

# destination maternity™

## Schedule of Events

### December 2009

Registration is available at Destination Maternity by using the Parent Education Phone at the Juice Bar or calling the Parent Education department at 904-202-2229  
Pre-Registration is required for all classes

#### **Mondays:**

December 28  
6:00 pm – 9:00 pm

Family & Friends CPR

#### **Tuesdays:**

December 1, 8, 15  
6:30 pm – 9:00 pm

(a series- must attend all 3 sessions)  
Basic Childbirth Education

December 22  
6:30 pm – 9:00 pm

Breathing and Relaxation Class

#### **Wednesdays:**

December 16  
6:30 pm – 9:00 pm

Breast - Feeding

#### **Thursdays:**

December 3 & 10  
6:30 pm – 9:00 pm

(must attend both sessions)  
Parenting Series

December 17  
2:00 pm – 3:00 pm

Back to work Breastfeeding

December 17  
6:30 pm – 8:30 pm

Dad to be Prep Class

#### **Fridays:**

10:00 am – 11:00 am

Baby Signing

December 4  
6:30 pm – 8:00 pm

Happiest Baby on the Block

#### **Saturdays:**

10:15 am – 11:15am

Pre Natal Yoga

December 5  
11:30 am – 2:30 pm

Celebrating Grandparents –to-be

December 12  
12:30 pm – 2:00 pm

Siblings Class

December 19 & 20  
1:00 pm – 6:30 pm

(Saturday / Sunday Marathon- must attend both sessions)  
CBE 5 wk Marathon



*Depend On Us For Life.™*

The Markets at Town Center  
4880 Big Island Drive, Suite 6  
Jacksonville, FL 32246  
904-997-9155

**Baptist Health**  
**Community Education Classes**

*You must call 904-202-2229 to register for classes (Class size is limited)*

**Prepared Childbirth Education Series (3 evening sessions) \$45.00 per couple**

In this comprehensive series, you & your partner will gain a better understanding of the stages of labor and birth. You'll learn different options for pain management, basic breathing and relaxation techniques, cesarean birth, postpartum care and normal newborn characteristics. All classes are taught by RN childbirth educators.

**\*This course is also offered as a one-day Sat. event at our hospital locations throughout the year.**

**Breathing & Relaxation (1 evening session) \$15.00 per couple**

Labor is physically & emotionally challenging, whether you are planning an unmedicated birth experience or are looking forward to medical pain relief. This class will enhance what you learned in childbirth class and give you more time to practice positions, comfort techniques, relaxation & breathing. **Please bring pillows & towel or mat to class.**

**Breastfeeding Basics: Getting Mom and Baby Off to a Good Start! (1 evening session) \$15**

Taught by Certified Lactation Consultants, this class will discuss everything a couple needs to know to get breastfeeding off to the very best start. (Yes, dads are strongly encouraged to attend!) Free bra-fitting is available at Destination Maternity after the class.

**Back to Work & Breastfeeding: You Can Do Both! (1 Daytime Session @ Destination Maternity only) \$15.00**

Our Board-Certified Lactation Consultant will help you transition from maternity leave back to the workplace. Offered once a month, this is the ideal class for a breastfeeding mom to attend with her baby as we discuss everything from pumping at work to low milk supply.

**CPR for Family and Friends (\$20.00 per person)**

One -3 hour session for includes safety information & practice/check-off of performance of CPR techniques. Classes are taught by Baptist Health CPR Instructors following American Heart Association Guidelines.

**Early Pregnancy Class: What's Happening Now? (\$15.00)**

Are you in your first trimester of pregnancy? If so, this is the perfect class for you! Learn the important information for getting your pregnancy off to the very best start! Topics include nutrition, tests in early pregnancy, easing those pregnancy discomforts, exercise and how best to handle all those emotions.

**Dad-To-Be- Prep Class (\$15.00)**

A 2 ½ hour class just for expectant fathers to prepare before the birth of their child. Topics include basic newborn care and hands- on demonstrations. A Pediatrician will be available to answer your questions.

**"Happiest Baby on the Block" (1 session) \$40.00**

Is it a miracle or magic? Learn the 5 simple techniques to promote the calming reflex in your newborn baby. Taught by certified "Happiest Baby Instructors, you'll learn before your baby is born just how simple it is to use these amazing steps to calm a fussy, crying baby & why dad's are just the best at swaddling the baby! Parents will take home the set of "**Happiest Baby on the Block DVD & Music CD (\$35.00 value)**

**Parenting Series (2 evening sessions) (\$40 per couple)**

Two nightly sessions to be taken during pregnancy to discuss newborn care, feeding, safety & parenting issues, infant development so you're prepared after you go home from the hospital with the baby!

**Prenatal Yoga (\$12.00 per class)**

Prenatal Yoga in the Khalsa Way provides safe, simple & effective exercises designed to strengthen & relax your rapidly changing body.. Come share your experience with other women, as you empower yourself through yoga, meditation, & guided visualization. The approach is gentle and safe for women in all stages of pregnancy.

**\*Must bring your own yoga mat and a towel\***

**Sibling Class (\$10 first child/\$5 each additional child)**

One Saturday session for ages 3-8 to prepare for new baby at home. Your child will get "Sibling Silly" and receive a certificate upon completion.

**Infant Touch & Massage Class: Town Center Only (\$15.00 per class)**

Babies love touch and new parents really have magic in their fingertips. Learn how to give your baby a massage as you engage in massage-touch activities together. You may also attend this course prenatally and use dolls to learn the techniques. Babies from 6 weeks to 6 months welcome! Please bring a blanket & pillow for your baby!

**Becoming Grandparents Class (One afternoon session) \$15.00**

So you're child is having a child? Learn the "then & now" of how birthing practices have changed with today's family-centered care. We'll review the latest information on caring for your grandchild that will be supportive and entertaining! A class for grandparents, taught by grandparents who are also RN Educators!

**Multiple Miracles: Are They Identical? (One evening class) \$15.00**

This class will prepare couples for the special joys & challenges of having more than one baby! Class also includes video of an in-depth look into the lives of parents of multiples.

**Baby Sign-a-long Classes:** A new and innovative program to help you better understand your baby's wants, needs & desires. For more information on this class, please contact [www.babysign-a-long.com](http://www.babysign-a-long.com)

**ViaCord Cord Blood Banking: 1 hour class FREE but pre-registration is required.**

This class will discuss the topic of cord blood banking. There is only one chance to collect your child's cord blood. Find out if it's the right choice for you!

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