

Childbirth Class Information

Locations

St. Luke's Community Health Education Center (HEC)
3333 Squalicum Parkway, Bellingham. Enter through the main door and look to your right. Class locations are posted on the wall.

PeaceHealth St. Joseph Medical Center (JOS)

2901 Squalicum Parkway, Bellingham. Class is held in the conference rooms near the cafeteria (not in the Childbirth Center).

What to Bring

Bring several pillows and a blanket or soft mat to class, as part of each class is spent on the floor practicing relaxation and breathing techniques. Also bring a bottle of water

Instructor Bios

Elizabeth Diaz started teaching childbirth classes in 2015 and is currently completing her BSN in Nursing at Western Washington University. She has a RN degree from Skagit Valley College and childbirth education certificate through *Great Starts of Seattle*. She currently works as an RN in SeaMar's Maternity Support Services Program.

Jennifer Knudsen has taught childbirth classes since 2014. She has a BS in Math and Psychology, a Masters in Marriage and Family Therapy, and Great Starts Childbirth Education Certification. She is the Behavioral Health Specialist in SeaMar's Maternity Support Services (MSS) and also teaches childbirth classes in Spanish at SeaMar.

Kathy Wilbur has taught childbirth classes since 1982 and HypnoBirthing since 2004. She has a BA in Psychology and Early Childhood Education. She is a CCE/P Childbirth Educator, ICEA Childbirth Educator, and certified doula.

Terry Thalhofer has taught childbirth classes since 1990 and breastfeeding classes since 1986. She has a BS from OSU, is a certified CEA/S Childbirth Educator, La Leche League leader; and former IBCLC (lactation consultant), and doula.

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Other Offerings

Childbirth Refresher

If you have taken a childbirth preparation course for a previous pregnancy, we recommend you sign up for the **Pregnancy and Childbirth** course or the **Childbirth Preparation: Weekend Course**.

Preparation for Parenting

A two-session course for people who are adopting or fostering a newborn. Information on newborn characteristics and care, infant feeding, and adjusting to a newborn will be covered. Participants will join the last two classes of a childbirth series. For more information on this option, call 360-752-8447.

Take a Class with Your New Baby!

Baby 'n Me (1-7 Months)

8 daytime sessions

The early months of parenting are filled with extremes—from sheer joy to incredible sleep deprivation. This class offers a safe, inviting, relaxed atmosphere where you can meet other parents/caregivers, build relationships and find answers to your parenting questions. Adults choose discussion topics such as sleep patterns, infant development, adjusting to parenting, games and songs and starting solids. Babies play in the same room while you gain valuable support and current information on raising a young infant.

Moms, Dads, and Babies

4 evening sessions

Starting a new family is joyful and often stressful. Here is a chance for moms and dads to share with other parents/caregivers in a safe and stimulating environment while playing with their babies. Topics include but are not limited to: sleep patterns, infant development, adjusting to parenting, games and songs and starting solids.

*Co-sponsored by Bellingham Technical College
and PeaceHealth St. Joseph Medical Center*



PeaceHealth
St. Joseph Medical Center

Registration

Class Fee Waivers for Washington Apple Health (Medicaid) Participants Course fees for select classes are waived upon presentation of **Washington Apple Health (Medicaid)** card and submission of Childbirth Waiver form. The waiver form can be found online by searching "Childbirth Waiver" from our homepage, or picked up **in person** at our registration office. The waiver form also includes additional information about the **Washington Apple Health (Medicaid)** program, including eligibility and how to enroll. **In order to begin class at the appropriate time in your pregnancy, please register early.** The enclosed registration form is two-sided, one side for the pregnant woman and one side for her support person, if known. If not, the support person can register at the first class session. Course fees are waived for support persons.

In Person: Come to Bellingham Technical College, College Services Building. Regular hours are M-Th 8:00am-5:00pm and F 8:00am-4:00pm. Summer hours are M-Th 8:00am-5:00pm and F 8:00am-12:00pm. Register and then pay cashier.

Phone or Fax: Call (360) 752-8350 during above office hours with your VISA/MasterCard information, or fax completed registration form with payment information to (360) 676-2798. Call (360) 752-8350 to confirm fax was received

E-Mail: Scan completed registration form and e-mail it to registration@btc.edu

Mail: Mail completed registration form with payment to Bellingham Technical College Business Office at the address below.

Web: Web registration may take longer than alternate registration methods and you will need to have a Student Identification (SID) number available. If you do not have an established SID number, you will need to apply for a SID prior to registering on the web. If you would like to register via web, visit www.btc.edu and select "Register Now".

