

# **PRENATAL COURSE OFFERINGS IN WHATCOM COUNTY**

**BELLINGHAM TECHNICAL COLLEGE AND PEACEHEALTH ST. JOSEPH MEDICAL CENTER**

<b>Course</b>	<b>Description</b>	<b>Class Offering Info</b>	<b>Designed to Begin</b>
<b>PREPARATION FOR CHILDBIRTH AND PARENTING</b>	This traditional course covers late pregnancy, the process of labor and birth, labor coping skills (with many in-class practice sessions), newborn care and breastfeeding, postpartum, and early parenting. Weekly classes help connect families with peers.	Sponsored by: BTC/PHSJMC  For schedule details visit: <a href="http://www.btc.edu/DegreesClasses/TakeAClass/TakeClasses.aspx">http://www.btc.edu/DegreesClasses/TakeAClass/TakeClasses.aspx</a>  *Search the Department "Child & Family" for class offerings  BTC Registration Contact: 360-752-8350	6th month of <u>pregnancy</u> .  Two sections offered per quarter.  Not eligible for Washington Apple Health (Medicaid) waivers.
<b>PREGNANCY AND CHILDBIRTH (&amp; REFRESHER)</b>	This condensed series provides information on pregnancy, labor, and birth, including comfort measures and labor support and is a great refresher option. Postpartum topics covered include newborn care and breastfeeding, parenting adjustments and resources.	Sponsored by: BTC/PHSJMC  For schedule details visit: <a href="http://www.btc.edu/DegreesClasses/TakeAClass/TakeClasses.aspx">http://www.btc.edu/DegreesClasses/TakeAClass/TakeClasses.aspx</a>  *Search the Department "Child & Family" for class offerings  BTC Registration Contact: 360-752-8350	6 <sup>th</sup> month of <u>pregnancy</u> .  Four sections offered per quarter.  <b>Course fees waived for those covered by Washington Apple Health (Medicaid) waivers.</b>
<b>PREPARATION FOR CHILDBIRTH: WEEKEND CONDENSED</b>	This condensed format will provide an overview of late pregnancy, the birth process, labor coping skills, newborns and breastfeeding.  Saturday class time is 8:30 am-5:30 pm. Sunday class time is 12:30-5:30pm.	Sponsored by: BTC/PHSJMC  For schedule details visit: <a href="http://www.btc.edu/DegreesClasses/TakeAClass/TakeClasses.aspx">http://www.btc.edu/DegreesClasses/TakeAClass/TakeClasses.aspx</a>  *Search the Department "Child & Family" for class offerings  BTC Registration Contact: 360-752-8350	7th-8th month of <u>pregnancy</u> .  New classes start monthly.  <b>Course fees waived for those covered by Washington Apple Health (Medicaid) waivers.</b>
<b>UNDERSTANDING BIRTH eCLASS</b>  (partially online class)	This hybrid childbirth preparation class offers the best of both worlds—the flexibility of an online curriculum that can be accessed anytime during the course series as well as two classroom sessions for practicing labor support techniques and connecting with other pregnant families. Online materials included in fee.	Sponsored by: BTC/PHSJMC  For schedule details visit: <a href="http://www.btc.edu/DegreesClasses/TakeAClass/TakeClasses.aspx">http://www.btc.edu/DegreesClasses/TakeAClass/TakeClasses.aspx</a>  *Search the Department "Child & Family" for class offerings  BTC Registration Contact: 360-752-8350	6-7 <sup>th</sup> month of <u>pregnancy</u> .  Two sections offered per quarter.  <b>Course fees waived for those covered by Washington Apple Health (Medicaid) waivers.</b>
<b>BREASTFEEDING BASICS &amp; BEYOND</b>	This one session course is designed to provide the expectant woman and her support person(s) basic information necessary to initiate and sustain breastfeeding. Topics covered include preparation, getting started, solving challenges, resources, support, and mother-baby separation.	Sponsored by: BTC/PHSJMC  For schedule details visit: <a href="http://www.btc.edu/DegreesClasses/TakeAClass/TakeClasses.aspx">http://www.btc.edu/DegreesClasses/TakeAClass/TakeClasses.aspx</a>  *Search the Department "Child & Family" for class offerings  BTC Registration Contact: 360-752-8350	Anytime during <u>pregnancy</u> .  New classes start every other month.  Not eligible for Washington Apple Health (Medicaid) waivers.
<b>VBAC: Exploring Your Options</b>	This one session course will review current research comparing the benefits and risks of Vaginal Birth After Cesarean vs. a repeat Cesarean Section. Participants will examine options, learn about local labor practices for VBAC, and gain confidence to determine and meet personal childbirth goals.	Sponsored by: BTC/PHSJMC  For schedule details visit: <a href="http://www.btc.edu/DegreesClasses/TakeAClass/TakeClasses.aspx">http://www.btc.edu/DegreesClasses/TakeAClass/TakeClasses.aspx</a>  *Search the Department "Child & Family" for class offerings  BTC Registration Contact: 360-752-8350	Anytime during <u>pregnancy</u> .  One section offered per quarter.  Not eligible for Washington Apple Health (Medicaid) waivers.