Class Registration (continued)

Nursing Your Infant (check one)
Thursdays 6:30-9 p.m.
☐ Feb. 4   ☐ April 7
☒ June 2   ☐ Aug. 4
☐ Oct. 6

Saturdays 9 a.m. – Noon
☐ Jan. 16  ☐ Feb. 13
☒ March 12  ☐ April 9
☐ May 21  ☐ June 11
☒ July 16  ☐ Aug. 13
☐ Sept. 17 ☐ Oct. 15
☐ Nov. 12 (No class in Dec.)

Big Brothers and Sisters Are Special (check one)
Tuesdays: 9:30-10:30 a.m. or 6-7 p.m.

- Jan. 5 (9:30 a.m.) or March 8 (6 p.m.)
- May 3 (9:30 a.m.) or July 12 (6 p.m.)
- Sept. 6 (9:30 a.m.) or Nov. 8 (6 p.m.)

Big Brothers and Sisters Are Special (check one)
Tuesdays: 9:30-10:30 a.m. or 6-7 p.m.

- Jan. 5 (9:30 a.m.)
- March 8 (6 p.m.)
- May 3 (9:30 a.m.)
- July 12 (6 p.m.)
- Sept. 6 (9:30 a.m.)
- Nov. 8 (6 p.m.)

Birthing Center Tours
Every Tuesday, 1-2 p.m. or 6-7 p.m. on the following dates:
- Jan. 5 & 19
- Feb. 2 & 16
- March 1 & 15
- April 5 & 19
- May 3 & 17
- June 7 & 21
- July 5 & 19
- Aug. 2 & 16
- Sept. 6 & 20
- Oct. 4 & 18
- Nov. 1 & 15
- Dec. 6 & 20

Send registration form and payment to:
Childbirth Education Coordinator
UK Albert B. Chandler Hospital
Department of OB-GYN
Third floor, Room C358
800 Rose St.
Lexington KY 40536-0293

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

Please note that cost for classes includes you and your partner/spouse.

For additional information about our Birthing Center or our Childbirth Education Program, please call 859-323-2750 or visit ukhealthcare.uky.edu/obgyn.

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, in Lexington. Free parking is available in the hospital parking garage.

Big Brothers 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, 800 Rose St., in Lexington. Parking is available in the UK HealthCare parking garage at 110 Transcript Ave. 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.
**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. Please bring pillows to class and dress comfortably. If you are unable to pay for class, scholarships are available. Fees will be waived for Young Parents Program participants. Please call 859-323-2750.

UK HealthCare offers two childbirth preparation options. We recommend you begin your classes at 28 weeks of pregnancy. We recommend that you sign up for a free hospital tour as well as the Baby Basics and Nursing Your Infant class to prepare you for new arrival.

**Three-week program**

This program meets once a week for three weeks.

**Time:** Tuesdays, 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 program but meets only once.

**Time:** Saturdays, 9 a.m. to 12 p.m. monthly.

**Cost:** $25 per couple

**Location:** UK Good Samaritan Hospital
First floor, Conference Room A

**Other classes**

**Baby Basics**

This is a one-time class providing tips for 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 also view excerpts from Happiest Baby on the Block™, to learn how to turn on your baby’s calming reflex. You will participate in dressing, changing diapers, swaddling and consoling a fussy baby using life-sized dolls.

**Infant CPR**

This one-time class will teach the lifesaving technique of CPR, as well as infant-specific safety measures. This class is for CPR from newborn to 1 year old. We recommend this class for parents and anyone who will be caring for the baby. This is not an American Heart Association Certification class.

**Nursing Your Infant**

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

**Big Brothers and Sisters Are Special**

This one-time class is designed for children ages 3-7 and 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, along with what changes to expect when the baby arrives.

**Birthing Center Pre-Admission Visit**

Sign up at your clinic appointment between 24 and 28 weeks for this free visit to complete your registration, tour the Birthing Center and get information on what to expect during your hospital stay. Please call to register prior to attending to ensure adequate preparation by your tour guide.

