

For a complete list of dates, times and class locations
or to register, call 386-231-BABY (2229).



2012 Prepared Childbirth Classes

Prepared Childbirth Classes

Prepared Childbirth Classes are offered as a six week series, with each series beginning on the assigned dates. The first four weeks include topics on labor and delivery, medications, breathing/relaxation, induction and Cesarean section. The last two weeks will feature topics on newborn care and breastfeeding. Class series is offered at two locations. Tours only available at Florida Hospital Memorial Medical Center location.

Sunday Birth Shop

When the six week series doesn't work for your schedule, this is a one day quick course that teaches expectant moms about labor/delivery, medications, epidural, breathing/relaxation, Cesarean section and induction. Class series is offered at two locations. Tours only available at Florida Hospital Memorial Medical Center location.

Infant CPR

Demonstration class that teaches participants what they need to know in the event of a life-threatening emergency – if your baby is choking or isn't moving or breathing because of a fall or a near drowning, for example.

Big Brother/Big Sister Class

This class provides a simple introduction of the BirthCare Center to the Big Brother or Big Sister. What do babies do best and how can you help mom with the new baby? These questions are answered with the help of the Berenstain Bears and New Baby Sister books and a short tour of our 5-star labor and delivery suites.

Mommy to Mommy Support Group

This class offers mom and baby an opportunity to meet new friends, learn more about their baby and be the best mom they can be. Class curriculum is designed to support, sustain and enlighten new moms.

Tours

Tours of the BirthCare Center at Florida Hospital Memorial Medical Center are available the first Tuesday of each month at 4 pm and 6 pm. Tours meet at the BirthCare Center entrance on the 4th floor. No registration required.



**FLORIDA HOSPITAL
MEMORIAL MEDICAL CENTER**

BirthCare Center

301 Memorial Medical Parkway | Daytona Beach, Florida 32117 | Phone: 386-231-1400

www.FloridaHospitalMemorial.org

A Christian mission of hope, health and healing.