

## Class Registration (continued)

### Nursing Your Infant (check one)

Thursdays 6:30-9 p.m.

- |                                 |                                  |
|---------------------------------|----------------------------------|
| <input type="checkbox"/> Feb. 2 | <input type="checkbox"/> April 5 |
| <input type="checkbox"/> June 7 | <input type="checkbox"/> Aug. 2  |
| <input type="checkbox"/> Oct. 4 | <input type="checkbox"/> Dec. 6  |

Saturdays 9 a.m. – Noon

- |                                   |                                   |
|-----------------------------------|-----------------------------------|
| <input type="checkbox"/> Jan. 28  | <input type="checkbox"/> March 3  |
| <input type="checkbox"/> April 14 | <input type="checkbox"/> May 12   |
| <input type="checkbox"/> June 16  | <input type="checkbox"/> July 28  |
| <input type="checkbox"/> Aug. 11  | <input type="checkbox"/> Sept. 15 |
| <input type="checkbox"/> Oct. 20  | <input type="checkbox"/> Nov. 17  |

### Happiest Baby on the Block™ (check one)

Saturdays: 1-3 p.m.

- |                                   |                                  |
|-----------------------------------|----------------------------------|
| <input type="checkbox"/> Jan. 28  | <input type="checkbox"/> Mar. 3  |
| <input type="checkbox"/> May 12   | <input type="checkbox"/> July 28 |
| <input type="checkbox"/> Sept. 15 | <input type="checkbox"/> Nov. 17 |

### Big Brothers and Sisters are Special (check one)

Tuesdays: 9:30-10:30 a.m. or 6-7 p.m.

- |   |   |
|---|---|
| <input type="checkbox"/> Jan. 10 (9:30 a.m.)  | <input type="checkbox"/> Mar. 6 (6 p.m.)  |
| <input type="checkbox"/> May 8 (9:30 a.m.)    | <input type="checkbox"/> July 10 (6 p.m.) |
| <input type="checkbox"/> Sept. 11 (9:30 a.m.) | <input type="checkbox"/> Nov. 6 (6 p.m.)  |

### Birthing Center Tours

Every Tuesday, 1-2 p.m.

Tuesdays, 6-7 p.m. on the following dates:

- |                                  |                                 |                                  |
|----------------------------------|---------------------------------|----------------------------------|
| <input type="checkbox"/> Jan. 3  | <input type="checkbox"/> Feb. 7 | <input type="checkbox"/> Mar. 6  |
| <input type="checkbox"/> April 3 | <input type="checkbox"/> May 1  | <input type="checkbox"/> June 5  |
| <input type="checkbox"/> July 3  | <input type="checkbox"/> Aug. 7 | <input type="checkbox"/> Sept. 4 |
| <input type="checkbox"/> Oct. 2  | <input type="checkbox"/> Nov. 6 | <input type="checkbox"/> Dec. 4  |

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home phone: \_\_\_\_\_ Work/cell: \_\_\_\_\_

Total amount enclosed: \_\_\_\_\_ Due date: \_\_\_\_\_

Spouse/birth partner name: \_\_\_\_\_

Doctor: \_\_\_\_\_

If you are enrolling in the **Big Brothers and Sisters are Special** class, please list the full name and age of each child attending: \_\_\_\_\_

Email address: \_\_\_\_\_



## UK Chandler Hospital Birthing Center

Having a baby is one of life's most exciting experiences. Physicians and staff of the UK Chandler Hospital Birthing Center are specially trained and dedicated to providing state-of-the-art care to you and your baby.

### Send registration form and payment to:

Childbirth Education Coordinator  
UK Chandler Hospital  
Department of OB/GYN  
Third floor, Room C358  
1000 S. Limestone  
Lexington KY 40536-0293

### Please make checks payable to: UK Department of OB/GYN

To register and pay by phone, call **859-323-2750**.

Classes fill up quickly, so if you are sending in your registration the week the class meets, please call to check availability. Registration is required.

Requests for refunds must be made by phone 24 hours prior to the scheduled class.

For additional information about our birthing center or our Childbirth Education Program, please call **859-323-2750** or visit [ukhealthcare.uky.edu/obgyn](http://ukhealthcare.uky.edu/obgyn).

