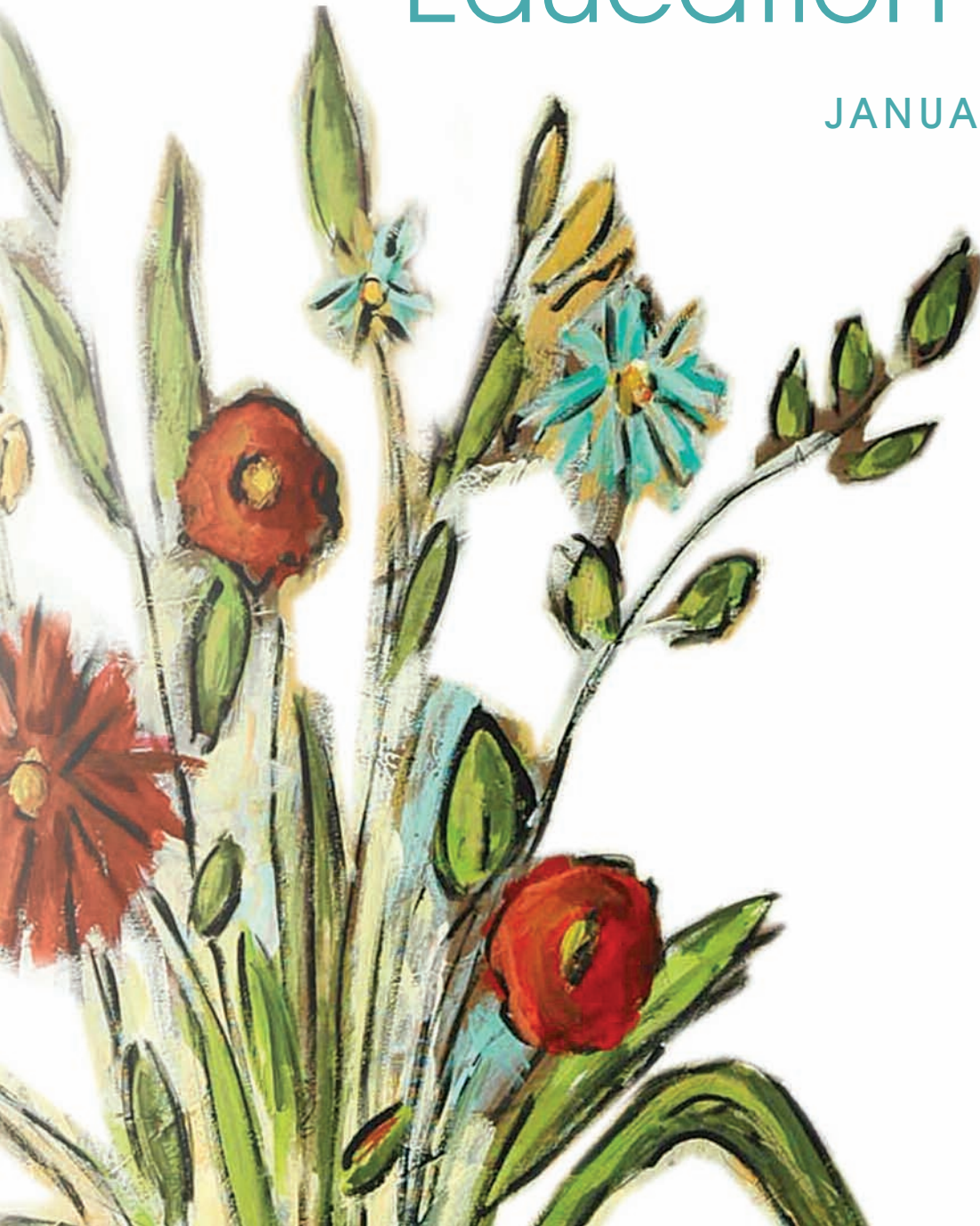


# Childbirth Education Classes

JANUARY – JUNE 2010



WOMEN'S CENTER

## TOUR OF THE WOMEN'S CENTER

This free 60-minute English language tour is held the 2nd and 4th Sunday of each month at 1:00 p.m., and 5:30 p.m., and the 1st and 3rd Wednesday of each month, at 6:00 p.m., except holidays. The tour is designed for women and their partner who are not attending a childbirth class through TGH, but plan to deliver at TGH. Tour meets at the 4th Floor, Bayshore Pavilion Security Desk, and **registration is required.**

## SPANISH LANGUAGE TOUR OF THE WOMEN'S CENTER

This free 60-minute tour conducted in Spanish, is held on the 2nd and 4th Sunday of each month at 2:30 p.m., except holidays. See above for details.

