

Childbirth Class Information

Locations

St. Luke's Community Health Education Center (HEC) 3333 Squalicum Parkway, Bellingham. Enter through the main door and look to your right. Class locations are posted on the wall.

PeaceHealth St. Joseph Medical Center (JOS) 2901 Squalicum Parkway, Bellingham. Class is held in the conference rooms near the cafeteria (*not* in the Childbirth Center).

What to Bring

Bring several pillows and a blanket or soft mat to class, as part of each class is spent on the floor practicing relaxation and breathing techniques.

Handbooks

The recommended handbook [Pregnancy, Childbirth, and the Newborn](#) (2010) is available in the Bellingham Technical College Bookstore. Handbooks are also available for check-out at local libraries.

Instructor Bios

Pam Ames has taught childbirth classes since 1977 and also teaches parenting classes at BTC. She has a BA in Education, is an ASPO Certified Childbirth Educator, La Leche League leader, and IBCLC (lactation consultant).

Terry Thalhofer has taught childbirth classes since 1990 and breastfeeding classes since 1986. She has a BS from OSU, is a certified CEA/S Childbirth Educator, La Leche League leader, IBCLC (lactation consultant), and doula.

Aleen Warren has taught childbirth classes since 1991. She has a BA in Human Services and Evergreen Hospital Childbirth Educator certification. She completed the LPN certification at BTC in 2010, and now works as an LPN.

Kathy Wilbur has taught childbirth classes since 1990 and HypnoBirthing since 2004. She has a BA in Psychology and Early Childhood Education. She is a CCE/P Childbirth Educator, ICEA Childbirth Educator, and doula.

Other Offerings

Childbirth Refresher

If you have taken a childbirth preparation course for a previous pregnancy, we recommend you sign up for the **Pregnancy and Childbirth** course or the **Childbirth Preparation: Weekend Course**.

Preparation for Parenting

A two-session course for people who are adopting or fostering a newborn. Information on newborn characteristics and care, infant feeding, and adjusting to a newborn will be covered. Participants will join the last two classes of a childbirth series. For more information on this option, call 360-752-8447 for dates and times.

Take This Course with Your New Baby!

Baby 'n Me (1-7 Months)

The first year of life is an exciting one for baby and parents. This course is designed to offer current information, support, and encouragement during these early months of parenthood and to provide an opportunity to meet and share with other parents of young babies. Topics of discussion include child development, toy selection, sleep patterns, games and songs, and strategies for adjusting to the new role of parent. Babies remain with their parents during the 8 sessions.

Bellingham Technical College is committed to the principles of affirmative action and is an equal opportunity employer.

BTC's mission is to deliver superior professional-technical education for today's needs and tomorrow's opportunities.

BTC's vision is to be a recognized leader in providing innovative and effective technical education, creating options for career success, and developing a competitive workforce.

Registration

Course Fee Waivers for First Steps Participants

Course fees for **Pregnancy and Childbirth** and **Childbirth Preparation: Weekend Course** are waived for those covered by **First Steps**. Find the waiver form online at www.btc.ctc.edu under "Community & Continuing Education" or pick one up in the Registration Office.

In order to begin class at the appropriate time in your pregnancy, please register early.

The enclosed registration form is two-sided, one side for the pregnant woman and one side for her support person. Course fees are waived for support persons.

Web

Go to www.btc.ctc.edu and select "Online Services."

In Person

Come to Bellingham Technical College, College Services Building. Hours are M-F 8:00 am-4:00 pm.

Phone or Fax

Call 360-752-8350 with your VISA/MasterCard information, or fax 360-676-2798.

Mail

Mail completed registration form with payment to Bellingham Technical College Business Office at the address below.

Co-sponsored by Bellingham Technical College and PeaceHealth St. Joseph Medical Center



3028 Lindbergh Avenue
Bellingham, WA 98225
Phone: 360-752-8350
Fax: 360-676-2798
Web: www.btc.ctc.edu



PeaceHealth
St. Joseph Medical Center

Childbirth Preparation



Fall 2011 Class Schedule



Childbirth Preparation Fall 2011 Classes

Pregnancy and Childbirth are powerful events. It is the mission of Bellingham Technical College and PeaceHealth St. Joseph Medical Center to teach expectant couples the questions to ask and to provide the coping tools needed to navigate the various techniques and choices in pregnancy, birth, newborn care and parenting.

All classes are fun, informal and taught by experienced educators in each area. You are encouraged but not required to bring a support person who is willing to help you practice various techniques and be with you through labor and birth. (Your support person could be your husband, partner, friend, relative or a doula/birth coach.)

