



Do babies
come with

instructions



Childbirth and parent education classes.

At Texas Children's Hospital, our Childbirth and Parent Education program is committed to providing pregnant and parenting families with the knowledge and skills to give birth and parent their new baby with confidence.

We offer:

- A family-centered maternity care approach to education
- Instructors with the highest credentials in specific class content
- Interactive classes that provide time for discussion, questions and practice of newly learned skills
- A multimedia educational style, including online review of class content
- Small, individualized classes with a maximum of 12 families
- Childbirth, Breastfeeding and Mother-Infant Care program for mothers on bed rest



Classes include:

- *Lamaze Prepared Childbirth*
Conducted by certified childbirth educators, this weekend or weekday class series prepares an expectant mother and her partner for the many possibilities of labor, delivery and recovery.
- *Infant Care*
Loaded with practical tips, this one-session class provides an opportunity to practice basic baby care while learning about newborn characteristics, crying, diapering, bathing and what to expect during the first days at home.
- *Breastfeeding*
In this one-session class, conducted by a certified lactation consultant, learn about the benefits of breastfeeding, preparing for breastfeeding, positioning and latch-on, common breastfeeding problems and going back to work while breastfeeding.
- *Sibling*
Texas Children's Hospital child-life specialists conduct this one-hour class designed to prepare siblings for the arrival of their new brother or sister. Children tour the Mother-Baby unit at St. Luke's Episcopal Hospital as part of class activities.
- *Cesarean Birth*
This three-hour class provides information about what to expect when a cesarean birth is planned.

We recommend:

- Registration by the fifth month of pregnancy
- Registration online at www.birthing.texaschildrens.org
- Registration by calling our Learn Line at (832) 82-LEARN (825-3276)
- Watching online for additional classes and support groups as we grow

Each birth is a once-in-a-lifetime experience. Preparation through education can optimize a family's experience. We look forward to helping you prepare for the birth of your baby.



Texas Children's Hospital®



ST. LUKE'S® Episcopal Hospital