**ENROLL IN THE FOLLOWING THREE CLASSES FOR \$70:**

## LABOR AND BIRTH PREPARATION

This comprehensive five-week class prepares expectant mothers and their partner for all aspects of labor, birth, and the postpartum experience. A certified instructor will discuss signs of labor, when to go to the hospital, comfort measures such as breathing, relaxation, massage, visualization, analgesic and anesthesia. Medical options such as induction of labor and cesarean birth are also discussed. A tour of the Women's Center is included in the class. Class should be taken near the 28th week of pregnancy.

**Cost:** \$55 per couple

**Time:** 6:30 p.m. – 9:00 p.m.

**Tuesdays:** March 16 – April 13

**Wednesdays:** January 6 – February 3, April 21 – May 19

**Thursdays:** February 11 – March 11, May 27 – June 24

**One Saturday Class:** 9:00 a.m. – 5:00 p.m., January 16, February 20, March 13, April 24, May 15, June 12

**SAVE MONEY:** Enroll in this class & Breastfeeding & Basic Newborn Care for \$70

**UNLESS OTHERWISE NOTED,  
CLASSES ARE HELD AT TGH, 4TH FLOOR,  
BAYSHORE PAVILION, ROOM K4008**

**CALL 1-800-822-3627  
TO REGISTER OR VISIT [www.tgh.org](http://www.tgh.org)**

## BREASTFEEDING: THE FIRST EXPERIENCE

Breastfeeding may be natural, but often does not come naturally. This one-session class provides information on the many aspects of breastfeeding your baby and includes a video presentation and demonstration. The American Academy of Pediatrics recommends breastfeeding for the first 12 months of life. Our goal is to provide the information you need to be informed and empowered. Partners are encouraged to attend.

**Cost:** \$15 per couple

**Mondays:** 6:30 p.m. – 9:00 p.m.

February 22, March 22, April 26, May 17, June 21

**Saturday:** 10:00 a.m. – 12:30 p.m.

January 23

**SAVE MONEY:** Enroll in this class & Labor and Birth Preparation & Basic Newborn Care for \$70

## BASIC NEWBORN CARE

New parents make many decisions as they care for their newborn. This one-session class provides the guidance and support needed as parents go through “on-the-job training” during an infant’s first three months of life. Topics covered include: infant bathing and dressing, various ways the infant communicates through crying, sleep patterns, signs of illness, when to call a care provider and the needs and adjustments of becoming a family.

**Cost:** \$15 per couple

**Mondays:** 6:30 p.m. – 9:00 p.m.

January 4, February 8, March 8, April 19, May 24, June 7

**Saturdays:** 10:00 a.m. – 12:30 p.m.

February 27, April 10, June 26

**Saturdays:** 1:30 p.m. – 4:00 p.m.

January 23, March 27, May 8

**SAVE MONEY:** Enroll in this class & Labor and Birth Preparation & Breastfeeding for \$70

## CAR SEAT SAFETY

This one-session class provides an overview of car seat safety for rear-facing and convertible car seats. Class will teach how to avoid the most common mistakes of car seat usage, provide an explanation of LATCH and how it is used, and review laws about car seat usage in Florida. A car seat check will be offered. This class is taught by a Certified Child Passenger Safety Technician.

**Cost:** FREE

**Time:** 6:00 p.m. – 8:00 p.m.

**Tuesdays:** January 12, February 9, March 9, April 20, May 11, June 15

## LABOR REVIEW: REPEAT PERFORMANCE

This one-session class is a review for parents who have given birth before. Included in this class are reviews of the stages of labor, comfort measures, breathing and relaxation, massage, and visualization techniques. The role of the support person will also be discussed and the support person is encouraged to attend.

**Cost:** \$20

**Time:** 6:30 p.m. – 9:00 p.m.

**Mondays:** February 1, April 5, June 14

## HYPNOBIRTHING: A CELEBRATION OF LIFE

The Hypnobirthing method is as much a philosophy of birth as it is a technique for achieving a safe birth. Hypnobirthing teaches an easier, more comfortable birthing method in a way that mirrors nature. Participants learn relaxation and self-hypnosis techniques to eliminate fear and tension that can cause long and uncomfortable labor. Cost of this four-week class includes textbook and two relaxation tapes.

