CHILDBIRTH EDUCATION PROGRAM
2019

ACCREDITED BY BABY-FRIENDLY USA FOR THE BABY-FRIENDLY HOSPITAL INITIATIVE.
CLASS OFFERINGS

CHILDBIRTH PREPARATION

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 to time contractions, the stages of labor, when to go to the hospital and both medicated and non-medicated coping techniques for labor. 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.

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 classes to prepare for your new arrival.

Three-week program
This program meets once a week for three weeks.

Saturday condensed program
This program covers the same material as the three-week program but meets only once.

Preparing for Childbirth: Tools for an Unmedicated birth
This class will concentrate on non-pharmacological pain management of labor and is supplemental to Childbirth Preparation. Breathing and relaxation techniques will be practiced along with positioning and comfort measures. Women and partners are encouraged to practice these techniques after class to prepare them for labor. Additionally, women who have previously had an unmedicated birth will be invited to discuss their experiences and what they found supportive.

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 performed on newborns to 1-year-olds. 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.

All classes held at:
UK Good Samaritan Hospital
First floor, Conference Room A

---

**BIRTHING CENTER TOURS**

Schedule your appointment after 24 weeks to complete your registration, tour the Birthing Center and get information on what to expect during your hospital stay. Please call 859-323-2750 to register prior to attending to ensure adequate preparation by your tour guide.

**Location**
UK Chandler Hospital
Third floor, Room H359

**Birthing Center Tours**
Every Tuesday, 1-2 p.m. or 6-7 p.m. on the following dates:

- Jan. 8 & 15
- Feb. 5 & 19
- March 5 & 19
- April 2 & 16
- May 7 & 21
- June 4 & 18
- July 2 & 16
- Aug. 6 & 20
- Sept. 3 & 17
- Oct. 1 & 15
- Nov. 5 & 19
- Dec. 3 & 17
REGISTRATION
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

Classes fill up quickly, so if you are sending in your registration the week the class meets, please call 859-323-2750 to check availability. Registration is required.

Request for refunds must be made 24 hours prior to the scheduled class.

FOR MORE INFORMATION
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

Three-week program
Tuesdays 6:30-8:30 p.m.
$40 per couple
No program in July or December

☐ 1 - Jan. 15, 22, 29
☐ 2 - Feb. 12, 19, 26
☐ 3 - March 12, 19, 26
☐ 4 - April 9, 16, 23
☐ 5 - May 14, 21, 28
☐ 6 - June 11, 18, 25
☐ 8 - Aug 13, 20, 27
☐ 9 - Sept. 10, 17, 24
☐ 10 - Oct. 8, 15, 22
☐ 11 - Nov. 12, 19, 26

Saturday condensed program
Saturdays 9 a.m. - 3:30 p.m.
$40 per couple

☐ Jan. 5
☐ Feb. 2
☐ March 2
☐ April 6
☐ May 4
☐ June 1
☐ July 6
☐ Aug. 3
☐ Sept. 7
☐ Oct. 5
☐ Nov. 2
☐ Dec. 7

Preparing for Childbirth:
Tools for an Unmedicated Birth
Thursdays 6:30-8:30 p.m.
$25 per couple
No program in December

☐ Feb 28  ☐ Aug 15
☐ April 18  ☐ Oct 17
☐ June 20
CLASS REGISTRATION (CONTINUED)

<table>
<thead>
<tr>
<th>Baby Basics</th>
<th>Nursing Your Infant</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursdays 6:30-8:30 p.m.</td>
<td>Thursdays 6:30-8:30 p.m.</td>
</tr>
<tr>
<td>Class only: $25 per couple</td>
<td>$25 per couple</td>
</tr>
<tr>
<td>Class + DVD: $35 per couple</td>
<td>No program in December</td>
</tr>
<tr>
<td>Jan. 10</td>
<td>Jan. 12</td>
</tr>
<tr>
<td>Feb. 21</td>
<td>Feb. 7</td>
</tr>
<tr>
<td>March 14</td>
<td>Feb. 9</td>
</tr>
<tr>
<td>April 11</td>
<td>March 16</td>
</tr>
<tr>
<td>May 9</td>
<td>April 13</td>
</tr>
<tr>
<td>June 13</td>
<td>May 11</td>
</tr>
<tr>
<td></td>
<td>June 8</td>
</tr>
</tbody>
</table>

Infant CPR

| Thursdays 6:30-8:30 p.m. | Jan. 3        | July 18
| Class only: $25 per couple | March 7       | Sept. 5
| Class + DVD/kit: $40 per couple | May 2       | Nov. 7

Name:______________________________  Phone: (___)-___________

Spouse/birth partner name: ________________

Doctor:___________________________________

Email address: ______________ Your due date:__________

Total amount enclosed: ______________

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