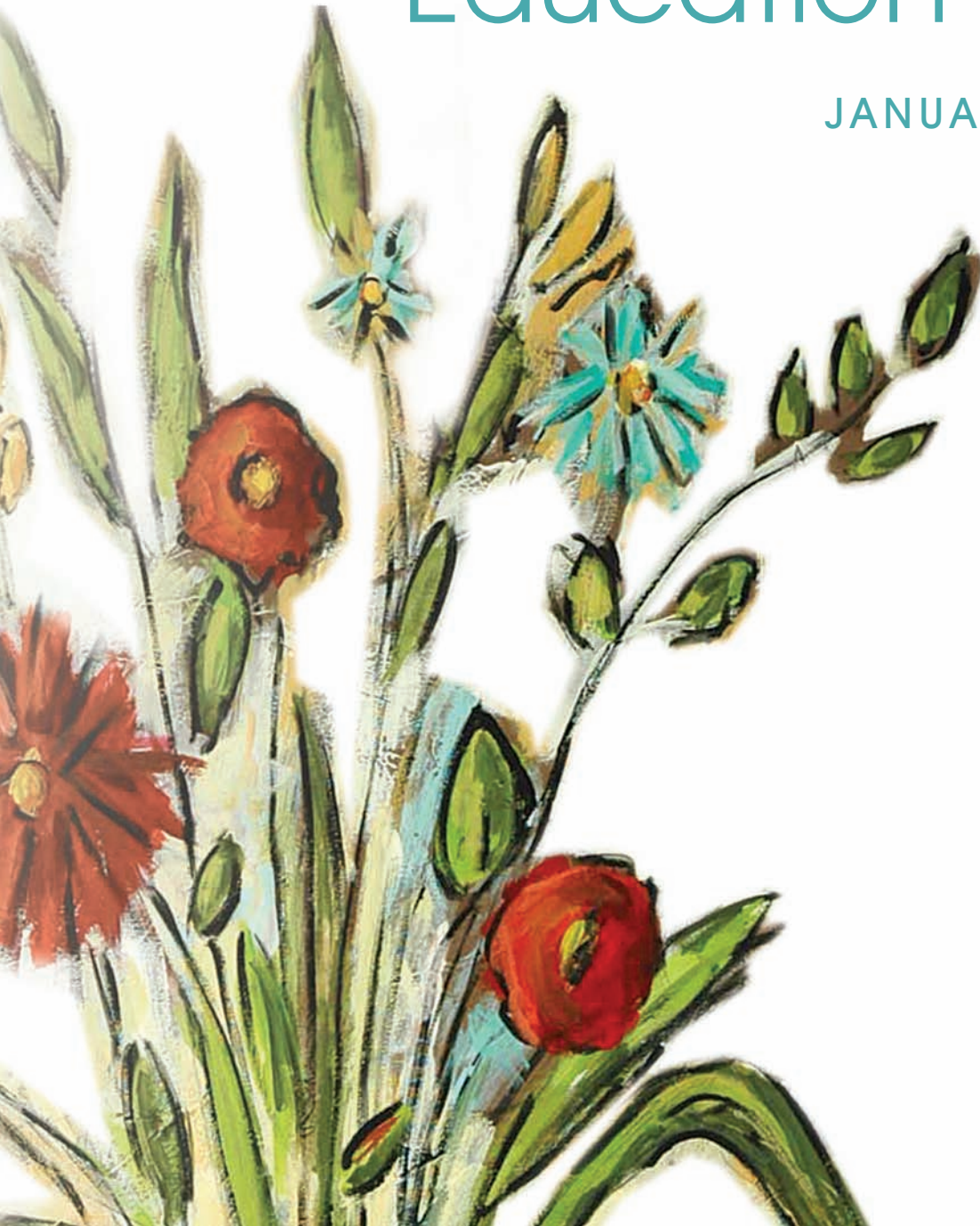


# Childbirth Education Classes

JANUARY – JUNE 2012



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 planning 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 & BIRTH PREPARATION—FOUR-WEEK SERIES

This comprehensive four-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. It is recommended to be taken near the 28th week of pregnancy if possible.

**Cost:** \$55 per couple

**Location:** Room G521, 5th Floor, East Pavilion

**Time:** 6:30 p.m. – 9:00 p.m.

**Thursdays:** January 5 – January 26,  
February 2 – February 23, March 1 – March 22,  
April 5 – April 26, May 3 – May 24, June 7 – June 28

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

## LABOR & BIRTH PREPARATION—ONE-DAY SESSION

This abbreviated version of the four-week series offers an overview of all aspects of labor, birth and the post partum experience. An instructor will discuss signs of labor, when to go to the hospital, comfort measures, and analgesic medication and anesthesia. Medical options such as induction of labor and Cesarean birth are also discussed.

