

## 2-THE JOURNEY BEGINS

Explore the new territory of pregnancy. Learn how mother and baby grow. We will cover healthy diets for when you're eating for two, hints on how to feel your best, and healthy do's and don'ts. The Empathy Belly may be worn by Dad. Offered one evening per quarter. \$15.

## *it's time for a baby shower*

### 3-IT'S TIME FOR A BABY SHOWER

We offer a full menu of celebration and information-gathering. This event is designed both for those who are planning a pregnancy and those who are currently expecting. Come meet our staff, learn about our Family Services department, the baby business, the breastfeeding resource center, and childbirth education classes. You can also be pre-admitted to JPMC and make financial/insurance arrangements ahead of time!

Refreshments will be served. Attendance is encouraged early in pregnancy, if possible. FREE.



## *lamaze express to motherhood*

### 5-LAMAZE EXPRESS TO MOTHERHOOD

Pressed for time? Join us for a weekend class condensing the material offered in the six week course. Saturday session will focus on labor and delivery, learning relaxation, breathing, and massage techniques along with comfort measures and various positioning benefits. A birthing video will be shown along with information about anesthesia and common medical procedures. Mother, newborn care, and breastfeeding will be covered Sunday afternoon. Offered every other month. \$75.



## 6-THE BREAST WAY

You will learn all the ins and outs of successful breastfeeding. Mom and her support person will receive instruction that covers the breastfeeding advantages for both mother and child, helpful how-to's, and the continued management of breastfeeding. Offered every six weeks. Included in the Journey to Motherhood and Lamaze Express programs. \$15.



## *newborn care*

### 7-NEWBORN CARE

Grandparents, caregivers, older siblings, and families who are expecting again or adopting get to cover the immediately needs of the newborn. Offered every six weeks. This course is free to Journey to Motherhood and Lamaze Express participants and their family members. \$15.

## *unlimited lamaze*

### 8-UNLIMITED LAMAZE

This is a special refresher course for experienced parents who are retracing the path of prepared childbirth. Parents "again" should enroll early, begin attending by the **sixth month**, and continue for as many classes as needed until the baby is born. Offered continuously. Free for undelivered Journey to Motherhood and Lamaze Express enrollees. \$25.

## 9-DETOURS IN DELIVERY / VBAC

Learn what to expect, both physically and emotionally—before, during, and after a cesarean birth. Couples planning a repeat cesarean or VBAC are also encouraged to take the free Tour Through Family Services class to receive updated Jane Phillips Medical Center information. Offered every six weeks. This course is free to Lamaze Express participants. \$15.

## AFTER BABY COMES

### 10-SESSION 1-LIVING WITH BABY

Living With Baby focuses on understanding your baby's temperament, sleep/wake cycles, and "time-out" signals. You will also learn comforting measures for your crying baby. Participants will share experiences and ideas with other new parents related to daily life now that your baby is here.

### SESSION 2-LIFESAVER: BABY

Participants will learn how to perform cardio-pulmonary resuscitation (CPR) and how to effectively manage an obstructed airway in an infant. Safety issues and recognizing the need for CPR will also be covered. This mini-course is ideal for new parents grandparents, and family caregivers and will be offered every six weeks. \$10 for the series.



## REGISTRATION FORM

Name \_\_\_\_\_ Age \_\_\_\_\_ Due date \_\_\_\_\_

Address \_\_\_\_\_

Number of children \_\_\_\_\_ Ages \_\_\_\_\_

What class(es) do you want to enroll in? (please circle)

|   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

Phone (home) \_\_\_\_\_ (work) \_\_\_\_\_

Coach's name \_\_\_\_\_

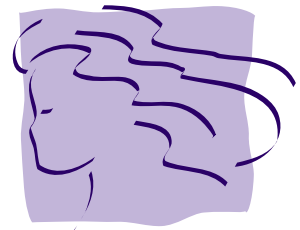
Doctor's name \_\_\_\_\_

Any pregnancy or health complications? (please circle) YES NO

If yes, what? \_\_\_\_\_

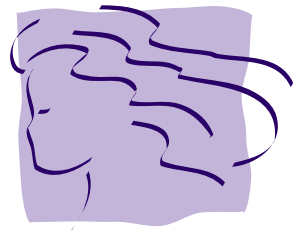
Fees for classes are required one week in advance of the class. Please detach this form and mail it with your enclosed check to:

