

Childbirth Education Classes 2009



SouthCrest
HOSPITAL
 The Stork Resort 

Prepared Childbirth (Lamaze) **\$65**

For first-time parents, to help prepare you for what to expect during childbirth. Topics include: pain control, breathing and relaxation techniques, labor partner training, hospital policies and procedures, and the complete childbirth process. You'll also learn how to register for your epidural and pre-admission. And, we'll take a tour of the Women's Pavilion. You may either attend a three-week evening series or a one-time Saturday class.

Three-Week	Jan. 6	July 7
Class Dates	Feb. 10	Aug. 4
7:00-9:00 p.m.	March 10	Sept. 8
	April 7	Oct. 6
	May 5	Nov. 3
	June 9	Dec. 1

Saturday	Jan. 17	July 18
Class Dates	Feb. 21	Aug. 15
9:00 a.m.-4:00 p.m.	March 21	Sept. 19
	April 18	Oct. 17
	May 16	Nov. 21
	June 20	Dec. 17

Childbirth Refresher **\$45**

For experienced parents. The Refresher consists of two classes that present current information and a review of techniques learned at previous prepared childbirth classes.

Childbirth	Jan. 6	July 7
Refresher	Feb. 10	Aug. 4
Class Dates	March 10	Sept. 8
7:00-9:00 p.m.	April 7	Oct. 6
	May 5	Nov. 3
	June 9	Dec. 1

What to Bring to Lamaze Classes:

- Support person(s)
- Two pillows

Breastfeeding Basics Workshop **\$20**

Whether you have decided to breastfeed, or are considering the option and want more information, this workshop will answer your questions. Information will be provided on benefits, getting started, preventing problems and breast care. This class may be attended at anytime during your pregnancy. Fathers are encouraged to accompany you.

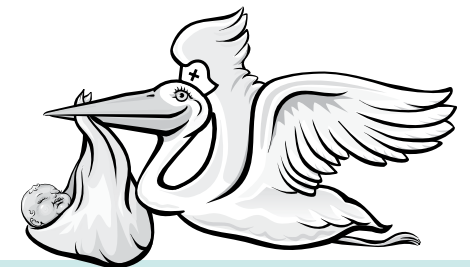
Breastfeeding	Jan. 17	July 18
Class Dates	March 21	Sept. 19
6:00-8:00 p.m.	May 16	Nov. 21

Sample of Products Available:

- **Keepsake Journal for New Mothers:**
Spiral bound suggestions on how to write your unique story. Choose:
 - Our Pregnant Story
 - *and/or*
 - Our Birth Story
- **Helpful Hints:**
Choose:
 - Calling Chain (*Spreading your birth news*)
 - Scavenger Hunt (*Settling into the birth place*)
 - Baby's Here! (*Birth Certificate*)
 - And More.

For these and other products, please visit our website for ordering information at:

www.ABIRTHCo.Com



Bringing quality to life through people caring for people.

Big Kids Class **\$20**

This interactive class is designed to prepare big brothers and sisters-to-be on what to expect when the new baby arrives. This is a fun way to lessen the anxiety many children feel during this time of waiting. This class is appropriate for children 3-10 years of age, accompanied by Mom or Dad. Arrangements can be made for older children, or for those attending the birth with your physician's approval.

Big Kids	Jan. 17	July 18
Class Dates	March 21	Sept. 19
4:30-6:00 p.m.	May 16	Nov. 21

Parenting Lab **\$20**

The focus of this one-time class is caring for your newborn. We will provide helpful ideas for basic newborn care, growth and development guidelines, infant communication, and what to expect in those first days at home. Plan to attend this class during the latter part of your pregnancy.

Parenting Lab	Feb. 21	Aug. 15
Class Dates	April 18	Oct. 17
6:00-8:00 p.m.	June 20	Dec. 17

Nesting 'n Bedresting
Monthly Pregnancy Bedrest
Support Group **FREE**

This is an ongoing meeting for supporting delivered bedrest moms and their families, as well as the families of non-delivered bedrest moms, and anyone else who simply may be interested in pregnancy bedrest. Topics to be presented will focus on helpful hints, coping strategies and medical updates beneficial to bedrest moms. Education, resources and emotional support will be available free of charge. Call for more information.

Baby Care Classes **FREE**

For moms who deliver at SouthCrest. Learn the basics before leaving the hospital. Topics will include safety, bathing, feeding and more. This class is offered Monday through Friday at 10 a.m.

Get a discount when you enroll in more than one class:

Class Package 1

Prepared Childbirth (\$65) + Breastfeeding Workshop (\$20) + Parenting Lab (\$20) = \$90 (you save \$15)

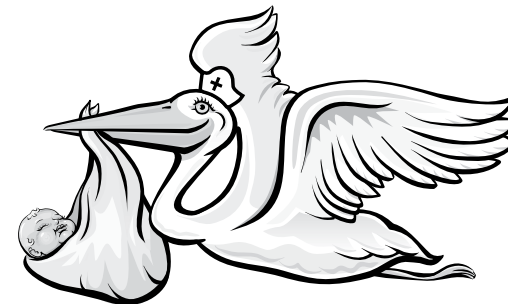
Class Package 2

Childbirth Refresher (\$45) + Big Kids Class (\$20) + Breastfeeding(\$20) = \$70 (you save \$15)

** Class sizes are limited. Payment must be received one week prior to class start date. Your reservation will be confirmed when we receive your payment. We reserve the option to cancel or reschedule a class. Should this occur, fees paid would be refunded or transferred at client's request. Thank you.*

Gift Certificates are Available!

Payment is easy:
Cash, check, money order, debit card, credit card or online with PayPal.



Enrollment is easy:

- Log onto www.ABirthCo.com or www.southcresthospital.com
- Call (918) 855-6565
- Fax this form to (918) 245-6433
- Mail this form:
A Birth Consultant Co. (ABC)
PO Box 9681 · Tulsa, OK 74157

Name: _____
 Physician: _____
 Phone (home): _____
 (work): _____
 (cell): _____
 Address: _____
 City: _____ State: ____ Zip: _____
 Email: _____

Class 1 Name _____ \$ _____
 start date: _____

Class 2 Name _____ \$ _____
 start date: _____

Class 3 Name _____ \$ _____
 start date: _____

Amount Enclosed \$ _____

Credit Card Payment: (circle one)



Account Number _____
 3-digit code (back of card) _____
 Expiration Date _____
 Amount Authorized \$ _____
 Signature _____