**Cost:** \$55 per couple

**Location:** Room K4008, 4th Floor, Bayshore Pavilion

**Time:** 9:00 a.m. – 4:00 p.m.

**Saturdays:** January 7, January 21, February 4,  
February 25, March 3, March 24, April 7, April 21,  
May 5, May 19, June 2, June 23

## 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

**Location:** Room G521, 5th Floor, East Pavilion

**Time:** 6:30 p.m. – 9:00 p.m.

**Tuesdays:** January 10, January 24, February 7,  
February 28, March 13, March 27, April 10, April 24,  
May 8, May 22, June 5, June 19

**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

**Location:** Room G521, 5th Floor, East Pavilion

**Mondays:** 6:30 p.m. – 9:00 p.m., January 9, January 23,  
February 6, February 20, March 5, March 19, April 2,  
April 16, May 7, May 21, June 4, June 18

**Wednesdays:** 6:30 p.m. – 9:00 p.m., February 29, March 14, April 25, May 30, June 27

**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

**Location:** TGH Community Health Education Center,  
740 S. Village Circle, Tampa, 33606

**Time:** 6:00 p.m. – 8:00 p.m.

**Tuesdays:** January 17, February 21, March 20, April 17,  
May 15, June 12

\* **NOTE: THIS CLASS DOES NOT MEET AT TGH**

## BREASTFEEDING FOR WORKING MOTHERS

Choosing to breastfeed your baby is an excellent decision. This class assists new mothers with information to support breastfeeding and working outside of the home. Topics covered include communicating with your supervisor, finding places to pump at work, proper handling and storage of breast milk, establishing a routine prior to returning to work and time-saving strategies to aid in your success.

**Cost:** \$15

**Location:** Room G521, 5th Floor, East Pavilion

**Time:** 6:30 p.m. - 9:00 p.m.

**Wednesdays:** February 8, April 11, June 13

## 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.

**This class does NOT provide a CPR certification for care providers.**

**Cost:** \$20 per couple

**Location:** Room G521, 5th Floor, East Pavilion

**Time:** 6:30 p.m. – 9:00 p.m.

**Mondays:** January 30, February 13, March 26, April 9, May 14

**Tuesday:** June 26

## 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*)

**Location:** Room K4008, 4th Floor, Bayshore Pavilion

**Time:** 9:30 a.m. – 12:30 p.m.

**Saturdays:** March 10, June 9

## 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. It is recommended to be taken early in pregnancy at 18 to 22 weeks if possible.

**Cost:** \$20 per couple

**Location:** Room G521, 5th Floor, East Pavilion

**Time:** 6:30 p.m. – 9:00 p.m.

**Tuesdays:** March 6, May 29

**Wednesday:** January 25

## PREPARING A SIBLING TO ATTEND THE BIRTH

This 45-minute class is designed for children who will be present at the birth of a sibling. Children will watch a video of a birth and read a story about the birth process written from a child's perspective. The instructor and class participants will discuss the birth process and how they can participate. Class participants **MUST** attend the Becoming a Big Brother or Big Sister class prior to attending this class.

**Cost:** \$5 per child

**Location:** Room K4008, 4th Floor, Bayshore Pavilion

**Time:** 4:15 p.m. – 5:00 p.m.

**Sundays:** January 8, March 11, May 6

## BECOMING A BIG BROTHER OR A BIG SISTER

This class is for children ages two to eight. Children are given a brief tour of the Women's Center. Children are asked to bring a doll or stuffed animal from home to use to practice safe holding, diapering and feeding techniques. An age-appropriate story or video about becoming a big brother or sister will be utilized and each child will receive a graduation certificate. Parent must remain with child during this class.

**Cost:** \$10 for the first child, \$5 for each additional child

**Location:** Room K4008, 4th Floor, Bayshore Pavilion

**Time:** 3:00 p.m. – 4:15 p.m.

**Sundays:** January 8, March 11, May 6

# 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. A \$3 fee is due upon exiting the garage. Cash and credit cards accepted.

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

740 South Village Circle, Tampa 33606

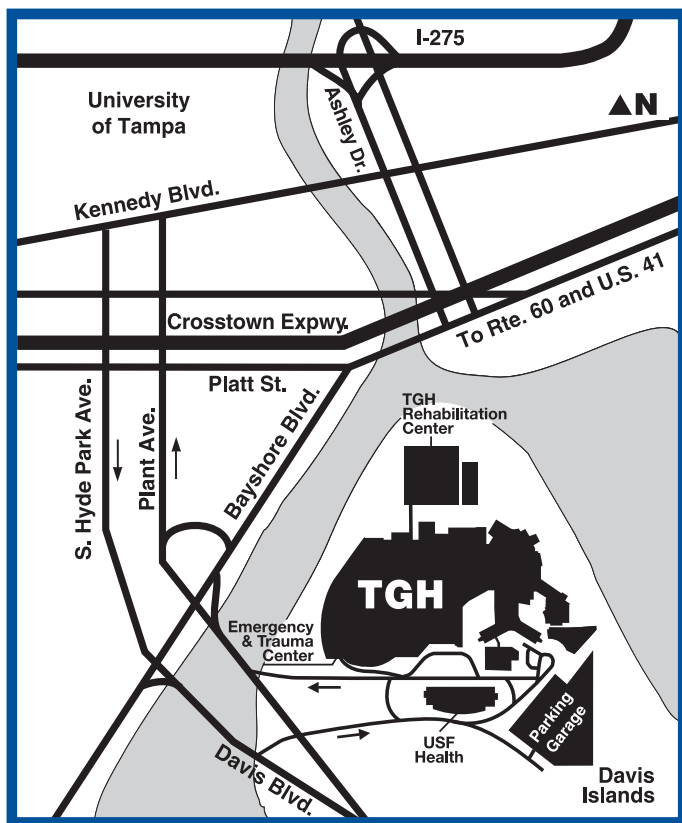
### From Downtown Tampa, Channelside or Ybor City:

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

● PARKING



WOMEN'S CENTER