routines. Both parents are encouraged to attend.

## BABY BUNDLE SERIES

This bundle includes Prepared Childbirth, Baby Care, and Breastfeeding classes in a series of one session per week for five weeks. Some of the topics that will be covered include physical and psychological changes, hospital admission procedures and routines, cesarean birth, pain management options, partner's role in labor and delivery, diapering and bathing baby, sleep and crying patterns, normal newborn characteristics, hospital routines, breastfeeding and more. A hospital tour is also included in this series.

## BREASTFEEDING

This three-hour class prepares the expectant family for the breastfeeding experience. Topics include the advantages of breastfeeding, milk production, proper initiation of breastfeeding, pumping options and milk storage. Both parents are encouraged to attend, as partner support is important in breastfeeding success.



## MOMMY-TO-BE TOURS

Baptist Health System has private labor/delivery suites designed to feel more like bedrooms with soft colors, wood floors, wood cabinets for medical equipment and storage, cable television and complimentary Wi-fi. Our virtual tour at [BaptistHealthSystem.com/TheNest](https://www.baptisthealthsystem.com/TheNest) will help familiarize expectant families with our labor and delivery, postpartum and nursery departments as well as where to go, what to pack and what to expect throughout their stay.

## CAR SEAT SAFETY

Selecting a car seat is one of the most important decisions you'll make as a parent. This class, instructed by a certified car seat technician, will review how to correctly and safely install a car seat, assess car seat automobile compatibility and provide other safety considerations.

## E-CLASSES

Can't make it to an on-site class or simply prefer the convenience of online learning? You can access essential information about labor and delivery, breastfeeding and baby care online through our e-classes. E-classes are the same as our on-site classes – evidence-based, video-rich and engaging. They can be accessed through an online portal or app at your own pace.



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