

Class Registration (continued)

Please circle the classes you wish to attend.

Big Brothers and Sisters Are Special (circle 1)

UK Chandler Hospital Room H359

Tues. 9:30 - 10:30 a.m. or 6 - 7 p.m.

Jan. 2 (9:30 a.m.)	Mar. 6 (6 p.m.)
May 1 (9:30 a.m.)	July 10 (6 p.m.)
Sept. 4 (9:30 a.m.)	Nov. 6 (6 p.m.)

Birthing Center Tours (circle 1 or list date)

Hospital Birthing Center Room H359

every Tuesday, 1 - 2 p.m.

Tuesday date desired: _____

Thursdays, 6 - 7 p.m. on the following dates:

Jan. 11	Feb. 8	Mar. 8
April 12	May 17	June 14
July 12	Aug. 9	Sept. 13
Oct. 11	Nov. 8	Dec. 13

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Ph: _____ Work/Cell: _____

Total Enclosed: _____ Due Date: _____

Spouse/Birth Partner Name: _____

Doctor: _____

If you are enrolling in the **Big Brothers and Sisters Are Special** class, please list the full name and age of each child attending: _____

Send registration form and payment to:

Childbirth Education Coordinator
UK Chandler Hospital
Department of OB/GYN
Room C358, Third floor
800 Rose St.
Lexington, KY 40536-0293

Please make checks payable to:

UK Department of OB/GYN

Please note that classes fill up quickly, so if you are sending in your registration the week the class meets, please call (859) 257-5168 to check availability. Registration is required.



UK Chandler Hospital Birthing Center

Having a baby is one of life's most exciting experiences. Our physicians and staff at UK Chandler Hospital's Birthing Center are specially trained and dedicated to providing state-of-the-art care to you and your baby.

We look forward to helping you prepare for a positive birth experience. The staff of the UK Birthing Center offer a wide variety of childbirth education classes and support resources. Our educational programs assist expectant parents and their support network to better anticipate the physical, emotional and lifestyle changes that result from having a baby.

For additional information about our Birthing Center or our Childbirth Education Program, please call (859) 257-5168.

UKHealthCare

6-013

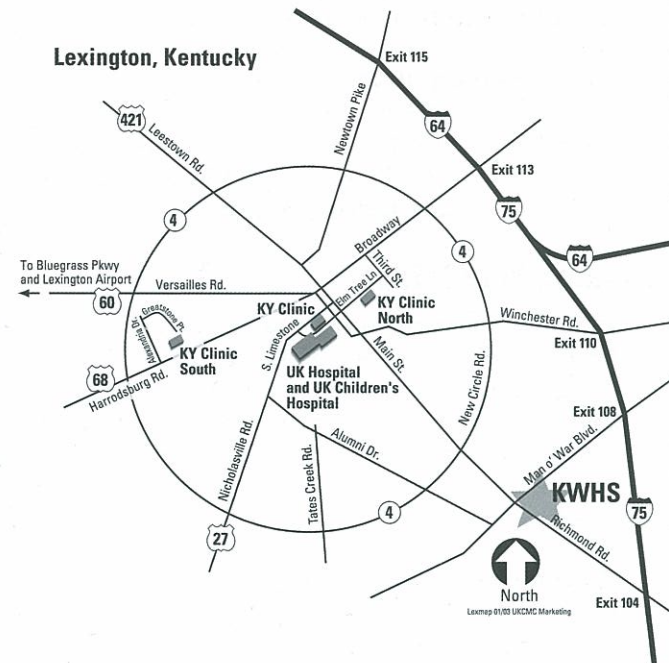
Class Locations

Childbirth Preparation Program, Nursing Your Infant, Baby Basics, and Infant CPR classes are held at the Kentucky Women's Health Services (KWHS) office, One Plaza East, 101 Prosperous Place, Suite 150, Lexington, on the corner of Man O'War Boulevard and Richmond Road. There is free and ample parking.

Big Brothers and Sisters Are Special class is held on the third floor of UK Chandler Hospital, room H359. Park in UK Chandler Hospital parking garage.

Birthing Center Tours begin on the third floor of UK Chandler Hospital, room H359. Park in UK Chandler Hospital parking garage.

For additional information about our Birthing Center or our Childbirth Education Program, please call (859) 257-5168.



UK Chandler Hospital Childbirth Education Program 2007 Class Offerings



UKHealthCare

UKHealthCare

Class Offerings 2007

See class registration form for exact class locations, dates and times. Please note that costs for classes include you and your partner/spouse.

Class Registration 2007

Please circle the classes you wish to attend, and send this form to the address on the reverse side with your payment.

