

The Woman's Hospital of Texas

2008 Schedule of Childbirth and Parenting Classes and Support Groups

Thank you for choosing The Woman's Hospital of Texas for your Childbirth and Parenting classes. We welcome the opportunity to provide education and support for you during this special time. Your spouse, partner or support person is encouraged to attend all classes.

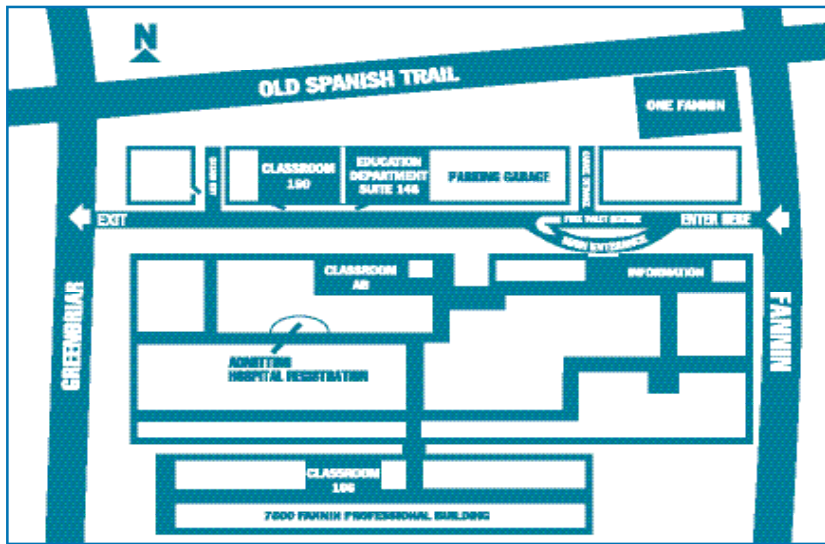
We regret we are unable to accommodate children in our adult classes. Please consider enrolling your children in our Sibling Class, which includes a hospital tour.

Advance registration and payment is required for all classes. Please register as early as possible. At least one business day is needed to process your request. Confirmation of your registration by e-mail, phone, letter or fax is essential prior to class attendance. See the registration form for details. (next page)

You may register for classes and tours:

- at our web site, www.womanshospital.com (click on "Classes/Events").
- by faxing (713.791.7691) or mailing the attached registration form.
- by leaving your information on our automated voice mail system (713.791.7495).

Classrooms at The Woman's Hospital of Texas



Please Remember:

- Plan to complete your classes by the 36th week of your pregnancy.
- Plan to arrive at your class 15 minutes early for check-in.
- Childbirth and breastfeeding class attendees, please bring 2 pillows.
- Valet parking is available at the hospital's main entrance.
- Breastfeeding class attendees park in the One Fannin Professional Building garage, 7400 Fannin.

2008 Holiday Schedule

Classes and support groups will not be held on these dates unless otherwise noted:

- New Year's Day JAN 1
- Easter MAR 22 & 23
- Mother's Day MAY 11
- Memorial Day MAY 24, 25 & 26
- Father's Day JUN 15
- Independence Day JUL 4, 5 & 6
- Labor Day AUG 30 & 31, SEPT 1
- Thanksgiving NOV 26 - 29
- Christmas DEC 24 - 30
- New Year's Eve DEC 31

There are four ways you may request registration:

1. Visit our web site at www.womanshospital.com and click on "Classes/Events" at the top of the home page. You will receive an e-mail acknowledging your request and a second e-mail confirming or declining placement in the requested classes.
2. Complete the registration form below and fax it to 713-791-7691.
3. Mail the registration form to us at: The Woman's Hospital of Texas, Education Department, 7600 Fannin, Houston, TX 77054.
4. Leave your registration information on our automated voice mail system: 713-791-7495 (your call will be returned as soon as possible, no later than the next working day, Monday through Friday, 8:30am – 4:30pm).