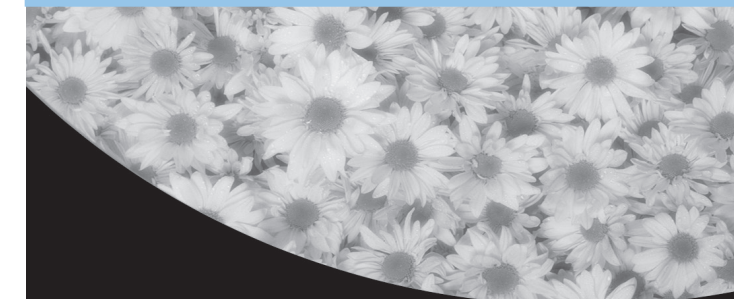


3028 Lindbergh Avenue
Bellingham, WA 98225
Phone: 360-752-8350
Fax: 360-676-2798
Web: www.btc.edu

CHILDBIRTH PREPARATION



Class Schedule Fall 2015



Childbirth Preparation Classes - Fall 2015

Pregnancy and Childbirth are powerful events. It is the goal of Bellingham Technical College and PeaceHealth St. Joseph Medical Center to teach expectant families the questions to ask and to provide the coping tools needed to navigate the various techniques and choices in pregnancy, birth, newborn care and parenting. All classes are fun, informal and taught by experienced educators in each area.



You are encouraged but not required to bring a support person who is willing to help you practice various techniques and be with you through labor and birth.

Your support person could be your spouse, partner, friend, relative or a doula/birth coach. Class fee covers both you and your support person.

Childbirth Center Tour

Visit the PeaceHealth website at peacehealth.org or call (360) 738-6361 to learn more or pre-register for your tour.

Book early as tours fill quickly!

Preparation for Childbirth & Parenting

8 sessions \$153.09

Plan to start in your sixth month of pregnancy.

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. Washington Apple Health (Medicaid) waivers do not cover course fee.

Item #: 8001 W 9/9 - 10/28 Wilbur
Location: HEC 6:30p - 9:00p

Item #: 8002 T 11/3-12/22 Wilbur
Location: HEC 6:30p - 9:00p

VBAC: Exploring Your Options

1 session \$35.00

This class will review current research comparing the benefits and risks of Vaginal Birth After Cesarean versus 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. This course does not cover preparation for childbirth. Participant should plan to register for a childbirth class. Washington Apple Health (Medicaid) waivers do not cover course fee.

Item #: 8120 Th 10/29 Wilbur
Location: HEC 6:30p - 9:00p



Childbirth Preparation: Weekend Course

2 sessions \$113.80

Plan to start in your sixth month of pregnancy.

This condensed format will provide an overview of late pregnancy, the birth process, labor coping skills, newborns and breastfeeding. Course fees are waived upon presentation of **Washington Apple Health (Medicaid)** card and submission of Childbirth Waiver form. **Note:** This course meets in the St. Joseph Hospital conference rooms near the cafeteria (not in the Childbirth Center). Class times are Saturday 8:30a-5:30p and Sunday 12:30p-5:30p.

Item #: 8021 SaSu 9/12-9/13 Wilbur
Location: JOS 5,6

Item #: 8022 SaSu 10/10-10/11 Knudsen
Location: JOS 5,6

Item #: 8023 SaSu 11/7-11/8 Wilbur
Location: JOS 5,6

Item #: 8024 SaSu 12/5-12/6 Wilbur
Location: JOS 5,6

Pregnancy and Childbirth

5 sessions \$99.95

Plan to start in your sixth month of pregnancy.

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. Course fees are waived upon presentation of **Washington Apple Health (Medicaid)** card and submission of Childbirth Waiver form.

Item #: 8010 W 9/2-9/30 Knudsen
Location: HEC 6:30p - 9:00p

Item #: 8011 Th 10/1-10/29 Diaz
Location: HEC 6:00p - 8:30p

Item #: 8012 W 11/4-12/9 Knudsen
Location: HEC 6:30p - 9:00p

Note: No class on 11/25

Understanding Birth eClass

Hybrid; online with two classroom sessions \$149.00

Plan to start in your seventh month of pregnancy.

This hybrid childbirth preparation class offers you the best of both worlds: the flexibility of an online curriculum as well as two classroom sessions for you to practice labor support techniques. The self-paced online portion provides information about pregnancy, labor, medical procedures, and breastfeeding. During the two classroom sessions (dates listed below are for class meet dates) you will receive the support and knowledge of an experienced instructor who can answer your questions, demonstrate labor support techniques, and connect you with local resources. Course fees are waived upon presentation of **Washington Apple Health (Medicaid)** card and submission of Childbirth Waiver form.

Item #: 8051 Th 9/10-10/8 Wilbur
Location: Online/HEC

Note: Class meets in person at HEC on 9/10 & 10/8 only, from 6:30-9pm. Rest of curriculum is online.

Item #: 8052 Th 11/5-12/3 Wilbur
Location: Online/HEC

Note: Class meets in person at HEC on 11/5 & 12/3 only, from 6:30-9pm. Rest of curriculum is online.

Breastfeeding Basics and Beyond

1 session \$25.00

Breastfeeding offers a baby an optimal start in life and provides lifelong health benefits. Topics covered include getting started, solving challenges, resources, and mother-baby separation. The recommended handbook The Womanly Art of Breastfeeding is available in the BTC Store. Washington Apple Health (Medicaid) waivers do not cover course fee.

Item #: 8101 T 9/1 Ames
Location: HEC 6:30p - 9:00p

Item #: 8102 M 11/2 Thalhofer
Location: HEC 6:30p - 9:00p