

COMMUNITY EDUCATION

CLASS SCHEDULES WITH UPDATED DESCRIPTIONS & FEES

Multi-Class Package discounts available: Discount ranges from 10% - 20% off most classes, when signing up for 3 or more classes.

Please note that all dates and times shown may be subject to change. Class size is limited to provide optimum instructor/student ratios. Registration for classes is suggested as early as possible - All classes are scheduled on a first come/first served basis

Updated 02/23/2015

CURRENT OFFERINGS

- **EXPECTANT PARENT CLASS - 4 week SERIES**
- **EXPECTANT PARENT ALL-DAY CLASS**
- **LAMAZE® CLASS**
- **LUXURY, LAMAZE® & MORE RETREAT WEEKEND CLASS**
- **BREASTFEEDING CLASS**
- **FOR DAD'S ONLY**
- **INFANT CARE & HAPPIEST BABY ON THE BLOCK CLASS**
- **INFANT CPR (Family and Friends)**
- **C-SECTION CLASS**
- **GRANDPARENTS CLASS**
- **SIBLING CLASS**
- **SAFE SITTER® CLASS**
- **BirthPlace TOURS / Q&A Session**

NCH IS PROUD TO ANNOUNCE SOMETHING NEW FOR
EXPECTING PARENTS: *Luxury, Lamaze &*
More Retreat

Spend a relaxing weekend getaway. While you are enjoying a refreshing respite, surrounded by the best of Southwest Florida, you can immerse yourselves in our most sought-after, one-of-a-kind classes. Each class has been designed to help prepare you for the arrival of your newest family member.

These exceptional classes are included:

- Lamaze Express
- Infant Care & Happiest Baby on the Block Class
- Breastfeeding
- Dad's ONLY Class
- Infant CPR

Our Luxury, Lamaze & More Retreat begins on Friday evening, Check in is anytime after 4:00pm. The final class will be held on Sunday morning from 8:30AM – 11:30AM.

Our goal is to provide you with all the information you will need to have a wonderful birthing experience and an amazing memory of sharing a very special weekend with each other as you prepare yourselves to become a family.

Stay tuned for more details on upcoming retreats

• **LAMAZE® CLASS:**

One 8-hr class. **\$100 per couple** – Continental Breakfast, Lunch & Snacks provided

This class provides a comprehensive approach to pregnancy, childbirth, postpartum and the newborn experience. You will learn about: pregnancy, physical changes, stages of labor and coping techniques including visualization, massage, hydrotherapy, breathing, relaxation techniques and more. You will also learn about the benefits and risks of medical interventions. We will strive to ease your anxiety and smooth the transition into parenthood. Our goal is to provide you with all the information you will need to have a wonderful birthing experience!

*(Due to time restraints, a Tour is **NOT** included with this class)*

Class Name	Dates/Time	December 2014	January 2015	February 2015	March 2015	April 2015	May 2015
Lamaze® Childbirth Class	Sat/Sun As shown 9:00am –	13 Sat	24 Sat	14 – Sat	8 Sun	12 Sun	16 Sat

	5:00pm			28 - Sat		
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- EXPECTANT PARENT CLASS - 4 week SERIES:**

Preparation for Labor: Four 2 ½ classes. **\$100 per couple** – Snacks provided, tour included

This class provides a comprehensive approach to pregnancy, childbirth, postpartum and the newborn experience. You will learn about the basics of pregnancy, physical changes, stages of labor and coping techniques for both medicated and un-medicated labors including breathing and relaxation techniques. You will also learn about the benefits and risks of medical interventions including, medications epidural anesthesia, reasons for unplanned cesarean deliveries and more. We will strive to ease your anxiety about normal newborn appearance and smooth the transition into parenthood. Our goal is to provide you with all the information you will need to have a wonderful birthing experience!

Class Name	Dates/Time	December 2014	January 2015	February 2015	March 2015	April 2015	May 2015
Expectant Parent Class 4-week series	As shown 6:00p – 8:30p Each class is: 2 ½ hours	2/9/16/23 Tues	8/15/22/29 Thu	5/11/19/26 Th/W/Th/Th	3/10/17/24 Tues	2/9/16/23 Thu	7/14/21/28 Thu

- EXPECTANT PARENT ALL-DAY CLASS:**

Preparation for Labor: One 8-hour class. **\$100 per couple** – Lunch & Snacks provided

The All-Day class provides the same comprehensive approach to pregnancy, childbirth, postpartum and the newborn experience as the 4-week series except; it is all done during one fast-paced weekend day. Our goal is to provide you with all the information you will need to have a wonderful birthing experience!