Partners are encouraged to attend all classes and listed fees are PER COUPLE unless otherwise stated. **We regret we are unable to accommodate children in our adult classes.** Please consider enrolling your children in our Sibling Class which, includes a hospital tour. **Advanced registration and payment is required for all classes. At least one business day is needed to process your registration request.** Confirmation of registration is required prior to class attendance. **Classes are subject to cancellation.**

Parking

- **Parking is always free when you attend one of our classes or support groups.**
- Valet parking is always available for everyone at the hospital's main entrance, at no additional charge.
- Breastfeeding class attendees should park in the One Fannin Professional Building garage, 7400 Fannin

The Woman's Hospital of Texas Class Registration Form

For best selection of class dates and times plan, to register early in your pregnancy. Please choose classes that end at least four weeks before your due date.

Last Name: _____ First Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____ Cell Phone: _____

Due Date: _____ Spouse/Partner's Name: _____

Physician's Name: _____ E-mail: _____

For Sibling Class registration please provide the following information:

Name(s) and Age(s) of Child(ren): _____

Payment information:

Enclosed is a check made payable to: **Woman's Hospital of Texas**

Please charge my: Credit Card Debit Card Flexible Spending Account

Cardholder's Name: _____ Card Number: _____

3- digit Security Code: _____

Charges will be listed as: "HCA Local Hospital Visit - 6153442404TN" on your statement.

REFUND POLICY: All refunds are subject to a 25% handling fee. Refunds for cancellations or missed classes will be issued up to 30 days _____ after the class date.

Please list the classes you would like to attend:

CLASS NAME	DATE	TIME	FEE
1st choice:			
2nd choice:			

Please fax/e-mail my confirmation letter to: _____

Total

Note: Hotmail accounts may not accept our e-mails.

Hospital Tours

Adult Hospital Tour

After a brief orientation, the participants will tour the Labor and Delivery, Newborn Nursery and Postpartum units. *If you would like to attend a hospital tour with your children, please refer to "Sibling Class with Hospital Tour", listed below.*

- Fee: No charge
Location: Hospital Lobby
Dates: Sundays – except holidays (*see Holiday Schedule*)
Time: 1:00pm – 2:00pm

Sibling Class with Hospital Tour

- Most appropriate for ages 3-10
- Learn how to be safe with a new baby, especially focusing on toys and food.
- Practice holding, diapering and swaddling on a baby doll
- Parents and children tour the Labor and Delivery, Newborn Nursery and the Postpartum floor
- Participants receive a "Big Brother" or "Big Sister" tee shirt and a certificate.
- Bring your camera!

- Fee: \$10.00 per child
Location: Classroom 106
Dates: Sundays – except holidays (*see Holiday Schedule*)
Times: 1:00pm – 2:00pm
2:30pm – 3:30pm
4:00pm – 5:00pm

Information About Meal Breaks During Classes

The Fast Track Childbirth Class, Teen Class, Breastfeeding Basics and Beyond, and Marvelous Multiples all include a 30-minute meal break. You may purchase a meal with cash, Visa or MasterCard. Feel free to bring food from home, if you wish.

Childbirth Classes

All of our childbirth classes are designed to prepare for the physical and psychological changes associated with pregnancy, birth and the transition to parenthood. Certified and experienced childbirth educators create an open and secure environment for learning.

- Hospital tour
- Physical and emotional changes of pregnancy
- Signs of labor and the labor process
- Preterm labor and what actions you can take
- Fetal monitoring
- Induction of labor
- Pain medications for labor and birth
- Assisted vaginal delivery (forceps, vacuum extractor)
- Episiotomy
- Cesarean birth
- Postpartum recovery and lifestyle changes
- Techniques for coping with labor

Bring 2-4 pillows to each class session.

Prepared Childbirth Two-Class Series

This class offers a moderate amount of time for practicing relaxation and breathing skills.

two 4.5 hour classes

Two Week/Two Class Series

- Fee: \$85.00 per couple (*book included*)
Location: See below
Dates: Sunday: on the following dates
Time: 3:00pm – 7:30pm

CLASSROOM AB

Jan 6 & 13
 Jan 20 & 27
 Feb 3 & 10
 Feb 17 & 24
 Mar 2 & 9
 Mar 16 & 30
 Apr 6 & 13
 Apr 20 & 27
 May 4 & 18
 Jun 1 & 8
 Jun 22 & 29
 Jul 13 & 20
 Jul 27 & Aug 3
 Aug 10 & 17
 Aug 24 & Sep 7
 Sep 14 & 21
 Sep 28 & Oct 5
 Oct 12 & 19
 Oct 26 & Nov 2
 Nov 9 & 16
 Nov 23 & 30
 Dec 7 & 14

