
Parent Education

Classes and Tour 2019



To register call: **800.611.6913**

Maternity Unit Tour- (45 min) This guided tour of our family-centered maternity unit shares our state-of-the-art maternity facility with you and one other support person. Your tour will begin on the ground level of the Women's Center in the lobby area. **(FREE) Call 800-611-6913 to enroll.**

Prepared Childbirth- (One 6-hr class) This class will equip you to feel more confident about the upcoming birth of your baby. You will learn about the natural labor process and how to navigate either a medicated or unmedicated labor and delivery. Our goal is to improve your labor knowledge and confidence as you welcome your new baby. Labor practice is included as is a maternity unit tour. **(\$40/couple) Call 800-611-6913 to enroll. (See Express Classes on other side.)**

Newborn Care- (3-hr class) This class covers feeding, bathing, diapering, health, comforting, and safety. It provides hands on practice and will help to increase your confidence in caring for your new baby. **(\$30/couple) Call 800-611-6913 to enroll.**

Breastfeeding- (2-hr class) Covers breastfeeding basics and includes access to our free online breastfeeding class. Please consider enrolling in the Pumping Class as well. **(\$30/couple) Call 800-611-6913 to enroll.**

Pumping- (2-hr class) Explores breastmilk pumping and storage information for moms returning to work while maintaining breastfeeding. Bring your breast-pump to class. **(\$20/couple) Call 800-611-6913 to enroll.**

Infant CPR- (1.5-hr class) This class will prepare you with hands-on experience for infant breathing, airway, and cardiac emergencies. This class is a non-certifying infant CPR class using CPR Anytime materials. **(\$40/couple) Call 800-611-6913 to enroll.**

Sibling Class- (1.5-hr class) This class helps prepare young children for the arrival of their new sibling. The children will create a special gift for the new baby and receive a t-shirt to announce their new role as a "Big Brother" or a "Big Sister". (Ages 2-8 years old.) A parent must stay with the child. **(\$25/child) Call 800-611-6913 to enroll.**

Car Seat Safety Check- Our certified carseat technicians will check your infant's carseat to be certain it is installed correctly. These monthly carseat checks will be held at NFRMC. Please bring your installed car seat, car seat manual, and vehicle manual to the check-point. **(\$10.00) Call 800-611-6913 to enroll.**

Online Breastfeeding- North Florida Regional Medical Center (NFRMC) supports breastfeeding success!! This **free online** breastfeeding class is a web-based educational class that includes outstanding videos to help improve breastfeeding confidence and success. After your register, you will be emailed a class link and code within five business days. **(FREE) Call 800-611-6913 to enroll.**

Express Classes: These condensed, one-session classes, offer busy families the essential childbirth education they want.

Natural Childbirth Express- (3-hr) This video-based class provides an overview of pregnancy, labor, comfort techniques, medical procedures, and cesarean (c-section) birth. This class includes relaxation, breathing, and positioning technique rehearsal and a maternity unit tour is included. **(\$30/couple) Call 800-611-6913 to enroll.**

Medicated Childbirth Express- (2-hr) This video-based class provides an **overview** of pregnancy, labor, comfort techniques, medical procedures, and cesarean (c-section) birth. A Q&A time and maternity unit tour are included. **(\$30/couple) Call 800-611-6913 to enroll.**

C-Section Childbirth Express- (1.5-hr) This video-based class will help prepare you for your upcoming c-section. This class includes a Q&A time and a tour of the maternity. **(\$25/couple) Call 800-611-6913 to enroll.**

NEW MOMS LUNCHEON

TUESDAYS (11:30am - 2pm)

Come meet other new moms and enjoy a catered lunch. We meet in the South Tower Conference Center at NFRMC from 11:30am to 2pm. This luncheon is for all moms, and their new babies, who have recently delivered at NFRMC. Healthy infants 2 to 12 weeks old are welcome to join the fun! **Please do not** bring siblings, dads, or sick babies. *This is a women/baby-only event.* No registration is needed. **(FREE)**

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Free Lactation Consultation: All NFRMC maternity patients are welcome to contact our Lactation Department to set up free breastfeeding help. All services are **by appointment only.** Call **352-333-5315** to set up your free breastfeeding consultation. **(FREE)**

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THE WOMEN'S CENTER

NORTH FLORIDA REGIONAL HEALTHCARE