**Childbirth Education Program**

**First floor, Conference Room A**

**Location:** UK Good Samaritan Hospital

**Cost:** $40 per couple

**Time:** Saturdays, 9 a.m. to 3:30 p.m.

**Program 1:** Jan. 12, 19, 26
**Program 2:** Feb. 9, 16, 23
**Program 3:** March 8, 15, 22
**Program 4:** April 12, 19, 26
**Program 5:** May 10, 17, 24
**Program 6:** June 14, 21, 28
**Program 7:** July 12, 19, 26
**Program 8:** Aug. 9, 16, 23
**Program 9:** Sept. 13, 20, 27
**Program 10:** Oct. 11, 18, 25
**Program 11:** Nov. 8, 15, 22

**Class Registration 2016**

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.

**Class Offerings 2016**

**Childbirth Preparation Programs**

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

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

- Program 1: Jan. 12, 19, 26
- Program 2: Feb. 9, 16, 23
- Program 3: March 8, 15, 22
- Program 4: April 12, 19, 26
- Program 5: May 10, 17, 24
- Program 6: June 14, 21, 28
- Program 7: July 12, 19, 26
- Program 8: Aug. 9, 16, 23
- Program 9: Sept. 13, 20, 27
- Program 10: Oct. 11, 18, 25
- Program 11: Nov. 8, 15, 22

**No program in Dec**

**Infant CPR (check one)**

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

- Jan. 9
- Feb. 6
- March 5
- April 2
- May 14
- June 4
- July 9
- Aug. 6
- Sept. 10
- Oct. 8
- Nov. 5
- Dec 3

**Baby Basics (check one)**

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

- Jan. 14
- Feb. 11
- March 10
- April 14
- May 12
- June 9
- July 14
- Aug. 11
- Sept. 8
- Oct. 13
- Nov. 10
- Dec 8

**Other Classes**

**Birthing Center Pre-Admission Visit**

**First and third Tuesday of every month, 6-7 p.m.**

- First floor, Room H359

**Infant CPR (check one)**

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

- Jan. 7
- March 3
- May 6
- July 7
- Sept. 1
- Nov. 3

**Big Brothers and Sisters Are Special**

This one-time class is designed for children ages 3-7 and 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, along with what changes to expect when the baby arrives.

**Time:** Tuesdays of every other month, 6:30-9 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, information on pumping and hand expression, and how to prevent and resolve discomfort. This class is taught by a registered nurse who is also a certified lactation consultant.

**Time:** Thursdays of every other month, 6:30-9 p.m.

**Cost:** $25 per couple

**Location:** UK Good Samaritan Hospital
First floor, Conference Room A

**Infant CPR**

This one-time class will teach the lifesaving technique of CPR, as well as infant-specific safety measures. This class is for CPR from newborn to 1 year old. We recommend this class for parents and anyone who will be caring for the baby. This is not an American Heart Association Certification class.

**Time:** Thursdays of every other month, 6:30-9 p.m.

**Cost:** $25 per couple

**Location:** UK Good Samaritan Hospital
First floor, Conference Room A

**Birthing Center Pre-Admission Visit**

Sign up at your clinic appointment between 24 and 28 weeks for this free visit to complete your registration, tour the Birthing Center and get information on what to expect during your hospital stay. Please call to register prior to attending to ensure adequate preparation by your tour guide.

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

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

- Program 1: Jan. 12, 19, 26
- Program 2: Feb. 9, 16, 23
- Program 3: March 8, 15, 22
- Program 4: April 12, 19, 26
- Program 5: May 10, 17, 24
- Program 6: June 14, 21, 28
- Program 7: July 12, 19, 26
- Program 8: Aug. 9, 16, 23
- Program 9: Sept. 13, 20, 27
- Program 10: Oct. 11, 18, 25
- Program 11: Nov. 8, 15, 22

**No program in Dec**

**Infant CPR (check one)**

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

- Jan. 9
- Feb. 6
- March 5
- April 2
- May 14
- June 4
- July 9
- Aug. 6
- Sept. 10
- Oct. 8
- Nov. 5
- Dec 3

**Baby Basics (check one)**

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

- Jan. 14
- Feb. 11
- March 10
- April 14
- May 12
- June 9
- July 14
- Aug. 11
- Sept. 8
- Oct. 13
- Nov. 10
- Dec 8

**Other Classes**

**Birthing Center Pre-Admission Visit**

**First and third Tuesday of every month, 6-7 p.m.**

- First floor, Room H359

**Infant CPR (check one)**

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

- Jan. 7
- March 3
- May 6
- July 7
- Sept. 1
- Nov. 3