CLASSROOM 150

Jan 13 & 20
 Jan 27 & Feb 3
 Feb 10 & 17
 Feb 24 & Mar 2
 Mar 9 & 16
 Mar 30 & Apr 6
 Apr 13 & 20
 Apr 27 & May 4
 May 18 & Jun 1
 Jun 8 & 22
 Jun 29 & Jul 13
 Jul 20 & 27
 Aug 3 & 10
 Aug 17 & 24
 Sep 7 & 14
 Sep 21 & 28
 Oct 5 & 12
 Oct 19 & 26
 Nov. 2 & 9
 Nov 16 & 23
 Nov 30 & Dec 7
 Dec 14 & 21

Saving Lives Together: Become a Donor Family

Dads-to-be and family members are encouraged to donate blood at the Gulf Coast Regional Blood Center. Call 713.790.1200 or www.giveblood.org.

Breastfeeding moms are encouraged to donate milk to the Mother's Milk Bank at Austin. Woman's Hospital is the milk collection site in Houston for MMBA. When lactation is well established, call 1.877.813.6455 or www.mmbaustin.org.

Parents-to-be who wish to donate their newborn's cord blood may contact the M.D. Anderson Cord Blood Bank for more information. Call 713.563.8000, toll free 1.866.869.5111 or cordbloodbank@mdanderson.org.

Preparation for Natural Childbirth, Four-Class Series

For those who are considering giving birth without using pain medications, this class offers the most time for learning labor support techniques.

four 3-hour classes

Four Week/Four Class Series

Fee: \$85.00 per couple (*book included*)
 Location: Classroom 150
 Dates: Mondays or Thursdays: on the following dates.
 Time: 6:00pm – 9:00pm. You are welcome to bring your dinner to class.

THURSDAYS

Jan 3 - 24
 Apr 3 - 24
 Jun 5 - 26
 Jul 10 - 31
 Aug 7 - 28
 Sep 4 - 25
 Oct 2 - 23
 Oct 30 - Nov 20

MONDAYS

Jan 14 - Feb 4
 Feb 11 - Mar 3
 Mar 10 - Apr 7
 Apr 21 - May 12
 Jun 2 - 23
 Jul 7 - 28
 Aug 4 - 25
 Sep 15 - Oct 6
 Oct 20 - Nov 10
 Nov 24 - Dec 15

“Fast Track” Prepared Childbirth Class

This one-day class is a condensed version of the Prepared Childbirth Class Series. The same topics are covered, in a briefer format, with less time for discussion. Relaxation and breathing techniques are taught, but practice time is very limited. A hospital tour is included.

Fee: \$85.00 per couple (*book included*)

one 8-hour class

Location: Classroom AB
 Dates: Every Saturday – except holidays (*see Holiday Schedule*)
 Time: 9:00am – 5:00pm with 1/2 hour lunch break (*lunch on your own*)

Cesarean Childbirth Class

For those who know they will be having their babies by Cesarean Section. This class is beneficial if this will be your first Cesarean delivery, or if your previous Cesarean was at another facility, or for any reason you would like to feel better prepared for the experience.

- Hospital Tour
- Preparation for surgery
- Explanation of the Cesarean procedure
- Anesthesia for Cesarean birth
- Post-surgical recovery, in hospital and at home
- Exercises for recovery from abdominal surgery
- Pain medications for labor and birth
- Assisted vaginal delivery (forceps, vacuum extractor)
- Episiotomy
- Cesarean birth
- Postpartum recovery and lifestyle changes
- Practical information about caring for more than one newborn
- Community resources for families with multiples will be given.

one 8-hour class

Fee \$35.00

Location: Classroom 150

Dates: Tuesdays, Jan 15, Feb 12, Mar 11, Apr 8, May 13, Jun 17, Jul 15, Aug 12, Sep 16, Oct 14, Nov 11, Dec 16

Time: 6:00pm – 9:00 pm

Marvelous Multiples Childbirth Class

For parents expecting more than one baby! PLAN TO ATTEND EARLY IN THE SECOND TRIMESTER OF PREGNANCY (13 - 16 Weeks).

