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

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**CLASS REGISTRATION (CONTINUED)**

**NURSING YOUR INFANT** (check one)

THURSDAYS 6:30-8:30 PM
- [ ] FEB. 1
- [ ] APR 5
- [ ] JUNE 7
- [ ] AUG 2
- [ ] OCT 4
- [ ] DEC 6

Saturdays 9-11 AM
- [ ] JAN 13
- [ ] FEB 10
- [ ] MARCH 17
- [ ] APRIL 14
- [ ] MAY 12
- [ ] JUNE 9
- [ ] JULY 14
- [ ] AUG 11
- [ ] DEPT. 15
- [ ] OCT 13
- [ ] NOV 10 (NO CLASS IN DECEMBER)

**BIRTHING CENTER TOURS**
EVERY TUESDAY, 1-2 PM, OR 6-7 PM. ON THE FOLLOWING DATES:

- [ ] JAN 2 & 16
- [ ] FEB 6 & 20
- [ ] APR 3 & 17
- [ ] MAY 1 & 15
- [ ] JUNE 5 & 19
- [ ] JULY 3
- [ ] AUG 7 & 21
- [ ] DEPT. 18
- [ ] OCT 2 & 16
- [ ] NOV 6 & 20
- [ ] DEC 4 & 18

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**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 at Level A 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.
CLASS OFFERINGS 2018

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, where to go to the hospital and both medicated and non-medicating 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.

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 classes to prepare for your 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

SATURDAY CONDENSED PROGRAM

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

Time: Saturdays, 9 a.m. to 3:30 p.m. monthly
Lunch break: One hour break.
Lunch is not provided.
Cost: $40 per couple

PREPARING FOR CHILDBIRTH: TOOLS FOR AN UNMEDICATED BIRTH

This class will concentrate on non-pharmacological techniques for labor. Women and partners are encouraged to practice these techniques after class to prepare them for labor. Additionally, women who have previously had an un-medicated birth will be invited to discuss their experiences and what they found supportive.

Time: Thursdays of every other month, 6:30-8:30 p.m.
Cost: $25 per couple

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.

Time: Thursdays, 6:30-8:30 p.m. monthly
Cost: $25 per couple; $10 extra for Happiest Baby on the Block DVD

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, 6:30-8:30 p.m.
Cost: Class only: $25 per couple
Class + DVD/kit: $40 per couple

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, 6:30-8:30 p.m.
Saturdays, 9-11 a.m. monthly.
Cost: $25 per couple

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

CLASS REGISTRATION 2018

Fill out and send this form with your payment, or call 859-323-2750 to register and pay by phone.

BIRTHING CENTER PRE-ADMISSION VISIT

Sign up at your clinic appointment after 24 weeks for this visit 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.

Time: First and third Tuesday of every month, 6-7 p.m.
Cost: Free
Location: UK Chandler Hospital Third floor, Room H359

OTHER CLASSES

BABY BASICS (check one)

THURSDAYS 6:30-8:30 P.M.

STUDY WEEK 1: JAN. 9, 16, 23
STUDY WEEK 2: FEB. 13, 20, 27
STUDY WEEK 3: MAR. 13, 20, 27
STUDY WEEK 4: APR. 10, 17, 24
STUDY WEEK 5: MAY 8, 15, 22
STUDY WEEK 6: JUNE 12, 19, 26
STUDY WEEK 7: JULY 10, 17, 24
STUDY WEEK 8: AUG. 7, 14, 21
STUDY WEEK 9: SEPT. 4, 11, 18
STUDY WEEK 10: OCT. 2, 9, 16
STUDY WEEK 11: NOV. 6, 13, 20
STUDY WEEK 12: DEC. 7, 14, 21

UNMEDICATED BIRTH

TUESDAYS 6:30-8:30 P.M.

PROGRAM 1: JAN. 9, 16, 23
PROGRAM 2: FEB. 13, 20, 27
PROGRAM 3: MAR. 13, 20, 27
PROGRAM 4: APR. 10, 17, 24
PROGRAM 5: MAY 8, 15, 22
PROGRAM 6: JUNE 12, 19, 26
(PROGRAM IN JULY)
PROGRAM 7: JULY 10, 17, 24
PROGRAM 8: AUG. 7, 14, 21
PROGRAM 9: SEPT. 4, 11, 18
PROGRAM 10: OCT. 2, 9, 16
(PROGRAM IN DECEMBER)

OTHER CLASSES

INFANT CPR (check one)

THURSDAYS 6:30-8:30 P.M.

STUDY WEEK 1: JAN. 9, 16, 23
STUDY WEEK 2: FEB. 13, 20, 27
STUDY WEEK 3: MAR. 13, 20, 27
STUDY WEEK 4: APR. 10, 17, 24
STUDY WEEK 5: MAY 8, 15, 22
STUDY WEEK 6: JUNE 12, 19, 26
STUDY WEEK 7: JULY 10, 17, 24
STUDY WEEK 8: AUG. 7, 14, 21
STUDY WEEK 9: SEPT. 4, 11, 18
STUDY WEEK 10: OCT. 2, 9, 16
STUDY WEEK 11: NOV. 6, 13, 20
STUDY WEEK 12: DEC. 7, 14, 21

UK Chandler Hospital
First floor, Conference Room A