Preparation for Childbirth and Parenting

8 sessions \$139.82

Plan to start in your sixth month of pregnancy.

This traditional course covers late pregnancy, the process of labor and birth, labor coping skills (with many in-class practice sessions), newborn care and breastfeeding, postpartum, and early parenting. Weekly classes help connect families with peers, and a post-birth reunion is included. Plan to start during the 6th month of pregnancy. The recommended handbook *Pregnancy, Childbirth & the Newborn* (2010) is available at the BTC bookstore. Bring several pillows and a blanket or soft mat to class. **First Steps** waivers do not cover this course fee. Both mother-to-be and support person register for this course and the price covers both. CHFM 105

Item #: 8001 Location: HEC	Th 9/1-10/20 7:00p-9:30p	Ames
Item #: 8002 Location: HEC	T 10/4-11/22 6:30p-9:00p	Thalhofer
Item #: 8003 Location: HEC	W 11/2-12/21 6:30p-9:00p	Wilbur

Pregnancy and Childbirth

5 sessions \$92.33

Plan to start in your sixth month of pregnancy.

This condensed series provides information on pregnancy, labor, and birth, including comfort measures and labor support and is a great refresher option. Postpartum topics covered include newborn care and breastfeeding, parenting adjustments and resources. A post-birth reunion is included. The recommended handbook *Pregnancy, Childbirth & the Newborn* (2010) is available at the BTC bookstore. Bring several pillows and a blanket or soft mat to class. Course fees are waived for those covered by **First Steps**. Both mother-to-be and support person register for this course and the price covers both. CHFM 106

Item #: 8010 Location: HEC	W 9/14-10/12 6:30p-9:00p	Thalhofer
Item #: 8011 Location: HEC	M 10/3-10/31 7:00p-9:30p	Ames
Item #: 8012 Location: HEC	W 10/26-11/30 6:30p-9:00p	Thalhofer
Item #: 8013 Location: HEC	M 11/21-12/19 7:00p-9:30p	Ames

Childbirth Preparation: Weekend Course

2 sessions \$105.59

Plan to start in your seventh or eighth month of pregnancy.

This condensed format will provide an overview of late pregnancy, the birth process, labor coping skills, newborns and breastfeeding. The recommended handbook *Pregnancy, Childbirth & the Newborn* (2010) is available in the BTC bookstore and should be read prior to the course. Bring several pillows and a blanket or soft mat to class. Course fees are waived for those covered by **First Steps**. Both mother-to-be and support person register for this course and the price covers both. CHFM 107
Note: This course meets Saturday 8:30a-5:30p and Sunday 12:30p-5:30p.

Item #: 8021 Location: JOS 5,6	SaSu 9/17-9/18	Warren
Item #: 8022 Location: JOS 5,6	SaSu 10/22-10/23	Ames
Item #: 8023 Location: JOS 5,6	SaSu 11/19-11/20	Wilbur
Item #: 8024 Location: JOS 5,6	SaSu 12/10-12/11	Staff

HypnoBirthing

5 sessions \$185.00

HypnoBirthing prepares women and partners for natural, physiologic birth. Using techniques like visualization, guided imagery, and special breathing patterns, women learn to remain in control and aware while deeply relaxed, to eliminate fears and to build trust in their inherent ability to give birth. Limited information on breastfeeding and newborns will be included. Required handbook and CD are included in the class fee. **First Steps** waivers do not cover this self-support course fee. Bring several pillows and a blanket or soft mat to class. Both mother-to-be and support person register for this course and the price covers both. CHFM 109

Item #: 8014 Location: HEC	Th 9/8-10/6 6:30p-9:00p	Wilbur
Item #: 8015 Location: HEC	Th 10/20-11/17 6:30p-9:00p	Wilbur

Breastfeeding Basics and Beyond

1 session \$25.00

Breastfeeding offers a baby an optimal start in life and provides lifelong health benefits, and accurate information and support are essential for a breastfeeding mother. This course is designed to provide the expectant woman and her support person(s) basic information necessary to initiate and sustain breastfeeding. Topics covered include preparation, getting started, solving challenges, resources, support, and mother-baby separation. The recommended handbook *The Womanly Art of Breastfeeding* is available in the BTC bookstore. **First Steps** waivers do not cover this self-support course fee. Both mother-to-be and support person register for this self-support course and the price covers both. CHFM 119

Item #: 8102 Location: HEC	Tu 8/30 6:30p-9:00p	Thalhofer
Item #: 8101 Location: HEC	Tu 11/29 6:30p-9:00p	Thalhofer