- Hospital tour
- Tips for a healthy multiple pregnancy
- Physical and emotional changes of multiple pregnancy
- Signs of labor and the labor process
- Techniques for coping with labor.
- Preterm labor and what actions you can take
- Fetal monitoring
- Induction of labor

Bring 2-4 pillows to class.

Participants are also encouraged to attend “Life With Baby”, “Infant CPR and Safety”, “Breastfeeding Basics and Beyond”, and “Breastfeeding Multiples”.

Fee: \$85.00 per couple (*book included*)

Location: Classroom 150

one 8-hour class

Dates: Jan 19, Mar 15, May 17, Jul 19, Sep 20, Nov 15

Time: 9:00am – 5:00pm with 1/2 hr. lunch break (*lunch on your own*)

Teen Childbirth & Infant Care Class

Young adults, age 19 and younger, who are having their babies at The Woman’s Hospital of Texas, may take this course, especially for teens, or may choose to take any other courses we offer, all free of charge. Topics covered in the teen class:

- Hospital tour
- Pregnancy, labor and birth
- Techniques for coping with labor.
- Lifestyle changes
- Cesarean birth
- Pain medications for labor and birth
- Infant care and feeding

Bring 2-4 pillows to class.

You are welcome to bring a spouse, partner or support person.

one 8-hour class

Fee: No charge for patients of The Woman’s Hospital of Texas; \$35.00 per couple for all others. (*Book included*)

Location: Classroom 150

Dates: Feb 16, Apr 19, Jun 21, Aug 16, Oct 18, Dec 20

Time: 9:00am – 5:00pm with 1/2 hr. lunch break (*lunch on your own*)

Nutrition Class

Healthy eating is important for you during pregnancy. Our Registered Dietitian teaches you to apply nutrition basics to weight management and

meal planning. Instruction includes label reading, recipe ideas, sweeteners, dining out and foods for special occasions. **May be attended before, during or after pregnancy.** Partners are encouraged to attend.

one 2-hour class

Fee: \$75.00 per couple (*book included*)

Location: Classroom 150

For more information, or to schedule a class, contact our Dietitian at 713-383-2839.

Breastfeeding Basics & Beyond: Defining Your Own Success

This comprehensive class is offered in both a one-day session and a two-class series. Taking this class will help you decide if breastfeeding is right for you. Attendance by your spouse, partner or support person is strongly encouraged!

Topics covered:

- Benefits of breastfeeding for mother, baby and the family
- How breastmilk is created and released
- Proper positioning and latch-on techniques
- How to establish a good milk supply, even if baby can't breastfeed
- Managing possible problems
- Choosing the right breast pump for your lifestyle
- Pumping and storing breastmilk
- When and how to introduce a bottle
- Returning to work or school during lactation
- Defining your own success

Mothers' Milk Bank at Austin

The Mothers' Milk Bank at Austin (MMBA) is one of the few human milk banks on the North American continent where donor milk is collected, pasteurized and distributed to ill and premature infants whose own mothers' milk is not available. The Woman's Hospital of Texas is proud to be a collection site for surplus breast milk donated by local women. For information, please call toll free 1.877.813.6455 or see the website: www.mmbaustin.org.

Fee: \$50.00 per couple (*book included*)

one 6-hour class

Location: Classroom 100, One Fannin Bldg., 7400 Fannin. Park in the One Fannin Professional Bldg. garage. Take elevator to 1st floor and go to Suite 100.

Dates: Every Saturday – except holidays (*see Holiday Schedule*)

Time: 9:00am – 3:00pm with 1/2 hour lunch break (Lunch on your own.)

two 3-hour classes (evenings)

Location: Classroom 100, One Fannin Bldg., 7400 Fannin. Park in the One Fannin Professional Bldg. garage. Take elevator to 1st floor and go to Suite 100.

Dates: First and Second or Third and Fourth Wednesdays of each month.

Time: 6:00pm – 9:00pm

Breastfeeding Multiples Class

The "Breastfeeding Basics" class, or similar knowledge from other sources, is required before taking this class for mothers planning to breastfeed twins, triplets or more.

