

Childbirth Education

2010 Schedule of Classes

Bayfront Baby Place is committed to meeting your pre and post-natal education needs. All classes are taught by skilled healthcare professionals and offer time for questions and discussion.

We also offer tours of the Bayfront Baby Place.

New mothers and their babies are invited to attend our New Mother Support Group meeting every Tuesday at 10 am in the Hough Education Conference Center.



www.bayfrontbabyplace.org



Bayfront's Lactation Services

Lactation Services - (727) 893-6854

Bayfront Baby Place is the only hospital serving south Pinellas County to offer comprehensive, professional lactation services available to all mothers. Our International Board of Lactation Consultant Examiners certified Lactation Consultants offer the information you need to make decisions that are right for you, your infant and your family.

We suggest individuals thinking about breastfeeding attend the Prenatal Breastfeeding Class offered by staff during your seventh or eighth month of pregnancy.

During your stay with us after your baby is born, our Lactation Team offers a one-on-one consultation to each breastfeeding mother. They are happy to provide support, encouragement and breastfeeding advice for families with infants until weaning.



Prenatal Breastfeeding Class

Time: 7 p.m. – 9 p.m.

Fee: \$25 per expectant mom and one partner. Class fee includes teaching materials and 6 months online access to additional information.

Come join other expectant mothers and their support person as they participate in an interactive class incorporating DVD's, presentation and dolls so that families understand: how breastfeeding works; latching on and positioning; when to feed your baby; how much is enough; breast care and incorporating breastfeeding into your lifestyle. Pumping for return to work will be discussed briefly. Class size is limited to allow for questions and discussion.

March 8
April 12
May 10
June 14
July 12
August 9
September 13

October 11
November 8
December 13



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Bayfront Baby Place

Location

Bayfront Medical Center's Hough Education and Conference Center located on the 1st floor of Bayfront Baby Place

Parking

Valet parking is available for our class participants. If you wish to self-park, please use the EAST Garage located on 6th Street South. We will validate your parking receipt. Metered street parking is also available.

Registration Information

- Registration for all of the classes must be done by mailing in your registration and payment.
- No class slots will be reserved without payment.
- Registration closes for all classes when we fill

available slots or one week prior to the class date or so please take into consideration when mailing.

- Limited class spaces are allotted based on date of receipt.

Cancellation Policy

- No refunds will be given for no-shows or partial attendance.
- Refunds will be given only for those cancelling one week prior to class or due to medical reason. If due to medical reasons, it must be confirmed in writing by your medical provider.

Important Telephone Numbers

Lactation Services: (727) 893-6854
Tea & Tours: (727) 290-1310 Ext 57284
Childbirth Education: (727) 290-1310 Ext 57285





Prepared Childbirth Class

We suggest you start in your 24th – 30th week of pregnancy so you and your support person will learn the techniques for breathing and comfort measures, what to expect during the labor process, pain management options and understanding when a cesarean birth might be necessary. Class sizes are limited to allow for questions and discussions. Class fee includes teaching materials and 6 months, exclusive free access to additional online birthing videos, stories and teaching materials. We recommend you register early to guarantee your place in the class.

Fee: \$60 per expectant mom and one partner

Option #1

Wednesday Evening Classes

Four Week Series

Wednesdays: 7 p.m. – 9 p.m.

March 3 - 24
April 7 - 28
May 5 - 26
June 2 - 23
July 7 - 28

August 4 - 25
September 1 - 22
October 6 - 27
December 1 - 22

Option #3

Saturday All Day Class

Saturdays: 8:30 a.m. – 5 p.m.

March 13
April 17
May 15
June 12
July 17

August 14
September 18
October 16
November 13
December 11

Option #2

Tuesday & Thursday Evening Classes

Two Consecutive Weeks – Two Evenings Each Week

Tuesdays & Thursdays: 7 p.m. – 9 p.m.

February 16 - 25
March 16 - 25
April 20 - 29
May 18 - 27
June 15 - 24
July 20 - 29
August 17 - 26
September 21 - 30
October 19 - 28
November 9 - 18



I'm a Big Brother, I'm a Big Sister

Saturdays: 10 a.m. – 12 noon

Fee: \$5/child

Parents with the guidance of our instructor engage expectant siblings to get ready for the birth of the baby. A series of fun, interactive activities teach them about baby care basics, safety issues and what new babies are like. The one session class is geared to children ages 4 – 7 years but children up to 10 years may attend.

February 27
March 20
April 24
May 22
June 26

July 24
August 28
September 25
October 23
December 4

Infant Massage

Wednesdays: 2 p.m. – 4 p.m.

Fee: \$35 per expectant mom and one partner

Give your infant the “gift of touch”. Learn how to communicate through touch with safe and soothing massage techniques not only relaxing to your infant, but calming for the caregiver. Massage has been proven to calm a fussy infant, help with colic symptoms, enhance your infant’s immune system and increase circulation. Reconnect with your infant after a busy day with vital touch. Class is appropriate for newborns 4 – 6+ weeks. Techniques taught in one, two hour session.

March 31
April 28
May 26
June 23
July 28

August 25
September 29
October 27
December 1

Baby Care Basics

One Evening: 7 p.m. – 9 p.m.

Fee: \$35 per couple (expectant mother and one partner; older siblings age 10+ years with permission)

Learn everything you want to know about the new addition to your family: bathing, diapering, dressing, burping and swaddling. Do you have everything you need to set up your nursery? How do I choose a pediatrician? When do I need to call my pediatrician once our infant comes home? This class meets one evening. Your class fee is per couple (expectant mother and one support person) Siblings age 10 years or older may attend with parent’s attendance (with permission).

March 9
April 13
May 11
June 8
July 13

August 10
September 14
October 12
November 10
December 14

Tea and Tour - (727) 290-1310 ext 57284

You and your support person are invited to be our guest at the monthly Tea & Tour. Come and hear about your upcoming stay with us at Bayfront Baby Place. After a brief presentation in the Hough Education and Conference Center you’re invited to tour: our Main Waiting Area, Labor & Delivery Suite; Small World; Newborn Nursery; Mother & Baby Suite and Antepartum Suite including the Family Room. Call to make your reservation.

March 7
April 11
May 2
June 6
July 11

August 1
September 12
October 3
November 7
December 5

See back for Bayfront's lactation services.

Registration Form

Name _____ Address _____ City/State/Zip _____

Home Phone _____ Work Phone _____ E-mail _____

Healthy Start Coordinator and Phone Number _____

Expected Due Date _____ Health Care Provider _____

Class	1st Choice (date)	2nd Choice (date)	Fee
Prepared Childbirth Class			\$60
Infant Massage			\$35
Baby Care Basics			\$35
Prenatal Breastfeeding Class			\$25
I'm a Big Brother, I'm a Big Sister			\$5/child

Please mail this form and payment to register. Make check payable to: **Bayfront Medical Center**

Mail to: Bayfront Baby Place - Childbirth Education
701-6th Street South
St. Petersburg, FL 33701

Total Fee