**Cost:** \$150 per couple

**Time:** 6:30 p.m. – 9:00 p.m.

**Thursdays:** January 14 – February 4, April 8 – April 29

## INFANT AND CHILD CPR AND SAFETY

Designed for new parents, grandparents or caregivers of an infant or child, this class covers safety and rescue breathing, choking emergencies and CPR. All instructors are certified through the American Heart Association.

**Cost:** \$35 per couple, \$20 individual

**Time:** 6:30 p.m. – 9:00 p.m.

**Fridays:** January 29, February 26, March 19, April 30, May 21, June 18

## BOOT CAMP FOR NEW DADS

Get ready to hit the ground crawling! Boot Camp for New Dads is a workshop for all new and expectant dads. This program is offered through the Fathers Resource and Networking Center (FRANC) and TGH. Veteran Dads bring their one to six-month-old infants to teach new or soon-to-be-dads how to hold, diaper and care for their newborns. The challenges and joys of fatherhood are among the topics discussed during this one-session class for men only.

**Cost:** \$20

*(no father is turned away for inability to pay)*

**Time:** 9:30 a.m. – 12:30 p.m.

**Saturdays:** March 6, June 19

## NEW MOMS' GROUP

This group provides new moms the opportunity to discuss issues that come with being a new mom, share advice and offer support. Bring your new baby and enjoy exchanging ideas with other new moms. **Call (813) 844-8945 to register.** **This class meets at our Community Health Education Center in Hyde Park; 740 S. Village Circle, Hyde Park Village, Tampa, 33606, upper level, behind the fountain. Directions on back page.**

**Cost:** FREE

**Time:** 10:00 a.m. – Noon

**1st and 3rd Wednesday of the month**

## NEW DADS' GROUP

This group provides new dads the opportunity to discuss issues that come with being a new dad, share advice and offer support. Bring your new baby and enjoy exchanging ideas with other new dads. **Call (813) 844-8945 to register.** **This class meets at our Community Health Education Center in Hyde Park; 740 S. Village Circle, Hyde Park Village, Tampa, 33606, upper level, behind the fountain. Directions on back page.**

**Cost:** FREE

**Time:** 10:00 a.m. – Noon

**2nd Wednesday of each month, except holidays**

## PREPARING FOR MULTIPLES

This one-session class prepares parents for the special challenges and joys of having twins, triplets or higher order multiples. Topics include advice for growing moms, nutritional needs, precautions, special considerations for multiple birth, possible complications, prematurity, postpartum expectations and breastfeeding.

The class should be taken early in pregnancy at 18 to 22 weeks.

**Cost:** \$25 per couple

**Time:** 9:00 a.m. – Noon

**Saturday:** January 9, March 27, May 8

# DIRECTIONS

## DIRECTIONS TO TAMPA GENERAL HOSPITAL

**If you are traveling South on I-275** take Exit 45A (Downtown East / West) and follow signs for Ashley Dr. Take Ashley Dr. to Kennedy Blvd. Turn right on Kennedy Blvd., and follow Hospital (H) signs to S. Hyde Park Ave. Turn left onto S. Hyde Park Ave., to TGH.

**If you are traveling North on I-275** take Exit 44 (Downtown East / West) and follow signs for Ashley Dr. Take Ashley Dr. to Kennedy Blvd. Turn right on Kennedy Blvd., and follow Hospital (H) signs to S. Hyde Park Ave. Turn left onto S. Hyde Park Ave., to TGH.

**From I-4** take I-275 South to Exit 45A (Downtown East / West) and follow signs for Ashley Dr. Take Ashley Dr. to Kennedy Blvd. Turn right on Kennedy Blvd., and follow Hospital (H) signs to S. Hyde Park Ave. Turn left onto S. Hyde Park Ave., to TGH.