*(Due to time restraints, a Tour is **NOT** included with this class)*

Class Name	Dates/Time	December 2014	January 2015	February 2015	March 2015	April 2015	May 2015
Expectant Parent All-Day Class	Sat/Sun as shown 9:00am – 5:00pm	20 - Sat	11 – Sun 31 - Sat	22 - Sun	14 – Sat 22 - Sun	18 – Sat	17 – Sun 31 - Sun

- BREASTFEEDING CLASS:**

One 2-hr class. **\$25 per mom** (*) 1 support person may attend at no charge.

Taught by one of our board certified Lactation Consultants, this program addresses the many benefits of breastfeeding. Topics include: proper latch and positioning, establishment of you milk supply, & common questions and concerns. All the information you need to help you and your baby as you begin your journey to breastfeeding success

Class Name	Dates/Time	December 2014	January 2015	February 2015	March 2015	April 2015	May 2015
Breastfeeding Class	Sat / Sun 10:00 – 12:00	6 – Sat	3 – Sat	15 – Sun	7 – Sat	11 – Sat 1PM – 3PM	2 – Sat

	or As shown 6:00 – 8:00	16 – Tue	20 - Tue	24 - Tue	25 - Wed	21 - Tue	26 - Tue
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- FOR DAD'S ONLY: Basic Training**

One 3 1/2 hour class. **\$50.00 per Dad** Breakfast & Snacks provided

Announcing a class just for new dads! Offering useful advice and practical solutions to common challenges that include; preparing for the future, survival strategies, supporting mom, recapturing romance, baby-proofing basics, bonding with your baby and much more. Fun and fast-paced this class also includes a time to talk with other dads and a workbook to take home.

Class Name	Dates/Time	December 2014	January 2015	February 2015	March 2015	April 2015	May 2015
FOR DAD'S ONLY: <i>Basic Training</i>	As shown 9:00am – 12:30pm	14 – Sun	10 - Sat	1 - Sun	29 - Sun	19 – Sun	3 - Sun

- INFANT CARE & HAPPIEST BABY ON THE BLOCK CLASS:**

One 2 1/2 hr class. **\$35 per couple** Snacks provided

This class provides the entire infant care class which helps new parents become more at ease in their new role. Parents will learn how to provide care and comfort to their infant including the 5 S's and the Cuddle Cure. Each couple will receive a Happiest Baby on the Block DVD and special gift bag to take home with them.

Class Name	Dates/Time	December 2014	January 2015	February 2015	March 2015	April 2015	May 2015
Infant Care & Happiest Baby on the Block Class	As shown 6:00 – 8:30 Or:	3 – Wed	7 – Wed	4 – Wed	4 – Wed	1 – Wed	6 – Wed
		17 – Wed	21 – Wed	18 – Wed	18 – Wed	15 – Wed	20 – Wed
	Sat/Sun as shown	21 – Sun 9:30 – 12:00	25 – Sun 9:30 – 12:00	N/A	N/A	11 – Sat 9:30-12:00	3 – Sun 1:00 – 3:30

- INFANT CPR (Family and Friends):**

One 2 - hour class. **\$25 per person**

This class provides parents and caregivers of infants the tools to prepare for unexpected emergencies that could require cardiopulmonary resuscitation [CPR]. Certified instructors teach this class according to American Heart Association guidelines. Topics covered include: safety, prevention, when to use CPR, and the proper technique for administering CPR, and obstructed airway. **Special notes: The AHA strongly promotes knowledge and proficiency in CPR and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the AHA, and any fees charged for such a course do not represent income for the Association.*

Class Name	Dates/Time	December 2014	January 2015	February 2015	March 2015	April 2015	May 2015
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Infant CPR Class Weekday evening Or, S/S afternoon	Evenings 6:00 – 8:00	22 – Mon	5 – Mon 26 – Mon	23 – Mon	9 - Mon 19 – Thu 30 – Mon	13 – Mon 28 – Tue	18 – Mon 27 – Wed
	Sat/Sun 1:00 – 3:00 + <i>sometimes</i> @ 3:00 – 5:00	14 – Sun	10 - Sat	1 – Sun 15 - Sun	7 – Sat (2 classes)	19 – Sun (2 classes)	2 – Sat (2 classes)

- **C-SECTION CLASS:**

One 2 ½ -hr class **\$35 per couple** Snacks provided, Tour included

This class is designed for women who know in advance they will be having a cesarean delivery. This program shows parents how a medical necessity can become a positive birth experience. Parents will learn how to prepare themselves, what to expect during surgery and how to have a healthy recovery.

