OCTOBER 2015 - JANUARY 2016
Community Education Schedule/BirthPlace

Note that all dates and times shown are subject to change – Class size is limited in order to provide optimum instructor/student ratios.
Registration for classes is suggested as early as possible - All classes are scheduled on a first come/first served basis **REV. 10/07/2015**

- **LAMAZE® CLASS:**

  One 8-hr class. **$100 per couple** – Continental Breakfast, Lunch & Snacks provided

  This class provides a comprehensive approach to pregnancy, childbirth, postpartum and the newborn experience. You will learn about: pregnancy, physical changes, stages of labor and coping techniques including visualization, massage, hydrotherapy, breathing, relaxation techniques and more. You will also learn about the benefits and risks of medical interventions. We will strive to ease your anxiety and smooth the transition into parenthood. Our goal is to provide you with all the information you will need to have a wonderful birthing experience!

Class Name	Class Dates/Time	October	November	December	January,16
LAMAZE® (1 class) WEEKEND	As shown 9:00a – 5:00p	11 – Sun	14 – Sat	6 - Sun	10 - Sun

- EXPECTANT PARENT ALL-DAY CLASS:

  Preparation for Labor: One 8-hour class. **$100 per couple** – Continental Breakfast, Lunch & Snacks provided

  The All-Day class provides the same comprehensive approach to pregnancy, childbirth, postpartum and the newborn experience as the 4-week series except; it is all done during one fast-paced weekend day. Our goal is to provide you with all the information you will need to have a wonderful birthing experience! ***(Due to time restraints, a Tour is NOT included with this class)***

Class Name	Class Dates/Time	October	November	December	January,16
Expectant Parent Class ALL DAY	As shown 9:00a – 5:00p	3 – Sat 25 – Sun	8 – Sun 22 – Sun	12 – Sat 19 – Sat	30 - Sat

- EXPECTANT PARENT CLASS - 4 week SERIES:

  Preparation for Labor: Four 2 ½ classes. **$100 per couple** – Snacks provided, tour included

  This class provides a comprehensive approach to pregnancy, childbirth, postpartum and the newborn experience. You will learn about the basics of pregnancy, physical changes, stages of labor and coping techniques for both medicated and un-medicated labors including breathing and relaxation techniques. You will also learn about the benefits and risks of medical interventions including, medications epidural anesthesia, reasons for unplanned cesarean deliveries and more. We will strive to ease your anxiety about normal newborn appearance and smooth the transition into parenthood. Our goal is to provide you with all the information you will need to have a wonderful birthing experience!

Class Name	Class Dates/Time	October	November	December	January,16
Expectant Parent Class 4 week	As shown 6:00 - 8:30p	1/8/15/22 Thurs	**17/24-- Tues combined class Nov/Dec	--1/8** Tues combined class Nov/Dec	7/*/21/28+ 2/4 Thur *Skips 1/14

- BREASTFEEDING CLASS: One 2 ½ -hr class. **$25 per mom** (*) 1 support person may attend at no charge. Taught by one of our board certified Lactation Consultants, this program addresses the many benefits of breastfeeding. Topics include: proper latch and positioning, establishment of you milk supply, & common questions and concerns. All the information you need to help you and your baby as you begin your journey to breastfeeding success

Class Name	Class Dates/Time	October	November	December	January,16
Breastfeeding Class WEEKEND	As shown 10:00a - 12:30p	4 - Sun 10 – Sat	7 - Sat 21 – Sat	5 – Sat 20 - Sun	17 – Sun 31 – Sun
Breastfeeding Class EVENING	As shown 6:00 – 8:30p	14 - Wed 20 – Tue	16 – Mon	9 - Wed 17 – Thur	11 - Mon

- INFANT CPR (Family and Friends): One 2 - hour class. **$25 per person** This class provides parents and caregivers of infants the tools to prepare for unexpected emergencies that could require cardiopulmonary resuscitation [CPR]. Certified instructors teach this class according to American Heart Association guidelines. Topics covered include: safety, prevention, when to use CPR, and the proper technique for administering CPR, and obstructed airway. *Special notes: The AHA strongly promotes knowledge and proficiency in CPR and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the AHA, and any fees charged for such a course do not represent income for the Association.

Class Name	Class Dates/Time	October	November	December	January,16
Infant CPR (1 class) WEEKEND	As shown 1:30 – 3:30p Times may vary	18 – Sun	15 – Sun	5 – Sat 13 – Sun	17 – Sun 31 - Sun
Infant CPR EVENING	As shown 6:00 – 8:00p	5 – Mon 26 – Mon	12 – Thur 23 - Mon	14 - Mon 21 - Mon	4 – Mon 25 - Mon

- INFANT CARE & HAPPIEST BABY ON THE BLOCK CLASS: One 2 ½ hr class **$35 per couple** Snacks provided This class provides the entire infant care class which helps new parents become more at ease in their new role. Parents will learn how to provide care and comfort to their infant including the 5 S's and the Cuddle Cure. Each couple will receive a Happiest Baby on the Block DVD and special gift bag to take home with them.

Class Name	Class Dates/Time	October	November	December	January,16
Infant Care & HBOB WEEKEND	As shown Time varies	10 – Sat 1:00-3:30p	21 – Sat 1:30-4:00p	20 – Sun 1:30-4:00p	16 – Sat 1:30-4:00p
Infant Care & HBOB EVENING	As shown 6:00 – 8:30p	7 – Wed 21 – Wed	5 – Thur 11 – Wed 18 – Wed	2 – Wed 16 - Wed	6 – Wed 20 - Wed

- C-SECTION CLASS: One 3 -hr class **$35 per couple** Snacks provided, Tour included This class is designed for women who know in advance they will be having a cesarean delivery. Parents will learn how to prepare themselves, what to expect during surgery and how to have a healthy recovery. This program shows how a medical necessity can become a positive birth experience.