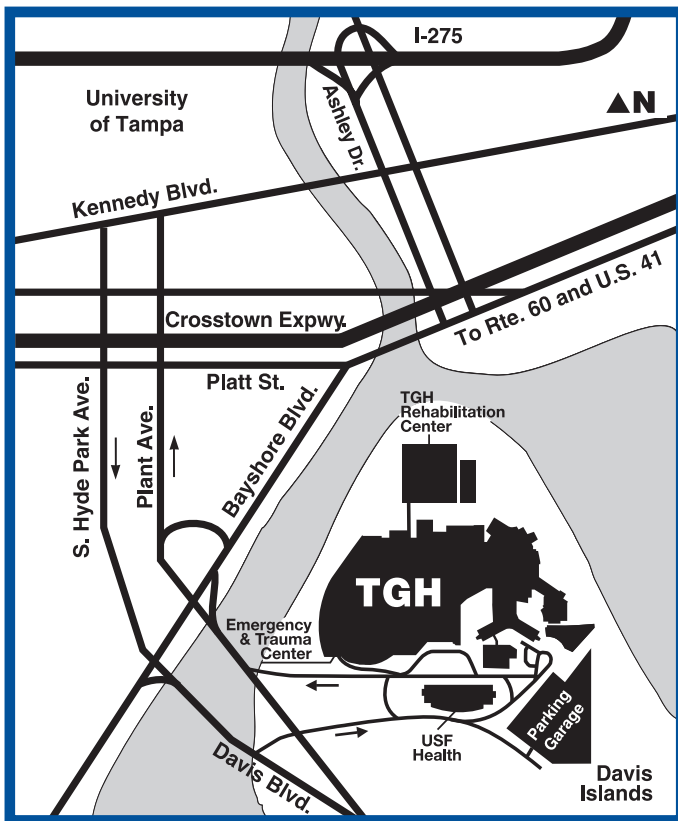
**From Selmon Crosstown Expwy. Westbound** take Exit 5 onto Brorein St. Turn left onto S. Hyde Park Ave., to TGH.

**From Selmon Crosstown Expwy. Eastbound** take Exit 4 onto Platt St. and continue to S. Hyde Park Ave. Turn right onto S. Hyde Park Ave., to TGH.

**From the south** take I-75 north to the Selmon Crosstown Expwy. Westbound. Take Exit 5 onto Brorein St. Turn left onto S. Hyde Park Ave., to TGH.

**From the north** take I-75 south to I-275 South to Exit 45A (Downtown East / West) and follow signs for Ashley Dr. Take Ashley Dr. to Kennedy Blvd. Turn right on Kennedy Blvd., and follow Hospital (H) signs to S. Hyde Park Ave. Turn left onto S. Hyde Park Ave., to TGH.

**Parking** is available in the parking garage.



## DIRECTIONS TO TGH COMMUNITY HEALTH EDUCATION CENTER IN HYDE PARK VILLAGE

740 South Village Circle, Tampa 33606

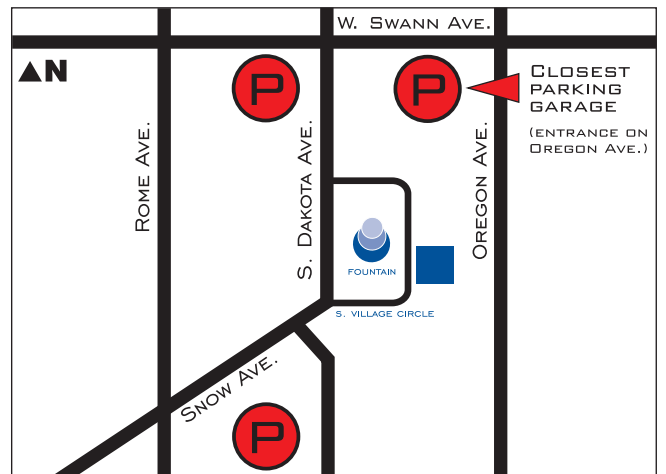
### From Downtown Tampa, Channelside or Ybor City:

Take Brorein St. to Bayshore Blvd. Turn right onto W. Swann Ave. Turn left onto Oregon Ave., and turn right into the parking garage, OR take Kennedy Blvd., and turn left onto Willow Ave. Turn right onto W. Swann Ave. Turn left onto Oregon Ave., and turn right into the parking garage.

**From Brandon:** Take the Selmon Crosstown Expressway Westbound to Exit 4, Willow Ave. Turn left onto Willow Ave. Turn right onto W. Swann Ave. Turn left onto Oregon Ave., and turn right into the parking garage.

**From the West:** Take I-275 Northbound. Take Exit 42, Armenia Ave. / Howard Ave. Turn right onto N. Armenia Ave. Turn left onto W. Swann Ave. Turn right onto Oregon Ave., and turn right into the parking garage.

**Free Parking** is available in the parking garages located on the corners of Swann Ave. and S. Dakota Ave., Swann Ave. and Oregon Ave., and at the corner of Snow Ave., and Rome Ave. The closest parking garage is indicated on the map below. When parking in that garage, exit at 2nd floor and follow walkway to TGH Community Health Education Center. All garages are within walking distance of the TGH Community Health Education Center.



TGH COMMUNITY HEALTH EDUCATION CENTER IS ON THE 2ND FLOOR

P PARKING



WOMEN'S CENTER

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