Fee: \$15.00 per couple

one 1.5-hour class

Location: Classroom 100, One Fannin Bldg., 7400 Fannin. Park in the One Fannin Professional Bldg. garage. Take elevator to 1st floor and go to Suite 100.

Dates: Second Saturday of each month.

Time: 3:30pm – 5:00pm

Infant Care Classes

Life With Baby Class

This class is offered in both a one-day session and a two-class series.

Topics covered:

- Newborn appearance and characteristics
- Hospital nursery routines
- Diapering and bathing
- Newborn illness and when to call the doctor
- Safety basics
- Basics of infant feeding, both breast and bottle
- Infant sleep states
- Newborn communication and temperament
- Coping with crying

Fee: \$50.00 per couple (*book included*)

one 4-hour class

Location: Classroom 150

Dates: First Saturday of every month *except July*

Times: 9:00am – 1:00 pm OR 2:00 pm – 6:00 pm

one 4-hour class

Location: Classroom 150

Dates: Second and fourth Saturday of each month except holidays. (*see holiday schedule*)

Time: 12:00 pm – 4:00 pm

two 2.5-hour class (evening)

Location: Classroom 150

Dates: First and Second Wednesdays of every month

Times: 6:00pm – 8:30pm

Infant CPR & Safety Class

Topics covered:

- Infant CPR (for birth - one year) including demonstration and practice
- Rescue breathing
- Choking
- Infant safety

Fee: \$30.00 per couple, \$15.00 per individual (*book included*)

one 2-hour class in English

Location: Classroom 106

Dates: Every Tuesday, Thursday, Saturday and Sunday: *except* JAN 1, JAN 26, NOV 27, DEC 25 & DEC 31

Time: 6:00pm – 8:00pm

Spanish Infant CPR & Safety

one 2-hour class in Spanish

Location: Classroom 116

Dates: Jan 18, Feb 15, Mar 14, Apr 11, May 23, Jun 20, Jul 18, Aug 15, Sept 13, Oct 10, Nov 7 & Dec 19

Time: 6:30pm – 8:30pm

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La Leche League Breastfeeding Mothers' Support Group

La Leche League is an international, nonprofit, nonsectarian organization dedicated to providing education, information, support and encouragement to women who choose to breastfeed. Meetings are held at locations throughout the Greater Houston area. For information about a group near you call La Leche League at 713-383-2819 or visit their web site at www.lalecheleague.org.

La Leche League of Bellaire/West University meets monthly at The Woman's Hospital of Texas. All women are welcome during pregnancy and after the baby arrives. Breastfeeding babies are always welcome. LLL meetings are mother-to-mother support groups. Many mothers are breastfeeding for the first time in public at our meetings. In order to offer the most comfortable and sensitive environment, we ask that only women attend. Dads are occasionally invited to special meetings.

Registration is not required. Complimentary valet parking is available at the main entrance of the hospital. You will receive a parking voucher at the meeting.

Fee: No charge

Location: Classroom AB

Dates: Second Wednesday of each month.

Times: 9:45am - 11:00am and 6:30pm - 8:00pm

Meeting Topics

Becoming a Mother: The Art of Breastfeeding & Avoiding Difficulties
.....JAN, MAY, SEPT

Nutrition and Weaning: Baby's Changing Needs
.....FEB, JUNE, OCT

Why Breastfeed Your Baby? The Importance of Breastfeeding
.....MAR, JUL, NOV

Baby Arrives: At Home With Your New Baby
.....APR, AUG, DEC

The Lactation Support Center

Need assistance with breastfeeding?

We're here to help!

Prenatal and postpartum breastfeeding consultations by
International Board Certified Lactation Consultants (IBCLC)

Monday – Friday, 8:30 am – 4:30 pm
To make an appointment call: 713.383.2895

We're located in Suite 148, within
the Education Department.

Additional Services

- Nursing bras
- Personal bra fittings, by appointment only
- Breast pump rentals and sales
- Breast pump replacement parts
- Specialty feeding devices
- Other breastfeeding support products

Physical Therapy, Massage, Spa and Fitness Services

The Woman's Hospital of Texas offers a variety of therapy, massage and wellness services individualized for your special needs. For detailed information or diagnosis specific brochures, call the physical therapy department at 713-799-6193.

