

PRENATAL COURSE OFFERINGS IN WHATCOM COUNTY

BELLINGHAM TECHNICAL COLLEGE AND PEACEHEALTH ST. JOSEPH MEDICAL CENTER

FALL 2010

COURSE	DESCRIPTION	OFFERED BY/FEE	DESIGNED TO BEGIN
PREPARATION FOR CHILDBIRTH AND PARENTING	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.	BTC/PHSJMC \$126.58 http://www.btc.ctc.edu 360-752-8350	6 th month of <u>pregnancy</u> . New classes start monthly. Not eligible for First Steps waiver.
PREGNANCY AND CHILDBIRTH (& REFRESHER)	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.	BTC/ PHSJMC \$84.64 http://www.btc.ctc.edu 360-752-8350	6 th month of <u>pregnancy</u> . Four sections offered per quarter Free to "First Steps" using waiver form
PREPARATION FOR CHILDBIRTH: WEEKEND CONDENSED	This condensed format will provide an overview of late pregnancy, the birth process, labor coping skills, newborns and breastfeeding. Saturday class time is 8:30 am-5:30 pm. Sunday class time is 12:30-5:30pm.	BTC/ PHSJMC \$97.27 http://www.btc.ctc.edu 360-752-8350	7th-8th month of <u>pregnancy</u> . New classes start monthly. Free to "First Steps" using waiver form
HYPNOBIRTHING	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. Required handbook and CD are included.	BTC/ PHSJMC \$185 (incl materials) http://www.btc.ctc.edu 360-752-8350	6-7 th month of <u>pregnancy</u> Offered once per quarter. Not eligible for First Steps waiver.
BREASTFEEDING BASICS & BEYOND	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.	BTC/ PHSJMC \$25 http://www.btc.ctc.edu 360-752-8350	Anytime during <u>pregnancy</u> . Offered every other month. Not eligible for First Steps waiver.
CHILDBIRTH CENTER TOUR: INTRO TO THE CHILDBIRTH CENTER	Offered to all interested persons and families. Tour offers information on the admission process and tour of the LDRPs. Hospital routines and procedures will be explained in an informal question and answer format. Parents are encouraged to obtain child care for children under the age of six.	SJH Childbirth Center/ Free but pre-registration required http://www.peacehealth.org/Whatcom/ 360-738-6361	Anytime during <u>pregnancy</u> . Offered every other weekend and Wednesday evenings. 1.5-2 hours
CESAREAN EDUCATION	A one-session class designed for those anticipating a cesarean delivery. The class explains hospital admitting, birth preparation, options, and expectations.	SJH Childbirth Center/ Free http://www.peacehealth.org/Whatcom/ 360-738-6363	Anytime during <u>pregnancy</u> . Offered every other month in the evening.
AT OUR BABY'S BIRTH	A one-session class designed to help parents and children make decisions about participating in the birth	SJH Childbirth Center/ Free http://www.peacehealth.org/Whatcom/ 360-738-6363	Anytime during <u>pregnancy</u> . Call for schedule
KANGAROO KAPERS	A one-session class for children whose parents are expecting a baby. Children tour the postpartum and nursery areas of the hospital with their parents and puppets..	SJH Childbirth Center/ Free http://www.peacehealth.org/Whatcom/ 360-738-6363	Anytime during <u>pregnancy</u> . Call for schedule.