Childbirth Preparation Program

Designed for parents who desire a better understanding of the changes that occur with pregnancy, labor and birth. This program will help you make informed choices. The classes offer information about the labor and delivery process, relaxation and breathing techniques and labor-comforting measures. **Please bring two pillows for your comfort when practicing the breathing and relaxation exercises.**

Two Childbirth Preparation Programs Available:

Five-week Comprehensive Program

This program meets once a week. It includes the Birthing Center Tour and Baby Basics class at no additional cost. We recommend you begin the first class at 24 weeks of pregnancy.

Wednesdays 6:30 - 8:30 p.m.

Cost: \$70 per couple

**Location: KWHS office, One Plaza East
101 Prosperous Place, Ste. 150
Lexington, KY 40511**

Saturday Condensed Program

This is a one-time class that includes a condensed version of the information presented in the five-week program. It is recommended if your schedule does not allow you to attend the five-week program. It does not include the Birthing Center Tour or Baby Basics class. We recommend attending this program between 26 and 35 weeks of pregnancy.

Saturdays 9 a.m - 3:30 p.m.

Lunch break 1 - 2 p.m. on your own

Cost: \$50 per couple

**Location: KWHS office, One Plaza East
101 Prosperous Place, Ste. 150
Lexington, KY 40511**

Baby Basics

This class offers suggestions that will make the first few weeks at home with your newborn a little easier. Parents will learn about infant care, including feeding methods, newborn behaviors, and safety measures.

Thursdays 6:30 - 8:30 p.m.

Cost: \$25 per couple

**Location: KWHS office, One Plaza East
101 Prosperous Place, Ste. 150
Lexington, KY 40511**

Infant CPR

Learn the lifesaving technique of cardiopulmonary resuscitation, including how to prevent choking. The class allows for hands-on practice with infant CPR dolls. A nurse certified in neonatal and cardiopulmonary resuscitation teaches this class.

Wednesdays 6:30 - 8:30 p.m.

Cost: \$25 per couple

**Location: KWHS office, One Plaza East
101 Prosperous Place, Ste. 150
Lexington, KY 40511**

Nursing Your Infant

This class focuses on the advantages of breastfeeding, proper positioning and latch-on, guidelines for adequate breastfeeding, and how to prevent and resolve discomforts. Fathers or support persons are encouraged to attend. A certified lactation consultant teaches this class.

Thursdays 6:30 - 9 p.m.

Cost: \$25 per couple

**Location: KWHS office, One Plaza East
101 Prosperous Place, Ste. 150
Lexington, KY 40511**

Big Brothers and Sisters Are Special

Let us prepare your children for the arrival of their new brother or sister. Siblings will become familiar with the sights and sounds of the UK Birthing Center, where "mommy" will give birth. They will also learn what changes to expect when the baby arrives. This is designed for children ages 2 to 6.

Tuesdays 9:30 - 10:30 a.m.

or 6 - 7 p.m.

Cost: \$5 per child (parents free)

**Location: UK Chandler Hospital,
Third floor, Room H359**

Birthing Center Tours

Visit our state-of-the-art Birthing Center. Learn about the registration process, and view our spacious labor and delivery suites, newborn nursery, operating rooms, and the Mother/Baby Unit.

Cost: FREE

**Location: UK Chandler Hospital,
Third floor, Room H359**

Although space is unlimited, please call to register prior to attending to ensure adequate preparation by tour guide.



Childbirth Preparation Programs

Five-week Comprehensive Program (circle 1)

KWHS Office, Weds. 6:30 - 8:30 p.m.

Program 1:	January 3, 10, 17, 24, 31
Program 2:	Feb. 21, 28, Mar. 7, 14, 21
Program 3:	April 4, 11, 18, 25, May 2
Program 4:	May 16, 23, 30, June 6, 13
Program 5:	July 11, 18, 25, Aug. 1, 8
Program 6:	Aug. 22, 29, Sept. 5, 12, 19
Program 7:	Sept. 26, Oct. 3, 10, 17, 24
Program 8:	Nov. 7, 14, 28, Dec. 5, 12

Saturday Condensed Program

KWHS Office, Sat. 9 a.m.- 3:30 p.m.

Jan. 20	Feb. 16
Mar. 10	April 21
May 12	June 9
July 20	Aug. 18
Sept. 15	Oct. 20
Nov. 10	Dec. 15

Baby Basics

KWHS Office, Thurs. 6:30 - 8:30 p.m.

Jan. 18	Feb. 15
April 19	June 21
July 19	Aug. 16
Sept. 20	Oct. 18
Dec. 20	

Infant CPR

KWHS Office, Wed. 6:30 - 8:30 p.m.

Feb. 7	Mar. 28
May 9	June 20
Aug. 15	Dec. 19

Nursing Your Infant

KWHS Office, Thurs. 6:30 - 9 p.m.

Feb. 1	Mar. 1
April 5	May 3
June 7	Aug. 2
Sept. 6	Oct. 4
Nov. 1	Dec. 6