

destination maternity™

Schedule of events

February 2011

Baptist Health Community Educational Class Descriptions

Please contact 904-202-2229 to obtain a list of class dates

Registration is available at Destination Maternity by using the Parent Education Phone at the Juice Bar or calling the Parent Education department at 904-202-2229

VALENTINES DAY CELEBRATION: Saturday February 12th

Partner Yoga ; 11:30 am – 12:30 pm (FREE)

Prepared Childbirth Education: (Three evening sessions or one all-day Saturday session) In this comprehensive series, you and your partner/coach will gain a better understanding of the stages of labor and birth. The series includes information on pain management, cesarean birth, postpartum care and normal newborn characteristics. Taught by registered nurse childbirth educators.

Breathing and Relaxation: (One evening session) Labor is physically and emotionally challenging. This class will enhance what you learned in childbirth class and give you and your coach more time to practice positions, comfort techniques, relaxation and breathing. Recommended to take AFTER childbirth classes.

Breastfeeding Basics: Getting Mom and Baby Off to the Best Start!* (One evening session) Taught by a board-certified lactation consultant, this class will discuss everything a couple needs to know to get breastfeeding off to the very best start. (Yes, dads and grandmothers are strongly encouraged to attend!)

Back to Work and Breastfeeding: You Can Do Both!* (One session) The baby's here and you're ready to go back to work, but not quite sure how to continue breastfeeding. This class will give you the practical information needed to transition from maternity leave to work again. This is the ideal class for a breastfeeding mom and baby to attend while on maternity leave.

CPR for Family and Friends: (One session) This American Heart Association course will cover CPR from birth to puberty. Learn what to do if your infant or child is choking and how to childproof your home. Learn the vital skills that can turn a life-threatening situation into a life-saving one. A great course for grandparents and other family members as well.

Positively Pregnant: What's Next? (One session) Are you in your first trimester of pregnancy? If so, this is the perfect class for you! Topics include nutrition, fetal development, physical and emotional changes, tips for a healthy pregnancy, sleep, exercise and work recommendations.

Dad-To-Be Prep Class: (One session) Expectant dads have questions, too! This dads-only class provides information, including how to support the postpartum mother, bonding with your newborn child, and how to balance your time between work, family and personal needs.

Becoming Parents: (Two evening sessions) Life with a new baby is exciting! This class will provide guidance, tips and support as parents go through "on-the-job training" during an infant's first three months of life. Using doll models, you will learn about infant bathing, feeding, communication, crying, signs of illness, when to call a physician and the needs and adjustments of becoming a family.



Depend On Us For Life.™

The Markets at Town Center
4880 Big Island Drive, Suite 6
Jacksonville, FL 32246
904-997-9155

Valentines Day Celebration

Treat yourself to a complimentary Partner Yoga Class with your Valentine in the learning studio, and a free gift with any Basq skincare purchase. Please call the store for more details. Registration is recommended.

Happiest Baby on the Block® (One session) Is it a miracle or magic? Learn the five simple techniques to promote the calming reflex in your newborn baby. Taught by certified “Happiest Baby Instructors,” this class will teach you just how easy it is to use these simple steps to calm a fussy, crying baby. The ideal class to attend before your baby is born. Parents will take home a set of “Happiest Baby on the Block” DVD and music CD.

Infant Touch and Massage Class: (One session) Babies love touch and new parents really have magic in their fingertips. Learn how to give your baby a massage as you engage in massage-touch activities together. You may also attend this course prenatally and use doll models to learn the techniques. Infants, age six weeks to pre-crawling are welcome. Please bring a blanket and pillow for your baby.

Sibling Class: (One session) Becoming a sibling for the first time is a very special event, and we have a class designed just for the big brother or big sister in your family. This fun and interactive class for children ages three to eight teaches them what it's like to have a new baby in the home. They will learn to diaper and swaddle using a doll model and will receive a certificate upon completion. Parent will attend with their child.

Multiple Miracles: Are They Identical? (One session) This class will prepare couples for the special joys and challenges of having more than one baby at once! Come and interact with other couples who are expecting multiples. Class also includes video of an in-depth look into the lives of parents of twins and triplets.

Becoming Grandparents: (One session) So your baby is having a baby? Whether you live close by or are separated by many miles, this class is for you! Learn the “then and now” of how birthing practices have changed with today’s family-centered care. We’ll review the latest information on caring for your grandchild that will be supportive and entertaining! A class for grandparents, taught by grandparents who are also registered nurse educators.

Baby Sign-a-long Classes: A new and innovative program to help you better understand your baby’s wants, needs and desires. For more information on this class, please contact: www.babysign-a-long.com

Prenatal Yoga (Ongoing classes) Prenatal yoga provides safe, simple and effective exercises designed to strengthen and relax your rapidly changing body. Come share your experience with other women as you empower yourself through yoga, meditation and guided visualization. This approach is gentle and safe for women in all stages of pregnancy but discuss with your health-care provider prior to attending. *Please bring your own yoga mat and a towel.

ViaCord Cord Blood Banking (One session) Are you considering cord blood banking or other options? This class will discuss the collection and storage of the stem cells found in your newborn’s umbilical cord. There is only one chance to collect your child’s cord blood. Find out if it’s the right choice for you

A Signing Start: Prenatal Baby Signing Workshop

There is no better time to prepare a signing start for your little one than now! Our Prenatal Workshop answers all of your questions about signing with your little one. You will learn how and when to sign with hearing children, identify the benefits of signing, and gain signing techniques to encourage speech and early literacy.

A Signing Start: Sign and Play Classes

This workshop is designed for expectant moms and moms with children age birth-3 years. You will learn how and when to sign with hearing children, identify the benefits of signing, and gain signing techniques to encourage speech and early literacy. This workshop is designed with parents and children in mind. We will sing, play, learn and sign with your baby or toddler while encouraging family bonding, communication skills and early literacy.



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