Class Name	Class Dates/Time	October	November	December	January,16
C/S class (1 class)	As shown 6:00 - 9:00p	27 - Tue	19 – Thurs	15 - Tue	19 - Tue

- **FOR DAD'S ONLY**: Basic Training One 3 ½ hour class. **$50.00 per Dad** Breakfast & Snacks provided

  Announcing a class just for new dads! Offering useful advice and practical solutions to common challenges that include; preparing for the future, survival strategies, supporting mom, recapturing romance, baby-proofing basics, bonding with your baby and much more. Fun and fast-paced this class also includes a time to talk with other dads and a workbook to take home.

Class Name	Class Dates/Time	October	November	December	January,16
Dads ONLY: WEEKEND	As shown 9:00a – 12:30p	18 – Sun	15 – Sun	13 - Sun	16 - Sat

- SIBLING CLASS: One 1-hr class. **$10 per child** Snack provided, tour included

  This class teaches children (4-10 years of age) how to help with a new baby, holding, touching and talking to newborns. We watch a video, play subject related games and have fun. This class clearly lets kids know that they can have fun in their special role as a big brother or sister. Participants should bring a baby doll or stuffed animal small enough to wear a newborn diaper *(nothing that makes noises or has a tail, please)*. One parent must stay with their child(ren) during class. A snack and a tour of a postpartum room is provided with this class.

Class Name	Class Dates/Time	October	November	December	January,16
Sibling class (1 class) WEEKDAYS	As shown 4:00 – 5:00p	13 – Tue	10 – Tue	9 - Wed	12 - Tue

- GRANDPARENTS CLASS – OR, HAVE THINGS REALLY CHANGED THAT MUCH? ONE 90-MINUTE CLASS **$15 PER PERSON**

  THIS CLASS HELPS NEW AND REPEAT GRANDPARENTS LEARN ABOUT WHAT HAS CHANGED IN INFANT AND CHILD CARE AND WHY. GET UP-TO-DATE INFORMATION AND CARE TIPS SO THAT YOU CAN RELAX AND ENJOY YOUR NEW ROLE! A FUN, LOW-STRESS CLASS WHERE YOU CAN GET ANSWERS TO ALL OF YOUR QUESTIONS INCLUDING SOME YOU DIDN'T KNOW YOU HAD.

Class Name	Class Dates/Time	October	November	December	January,16
Grandparents Class (1 class)	As shown 6:00 – 7:30p	13 – Tue	10 – Tue	9 - Wed	12 - Tue

- TOUR / Q&A Session: Lasts approximately 45 min **NO cost** but, must pre-register

  In addition to being part of several childbirth classes, guided tours of the Birth Place are offered to expectant families. Tours of the Birth Place include the opportunity for you to ask questions to help decrease any anxiety you may feel related to your hospital stay

Class Name	Class Dates/Time	October	November	December	January,16
BirthPlace Tours & Q&A Weekdays	As shown 4:30 – 5:30p	7 – Wed 21 – Wed 27 - Tue	5 – Thur 11 – Wed 18 – Wed	2 – Wed 16 – Wed 23 - Wed	6 –Wed 20 – Wed 27 - Wed

SPECIAL EVENTS

- **LUXURY, LAMAZE® & MORE RETREAT WEEKEND CLASS**

  (The Retreat is offered a maximum of 3 or 4 times a year, & must meet minimum enrollment guidelines)

  NCH is proud to announce something new for Expecting Parents:

Luxury, Lamaze & More Retreat

Upcoming: Next Proposed Retreat dates will be: January 22 - 24, 2016

Spend a relaxing weekend getaway. While you are enjoying a refreshing respite, surrounded by the best of Southwest Florida, you can immerse yourselves in our most sought-after, one-of-a-kind classes. Each class has been designed to help prepare you for the arrival of your newest family member.

These exceptional classes are included:

- **Lamaze Express**
- **Infant Care & Happiest Baby on the Block Class**
- **Breastfeeding**
- **Dad's ONLY Class**
- **Infant CPR**

Our Luxury, Lamaze & More Retreat begins on Friday evening, Check in is anytime after 4:00pm. The final class will be held on Sunday morning from 8:30AM – 11:30AM.

Our goal is to provide you with all the information you will need to have a wonderful birthing experience and an amazing memory of sharing a very special weekend with each other as you prepare yourselves to become a family.

- SAFE SITTER® CLASS (offered 3 to 4 times a year - **must meet minimum student enrollment requirement to hold this class**)

One All Day Class **$70 per student** includes: All course materials, lunch & snacks.

Safe Sitter® was created by a pediatrician, Dr. Patricia A. Keener. The course trains young adolescents to provide safe, nurturing care for children and to respond appropriately to medical emergencies. It also teaches introductory employment skills and important life skills.

The long term goal is to prepare young people for future responsibilities as parents. The course content and teaching techniques are designed for middle school learners. Safe Sitter® is a highly interactive curriculum and is continually updated. Responsibilities and ethics of safe sitting, Age appropriate entertainment, Safe Sitter safety tips (Keeping yourself safe) Infant/Child CPR, Infant/child obstructed airway rescue, Infant/child rescue breathing, Basic first aid information (what to handle, when to call)

Class Name	Class Dates/Time	October	November	December	January,16
Safe Sitter	As shown 8:30a – 4:30p	Cancelled	n/a	n/a	9 - SAT