**UKHealthCare**

Women's Health  
Obstetrics & Gynecology

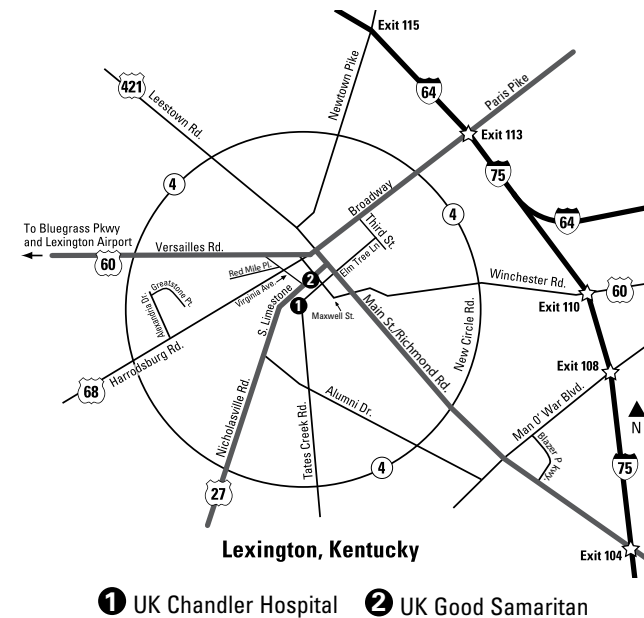
2-2915

## Class Locations

**Childbirth Preparation Program, Nursing Your Infant, Baby Basics and Infant CPR** classes are held in Conference Room A, located on the first floor of UK Good Samaritan Hospital, 310 S. Limestone, Lexington. Free parking is available in the hospital parking garage.

**Big Brother and Big Sisters Are Special** and the **Birthing Center tours** are held in Room H359, located on the third floor of Pavilion H at UK Chandler Hospital, 1000 S. Limestone, Lexington. Parking is available in the hospital parking garage and a free shuttle transports garage patrons to the hospital (Stop 2).

For additional information about our Birthing Center or our Childbirth Education Program, please call **859-323-2750** or visit [ukhealthcare.uky.edu/obgyn](http://ukhealthcare.uky.edu/obgyn).



- 1 UK Chandler Hospital 2 UK Good Samaritan

**UKHealthCare**

Women's Health  
Obstetrics & Gynecology

# Childbirth Education Program

2012  
Class Offerings



**UKHealthCare**

Women's Health  
Obstetrics & Gynecology

# Childbirth Education Program Class Offerings 2012

See class registration form for dates and times.  
Please note that costs for classes include you  
and your partner/spouse.

## Class Registration 2012

Please check the classes you wish to attend and send this form to the address on the reverse side with your payment or call 859-323-2750 to register and pay by phone.

### Childbirth Preparation Program

The UK Childbirth Preparation Program will prepare you to understand the changes that occur with pregnancy, labor, birth and postpartum. We cover basic labor information, including how labor starts, how to time contractions, the stages of labor, when to go to the hospital, coping techniques for labor and partner support. We also discuss pain management options, medical interventions and hospital policies. Please bring pillows to class and dress comfortably.

UK HealthCare offers three childbirth preparation options. We recommend you begin your classes at 28 weeks of pregnancy.

#### Three-week program

This program meets once a week for three weeks.

Time: Tuesday, 6:30-8:30 p.m.  
Cost: \$40 per couple  
Location: UK Good Samaritan Hospital  
First floor, Conference Room A

#### Saturday condensed program

This program covers the same material as the three-week version, but meets only once.

Time: Saturdays, 9 a.m. – 3:30 p.m.  
Lunch break: Noon-1 p.m. Lunch is not provided.  
Cost: \$40 per couple  
Location: UK Good Samaritan Hospital  
First floor, Conference Room A

#### eLearning program

This is an alternative for parents who cannot attend conventional childbirth classes due to bed rest, scheduling conflicts or time constraints. This interactive, Web-based program includes animated illustrations, videos, voice-overs and interactive games. When you enroll, an access code will be sent to you via email along with further instructions.

Cost: \$40 per couple

### Other Classes

UK HealthCare offers additional classes that assist families in preparing for new additions.

#### Baby Basics

This is a one-time class that provides tips on the first few weeks of caring for your newborn. Topics covered include newborn appearance, feeding, bathing, cord and circumcision care, and basic infant safety. You will participate in dressing, diaper changes, swaddling and consoling a fussy baby using life-sized dolls.

Time: Thursdays, 6:30-8:30 p.m.  
Cost: \$25 per couple  
Location: UK Good Samaritan Hospital  
First floor, Conference Room A

#### Infant CPR

This is a one-time class to learn the lifesaving technique of cardiopulmonary resuscitation, as well as infant-specific safety measures. This class is for CPR of the newborn to 1-year-old. You will have hands-on practice with infant CPR dolls. This class is taught by a neonatal and cardiopulmonary resuscitation certified nurse. We recommend this class for parents and anyone who will be caring for the baby. This is not an AHA certification class.

