

# Small Wonders

## BAPTIST HEALTH PRENATAL EDUCATION PROGRAM VIRTUAL TOUR & CLASS INFORMATION

### BAPTIST EAST MATERNITY AREA VIRTUAL TOUR

We invite you to visit our hospital from the comfort of *wherever you are*. A personal tour of Baptist Medical Center East's Maternity Area is now just a click away. This virtual tour is designed to answer any questions you may have regarding our "family-centered maternity care." You will also receive an inside look at our Labor and Delivery Suites, Newborn Nursery, Post-Partum and NICU units. From admission to discharge, this video provides all of the information you and your family needs to know. Our hope is that once you watch, you will not only feel informed but also reassured that *love truly does begin at Baptist*. Visit our website [baptistdelivers.com](http://baptistdelivers.com)

### CHILDBIRTH PREPARATION BOOT CAMP

*One Day Class-Saturdays Only*

*Please bring two bed pillows and a floor mat to class for breathing and relaxation exercise.*

This fast-paced one-day class taught by our experienced Labor and Delivery Registered Nurses prepares families to welcome their new addition. All aspects of Labor and Delivery from our hospital admission process through postpartum care are covered during class. Additional topics include Cesarean sections, medication and anesthesia options along with coping and comfort measures. Breathing and relaxation techniques are also introduced. Space is limited. *Pre-Registration is required. \*\*Class fee: \$60 (couple or single) payable at class by cash or check lunch included.*

### PREPARING FOR A NATURAL BIRTH

*One Time Class*

*Please bring 2 bed pillows and a floor mat to class for breathing and relaxation exercise.*

This class equips expectant parents with natural childbirth options providing them with tools, techniques and coping skills for their labor and delivery experience. Participants will practice breathing and relaxation exercises along with other comfort measures. This class is most beneficial when your support person attends.

*Space is limited. Pre-Registration is required. \*\*Class fee: \$20 (couple or single) payable at class by cash or check.*

### BREAST FEEDING CLASS

*One Time Class*

This class provides expectant mothers with information about breastfeeding including various factors influencing lactation, advantages of breastfeeding, basic anatomy and physiology of milk production, specific techniques to promote a successful breastfeeding experience and breastfeeding equipment and supplies. Classes are taught by one of our International Board of Lactation Consultant Examiners instructors. This class is most beneficial when your partner attends. *Space is limited. Pre-Registration is required. \*\*Class fee: \$20 (couple or single) payable at class by cash or check.*

### CARING FOR YOUR NEWBORN

*One Time Class*

Our newborn care class helps new families become familiar with the basics of caring for your infant in the first six weeks after birth. This interactive class covers routine hospital newborn procedures along with bathing, diapering, swaddling and soothing, normal infant behavior, appearance and sleep patterns. This class is most beneficial when your partner attends.

*Space is limited. Pre-Registration is required. \*\*Class fee: \$20 (couple or single) payable at class by cash or check.*

### INFANT SAFETY/CPR

*One Time Class*

This class will teach parents and grandparents the American Heart Association's Family and Friends CPR for infants and children including care of the choking infant, infant rescue and breathing with hands on practice using ACTAR CPR dolls for class participants. This class will also help parents with creating a safe environment for their child. Classes are taught by certified CPR Instructors. This class is not a certification class. Space is limited. *Pre-Registration is required.*

*\*\*Class fee: \$10 per person payable at class by cash or check.*



FOR MORE INFORMATION, EMAIL [SMALLWONDERS@BAPTISTFIRST.ORG](mailto:SMALLWONDERS@BAPTISTFIRST.ORG)