

# 2019

## Childbirth Classes

### Childbirth Series

6 – 8 p.m.

Four-part series designed for first time mothers. Plan to attend all classes to receive complete information as each class builds upon the previous class's content. Series includes breastfeeding information and hospital tour.

January 8, 15, 22, 29	July 2, 9, 16, 23
February 5, 12, 19, 26	August 6, 13, 20, 27
March 5, 12, 19, 26	September 3, 10, 17, 24
April 2, 9, 16, 23	October 1, 8, 15, 22
May 7, 14, 21, 28	November 5, 12, 19, 26
June 4, 11, 18, 25	December 3, 10, 17, 19

### Childbirth Express Class

9 a.m. – noon

One-day refresher course is designed for women who have previously given birth. Class includes hospital tour.

February 2	August 3
April 6	October 5
June 8	December 7

### Breastfeeding Course

9 a.m. – 11 p.m.

Course designed for women who have previously given birth. First time breastfeeding women are welcome. First time mothers will receive breastfeeding information in the Childbirth Series.

January 5    May 4    September 7

### Infant CPR Course

3:15 – 4:15 p.m.

Enrollment is limited to five families per class.

February 2	August 3
April 6	October 5
June 8	December 7

### Baby Care Basics

Birth to six months

1 – 3 p.m.

February 2	August 3
April 6	October 5
June 8	December 7

### The BirthPlace at Hendrick Tours

Tours are offered after the first night of each childbirth series and after each Childbirth Express Class. **If other arrangements are needed, please call 325-670-2244 to schedule a tour.**

### Sibling Tours

Sibling tours help brothers and sisters prepare for the new arrival, as well as reduce the fear of the hospital and ease separation anxiety that may occur while mom is at the hospital. Tours are for siblings 3.5 – 14 years of age. **Call Drew Davis, Child Life Specialist, at 670-5951 to schedule a tour.**

### Epidural Video

To view the epidural video, visit [www.ehendrick.org/epidural](http://www.ehendrick.org/epidural). You must watch the video in its entirety. Then, follow the prompts to submit your information to receive credit for viewing the epidural video. **If you plan to have an epidural for your delivery, viewing of this video is mandatory.**

### Hospital Pre-registration

You may pre-register for your maternity visit at anytime during your pregnancy during the hours of Monday - Friday from 8 a.m. - 5 p.m. on a walk-in basis or, to be respectful of your time, by appointment by calling 325-670-2700.

Pre-registration also may be completed online at [ehendrick.org/pre-registration](http://ehendrick.org/pre-registration).

To register, please call 325-670-2244 or email [birthplaceedu@hendrickhealth.org](mailto:birthplaceedu@hendrickhealth.org) and provide the following information:

- Mother's name
- Support person's name (if one is attending)
- Contact phone number
- Due date
- OB provider
- Class name and date

You will receive a return call/email within one week to confirm your registration request. All classes are held at Hendrick Medical Center in the Labor and Delivery Classroom located in Room 4918.

**Classes are offered at no charge.**



TEXAS 10 STEP  
PROGRAM

The  
**BIRTHPLACE**  
Hendrick Medical Center