Class Name	Dates/Time	December 2014	January 2015	February 2015	March 2015	April 2015	May 2015
C/Section Class	As shown 6:00 - 9:00	10 – Wed	14 - Wed	3 - Tue	12 - Thu	8 – Wed	13 - Wed

- **TOUR / Q&A Session:**

Lasts approximately 45 min **NO cost** but, must pre-register

In addition to being part of several childbirth classes, guided tours of the Birth Place are offered to expectant families. Tours of the Birth Place include the opportunity for you to ask questions to help decrease any anxiety you may feel related to your hospital stay

Class Name	Dates/Time	December 2014	January 2015	February 2015	March 2015	April 2015	May 2015
BirthPlace Tour	As shown 4:30pm	3 – Wed 17 – Wed	7 – Wed 21 - Wed	4 – Wed 18 – Wed 25 - Wed	4 – Wed 11 - Wed 18 - Wed	1 – Wed 15 – Wed 29 – Wed	6 – Wed 20 - Wed

- **GRANDPARENTS CLASS – OR, HAVE THINGS REALLY CHANGED THAT MUCH?**

ONE 90-MINUTE CLASS **\$15 PER PERSON**

THIS CLASS HELPS NEW AND REPEAT GRANDPARENTS LEARN ABOUT WHAT HAS CHANGED IN INFANT AND CHILD CARE AND WHY. GET UP-TO-DATE INFORMATION AND CARE TIPS SO THAT YOU CAN RELAX AND ENJOY YOUR NEW ROLE! A FUN, LOW-STRESS CLASS WHERE YOU CAN GET ANSWERS TO ALL OF YOUR QUESTIONS INCLUDING SOME YOU DIDN'T KNOW YOU HAD.

Class Name	Dates/Time	December 2014	January 2015	February 2015	March 2015	April 2015	May 2015
Grandparents Class	As shown 6:00pm	11 – Thu	13 - Tue	17 – Tue	11 - Wed	7 – Tue	5 – Tue

- **SIBLING CLASS:**

One 1-hr class. **\$10 per child** Snack provided, tour included

This class teaches children (4-10 years of age) how to help with a new baby, holding, touching and talking to newborns. We watch a video, play subject related games and have fun. This class clearly lets kids know that they can have fun in their special role as a big brother or sister. Participants should bring a baby doll or stuffed animal small enough to wear a newborn diaper (nothing

that makes noises or has a tail, please). One parent must stay with their child(ren) during class. A snack and a tour of a postpartum room is provided with this class.

Class Name	Dates/Time	December 2014	January 2015	February 2015	March 2015	April 2015	May 2015
Sibling Class	Tue/Wed As shown 4:00 – 5:00	11 – Thu	13 - Tue	17 – Tue	11 - Wed	7 – Tue	5 – Tue

SPECIAL EVENTS

- **SAFE SITTER® CLASS:**

One All Day Class **\$70 per student** includes all course materials & lunch.

Safe Sitter® was created by a pediatrician, Dr. Patricia A. Keener. The course trains young adolescents to provide safe, nurturing care for children and to respond appropriately to medical emergencies. It also teaches introductory employment skills and important life skills.

The long term goal is to prepare young people for future responsibilities as parents. The course content and teaching techniques are designed for middle school learners. Safe Sitter® is a highly interactive curriculum and is continually updated. Responsibilities and ethics of safe sitting, Age appropriate entertainment, Safe Sitter safety tips (Keeping yourself safe) Infant/Child CPR, Infant/child obstructed airway rescue, Infant/child rescue breathing, Basic first aid information (what to handle, when to call)

Class Name	Dates/Time	December 2014	January 2015	February 2015	March 2015	April 2015	May 2015
Safe Sitter® Class	As shown 8:30 - 4:30pm	N/A	CANCELLED	N/A	21 - SAT	N/A	30 - SAT