We are located in the One Fannin building Suite 1145. Gift Certificates are available for massage, spa and personal training services.

Mommy and Me (Prenatal) Services

Individual Prenatal Yoga, Pilates or Exercise Training Work with our certified Yoga and Personal trainers to address your specific exercise needs, at your convenience. By appointment only.

Pregnancy Massage

Treat yourself to a relaxing massage by our trained prenatal massage therapists. We offer a beautiful, relaxing environment with special pillows for our pregnant clients.

In-Hospital Massage

With your physician's permission, we can offer a bedside massage while you are in the hospital. Call 713-799-6193 to schedule your appointment.

Infant Massage

Our certified infant massage therapists will teach you how to give baby a relaxing massage, to bond with baby through massage and/or soothe a fussy or colicky baby. Dads are welcome. Call 713-799-6193 to schedule your appointment.

Mommy and Me (Postpartum) Services

Mommy and Me programs are designed to help your regain strength in the muscles most affected by pregnancy and delivery (backs, bellies and bottoms).

Call to schedule your individualized exercise, stretching, Pilates, Yoga or Thai Yoga session with our certified therapists and trainers. Spa Services: treat yourself to a body wrap, salt glow or hot rock massage – or simply enjoy our excellent massage therapy services.

Physical Therapy Services for Women

Our physical therapists specialize in pregnancy and postpartum issues. If muscle or joint pain is keeping you from you being able to sit, stand, work, drive, sleep or do your daily chores, we may be able to help. Physical therapy services are reimbursed by most insurance plans and require a prescription from your physician.

- Back Pain in Pregnancy or Postpartum
- Numbness/Tingling In The Arm or Wrist
- Tail Bone Pain
- Neck Pain
- Rib Pain
- Scar Pain
- Groin Pain
- Persistent Sexual Pain After Delivery
- Lymphedema
- Chronic Pelvic Pain

For more information or a brochure call 713-799-6193

Child Safety Seat Inspection: www.safekidsgreaterhouston.org

The Woman's Hospital of Texas recommends that you have your infant car seat checked for proper installation by a Certified Child Passenger Safety Technician before your child is born.

To find a carseat inspection event near you go to www.safekidsgreaterhouston.org. Appointments are required. Call early!

You will learn:

- How to install the car seat correctly
- If your car seat is appropriate for the age and size of your child
- If it is compatible with your vehicle

What to bring:

- Your infant car seat, installed or uninstalled
- The owner's manuals for your carseat and your vehicle
- Dress for the weather! You will be outdoors, in a covered parking garage

Support Groups for New Parents

All our support groups are free of charge. No registration is required to attend. Parking will be validated.

Birth, Baby and Beyond

Please join us for an informal meeting of expectant moms and dads, new parents and babies. We discuss issues of concern to new parents such as sleeping, crying, feeding and family relationship changes.

Registration is not required. Complimentary valet parking is available at the hospital's main entrance. You will receive a parking voucher at the meeting.

Fee: No Charge
Location: Classroom AB
Dates: Every Thursday – except holidays (*see Holiday Schedule*)
Time: 10:00am – 11:30am

Pregnancy & Postpartum Depression Support Group

This is a free support group for women facing emotional challenges related to pregnancy or new motherhood. Includes discussion of:

- Baby blues, Prenatal or Postpartum Depression and Anxiety
- Self-care while caring for a child
- Relationship changes and challenges
- How to handle daily stress

Babies, spouses, partners and family members are welcome to attend.

Registration is not required. Complimentary valet parking is available at the hospital's main entrance. You will receive a parking voucher at the meeting.

Fee: No Charge
Location: Classroom 150
Dates: Every Friday – except holidays (*see Holiday Schedule*)
Time: 10:00am – 11:30am

New Moms' Lactation Support Group

Led by certified lactation consultants, this group is for for women and their newborns, birth to six weeks. Come for help with latch-on, to ask questions about breastfeeding, to weigh your baby and to share concerns with other new moms.

Location: Classroom 150
Dates: Every Monday – except holidays (*see Holiday Schedule*)
Time: 10:00am – 11:00am