

2020 Childbirth Education Saturday Schedule

UMC Family Birth Center Childbirth Education Class Schedule

Classes are **FREE** and available to UMC patients only

Register for classes online @ <http://umchealthsystem.com/fbc-classregistration> or email at Melissa.perez@umchealthsystem.com or call Melissa at 775.8234

Childbirth 101 Fast Track Series is a faster paced version of **Childbirth 101**. It is designed to meet the needs of first time parents wanting a complete series. This series covers the anatomy of childbirth, labor terms, stages of labor, pain management, when to come to hospital and much more. We will spend the last half hour practicing relaxation and breathing techniques. A hospital tour is included. We use Understanding Birth Guide as a teaching tool for this series.

It meets 2 Saturdays from 9am- Noon

January 18 th & 25 th	April 18 th & 25 th	July 11 th & 18 th	October 17 th & 24 th
February 22 nd & 29 th	May 9 th & 16 th	August 15 th & 22 nd	No November series
No March series	June 20 th & 27 th	September 12 th & 19 th	December 12 th & 19 th

Natural/Non- medicated childbirth and Relaxation & Breathing combination class is designed for parents who are strongly considering natural non-medicated childbirth. The class is an open discussion on how to mentally, physically and emotionally prepare for a non-medicated birth. We will practice relaxation and breathing in this class as well. The class is taught by the UMC doula staff.

This class meets on the following dates from 9am-Noon

January 11 th	May 30 th	September 26 th
March 28 th	July 25 th	November 14 th

Baby Care Basics is a newborn/infant care class. The topics discussed are the first few days of your newborns life, the importance of skin to skin, changing diapers, bathing, car seat safety, baby wearing, choosing a pediatrician, child proofing, pet safety and many more topics. This class is filled with great helpful tips and information for caring for your newborn.

This class meets on the following dates from 9am – noon

February 15 th	June 13 th	October 10 th
April 11 th	August 8 th	No December class

Sibling Class is designed for soon-to-be big brothers and sisters. This class includes interactive games, a video and a tour of L&D. This class is appropriate for siblings 3 -9 years old. Parents are required to stay with their child/children.

This is a one -time class held on SATURDAY morning from 10:30 -11:30 am

February 1 st	April 4 th	June 6 th	August 1 st	October 3 rd	December 5 th
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Misc. Information

Register for classes online @<http://umchealthsystem.com/fbc-classregistration> or call Melissa at 806.775.8234 or email at melissa.perez@umchealthsystem.com

A few days before the class is due to begin, you will get a reminder email with the time, date, location, etc.

Class size is limited, so register early.

Classes are for UMC patients only

Classes are held at UMC-East Tower (east of UMC hospital main entrance) 1st floor lobby area, FBC Classroom

Thank you for choosing UMC