Jane Phillips Medical Center  
Childbirth Education Department  
3500 SE Frank Phillips Blvd.  
Bartlesville, OK 74006



## PRICE LEGEND

- 1 Tour Through Family Services .....FREE
- 2 The Journey Begins..... \$15
- 3 Baby Shower .....FREE
- 4 The Journey to Motherhood ..... \$75
- 5 The Lamaze Express to Motherhood ..... \$75
- 6 The Breast Way ..... \$15
- 7 Newborn Care ..... \$15
- 8 Unlimited Lamaze ..... \$25
- 9 Detours In Delivery / VBAC..... \$15
- 10 After Baby Comes Series ..... \$10
  - Session 1 (Living With Baby)
  - Session 2 (Lifesaver: Baby)



## RECOMMENDED SCHEDULE

- Pre-conception:
  - Tour Through Family Services
  - Baby Shower
- First Trimester:
  - The Journey Begins
  - Baby Shower
- Second and Third Trimester:
  - The Journey to Motherhood
  - The Breast Way
  - Newborn Care
  - Lamaze Express to Motherhood
  - Unlimited Lamaze
  - Detours In Delivery / VBAC
- Post-delivery: After Baby Comes
  - Session 1 (Living With Baby)
  - Session 2 (Lifesaver: Baby)

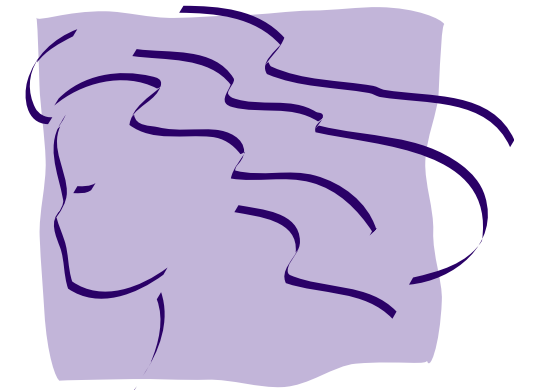
The miracle of birth may take only hours, but the pathway to parenthood begins long before you hear your newborn's first cry. With this in mind, Jane Phillips Medical Center embraces the concept of family-centered maternity care. Our goal is to help families obtain the information they need to prepare for a healthy childbirth and happy, confident early parenting experiences.

We can give detailed guidance all along the Pathway to Parenthood. The wide variety of classes offered by the Childbirth Education department allows you to design a personally appropriate itinerary. You may choose one class or many. By learning to understand the natural processes of pregnancy, childbirth, and baby care, you will open the door to effective communication with your family, your physician, and the staff at JPMC. By attending our Journey to Motherhood or Lamaze Express series of prepared childbirth classes, both you and your "support person" can share a memorable bonding and birth experience.

Some of our Pathway to Parenthood events are held every six weeks. Others are offered less frequently. Still other classes meet regularly for weeks. Others welcome not only both parents but encourage the attendance of siblings, grandparents, and supportive friends as well. Some classes require a fee. Others are free. **To ensure enrollment and completion of classes before your due date, enroll as soon as you know you are pregnant.**

Please call the Childbirth Education office at (918) 331-1425 for enrollment information. Charges are usually per couple, not per person. If you need a support person or special financial arrangements, please discuss this when you call to enroll.

Welcome aboard! The birth of a child is a joyous occasion. You are on the right road, and our goal is to offer you the ABCs of how to arrive at your destination in a safe and healthy manner.



## Women's Health

# Pathway To Parenthood

**JANE PHILLIPS MEDICAL CENTER**  
 "...responsive to the needs of those we serve"

3500 E. Frank Phillips Blvd. Bartlesville OK 74006  
 918/333-7200 800/824-8854

5/00

An affiliate of the St. John Health System