Time: Thursdays, 6:30-8:30 p.m.  
Cost: \$25 per couple  
Location: UK Good Samaritan Hospital  
First floor, Conference Room A

#### Nursing Your Infant

This is a one-time class that focuses on the advantages of breastfeeding, proper positioning and latch-on, guidelines for adequate breastfeeding, and how to prevent and resolve discomfort. This class is taught by a registered nurse who is also a certified lactation consultant.

Time: Thursdays, 6:30-9 p.m. or  
Saturdays, 9 a.m. – noon  
Cost: \$25 per couple  
Location: UK Good Samaritan Hospital  
First floor, Conference Room A

### Happiest Baby on the Block™

This two-hour class includes the information you need to turn on your baby's calming reflex and stop crying in minutes. Crying is a leading cause of pediatrician appointments, frustration, parental and marriage dissatisfaction, and postpartum depression. Included in this class is a *Happiest Baby on the Block* DVD.

Time: Saturdays, 1-3 p.m.  
Cost: \$40 per couple  
Location: UK Good Samaritan Hospital  
First floor, Conference Room A

### Big Brothers and Sisters are Special

This is a one-time class designed for children ages 3-7; this class will help prepare your children for the arrival of their new brother or sister. Siblings will become familiar with the UK Birthing Center and learn about where mommy will give birth. They will also learn what changes to expect when the new baby arrives.

Time: Tuesdays, 9:30-10:30 a.m.  
or 6-7 p.m.  
Cost: \$5 per child (no fee for parents)  
Location: UK Chandler Hospital (Pavilion H)  
Third floor, Room H359

### Birthing Center Tours

During tours of our Birthing Center, parents learn about the newborn skin-to-skin transition program and view our spacious labor and delivery suites, newborn nursery, operating rooms and Mother/Baby Unit.

Cost: Free  
Location: UK Chandler Hospital (Pavilion H)  
Third floor, Room H359

Please call to schedule a tour prior to visiting the Birthing Center.

Register for a free weekly pregnancy/parenting email at [ukhealthcare.uky.edu/newsletter](http://ukhealthcare.uky.edu/newsletter).

### Childbirth Preparation Programs

#### Three-week comprehensive program (check one)

Tuesdays 6:30-8:30 p.m.

- Program 1: Jan. 10, 17, 24  
 Program 2: Feb. 14, 21, 28  
 Program 3: April 10, 17, 24  
 Program 4: May 8, 15, 22  
 Program 5: June 12, 19, 26  
 Program 6: July 10, 17, 24  
 Program 7: Aug. 14, 21, 28  
 Program 8: Oct. 9, 16, 23  
 Program 9: Nov. 13, 20, 27  
 Program 10: Dec. 5, 12, 19  
(This class meets on Wednesdays)

#### Saturday program (check one)

Saturdays 9 a.m. – 3:30 p.m.

- |                                  |                                   |
|----------------------------------|-----------------------------------|
| <input type="checkbox"/> Jan. 14 | <input type="checkbox"/> Feb. 18  |
| <input type="checkbox"/> Mar. 17 | <input type="checkbox"/> April 21 |
| <input type="checkbox"/> May 19  | <input type="checkbox"/> June 9   |
| <input type="checkbox"/> July 21 | <input type="checkbox"/> Aug. 18  |
| <input type="checkbox"/> Sept. 8 | <input type="checkbox"/> Oct. 13  |
| <input type="checkbox"/> Nov. 3  | <input type="checkbox"/> Dec. 1   |

#### eLearning

- online only

### Other Classes

#### Baby Basics (check one)

Thursdays 6:30-8:30 p.m.

- |                                   |                                   |
|-----------------------------------|-----------------------------------|
| <input type="checkbox"/> Jan. 12  | <input type="checkbox"/> Feb. 9   |
| <input type="checkbox"/> Mar. 15  | <input type="checkbox"/> April 12 |
| <input type="checkbox"/> May 10   | <input type="checkbox"/> June 14  |
| <input type="checkbox"/> July 19  | <input type="checkbox"/> Aug. 9   |
| <input type="checkbox"/> Sept. 13 | <input type="checkbox"/> Oct. 11  |
| <input type="checkbox"/> Nov. 8   | <input type="checkbox"/> Dec. 13  |

#### Infant CPR (check one)

Thursdays 6:30-8:30 p.m.

- |                                 |                                  |
|---------------------------------|----------------------------------|
| <input type="checkbox"/> Jan. 5 | <input type="checkbox"/> Mar. 1  |
| <input type="checkbox"/> May 3  | <input type="checkbox"/> June 21 |
| <input type="checkbox"/> July 5 | <input type="checkbox"/> Sept. 6 |
| <input type="checkbox"/> Nov. 1 |                                  |

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