CHILDBIRTH EDUCATION PROGRAM 2020

ACCREDED 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 Safety and CPR
This one-time class will teach the lifesaving techniques of CPR and
choking response, as well as infant and child safety measures, for newborns to age 1 year. We offer this class to parents and grandparents. Consider this class for anyone who will be caring for your new baby. This is not an American Heart Association Certification class but uses AHA Friends and Family materials.

**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.

**Parenting for Dads and Partners**
This class takes place during the first hour of our Thursday evening Nursing Your Infant class. It is led by Dr. Bryan Rone, certified obstetrician and gynecologist and father of four. Dr. Rone is passionate about engaging fathers and partners in the birth process and encourages participants to ask questions, receive information, and learn about the challenges and rewards of parenting. There is no additional charge for this class, and participants may rejoin the Nursing Your Infant class for the second hour.

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

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**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**
All 1 p.m. tours will meet at  
**UK Chandler Hospital**  
Third Floor, Room H359.

All 6 p.m. tours will meet in the  
**Kentucky Children’s Hospital**  
Ground Floor Lobby (Pediatric Sedation).

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

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

CHILDBIRTH PREPARATION

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

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

Saturday condensed program
Saturdays once a month,
9 a.m.–3:30 p.m.
$40 per couple

☐ Jan. 11
☐ Feb. 1
☐ March 7
☐ April 4
☐ May 2
☐ June 6
☐ July 11
☐ Aug. 1
☐ Sept. 12
☐ Oct. 3
☐ Nov. 7
☐ Dec. 5.

Preparing for Childbirth:
Tools for an Unmedicated Birth
Thursdays every other month,
6:30–8:30 p.m.
$25 per couple

☐ Jan. 23 ☐ July 16
☐ March 19 ☐ Sept. 17
☐ May 21 ☐ Nov. 19

ALL CLASSES HELD AT:
UK Good Samaritan Hospital
First floor, Conference Room A
CLASS REGISTRATION (CONTINUED)

Baby Basics
Thursdays once a month, 6:30–8:30 p.m.
Class only: $25 per couple
Class + DVD: $35 per couple
☐ Jan. 16 ☐ July 9
☐ Feb. 13 ☐ Aug. 13
☐ March 12 ☐ Sept. 10
☐ April 9 ☐ Oct. 8
☐ May 14 ☐ Nov. 12
☐ June 11 ☐ Dec. 10

Nursing Your Infant
Thursdays every other month, 6:30 – 8:30 p.m.
$25 per couple
☐ Feb. 20   ☐ Aug. 20
☐ April 16  ☐ Oct. 15
☐ June 18

Saturdays once a month, 9–11 a.m.
☐ Jan. 18   ☐ July 18
☐ Feb. 8    ☐ Aug. 8
☐ March 21  ☐ Sept. 19
☐ April 11  ☐ Oct. 10
☐ May 9     ☐ Nov. 14
☐ June 13   ☐ Dec. 12

Infant Safety and CPR
Thursdays 6:30-8:30 p.m.
Class only: $25 per couple
Class + DVD/kit: $45 per couple
☐ Jan. 9    ☐ July 2
☐ Feb. 6    ☐ Aug. 6
☐ March 5   ☐ Sept. 3
☐ April 2   ☐ Oct. 1
☐ May 7     ☐ Nov. 5
☐ June 4    ☐ Dec. 3

Baby Basics
Thursdays once a month, 6:30–8:30 p.m.
Class only: $25 per couple
Class + DVD: $35 per couple
☐ Jan. 16 ☐ July 9
☐ Feb. 13 ☐ Aug. 13
☐ March 12 ☐ Sept. 10
☐ April 9 ☐ Oct. 8
☐ May 14 ☐ Nov. 12
☐ June 11 ☐ Dec. 10

Parenting for Dads and Partners
Thursdays every other month, 6:30–7:30 p.m.
Offered during the first hour of the Nursing Your Infant class at no additional charge.
☐ Feb. 20   ☐ Aug. 20
☐ April 16  ☐ Oct. 15
☐ June 18

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.
**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.