



JULY - DECEMBER 2010

Childbirth and Family Enrichment Classes Tacoma General

BetterConnected
MultiCare

Free Classes

BIRTH OPTIONS			
Mon	Babies R Us		Aug 23
Mon	Babies R Us		Sep 13
Mon	Babies R Us		Oct 18
Mon	Babies R Us		Nov 15
INTRO TO HYPNOBIRTHING			
Tue	Babies R Us		Aug 24
Tue	Babies R Us		Oct 12
INTRO TO SIGNING W/YOUR BABY			
Tue	Babies R Us		Sep 28
MOMMY AND ME TEA			
Thu	Bates So Campus		Sep 9
Thu	Bates So Campus		Oct 7
Thu	Bates So Campus		Nov 4
Thu	Bates So Campus		Dec 2
MOM AND BABY BREASTFEEDING SUPPORT GROUP			
2nd & 3rd Tue of each month (Tacoma General)			

5-WEEKNIGHTS			
7848	Mon	(Tacoma General)	Jul 12-Aug 16
7849	Thu	(Tacoma General)	Jul 22-Aug 26
7837	Tue	(Tacoma General)	Aug 10-Sep 14
7838	Wed	(Tacoma General)	Aug 25-Sep 29
7846	Thu	(Tacoma General)	Sep 2-Oct 7
7847	Tue	(Tacoma General)	Oct 12-Nov 16
7841	Mon	(Tacoma General)	Nov 15-Dec 20
7842	Tue	(Tacoma General)	Dec 7-Jan 11

7815	Mon	(Bates South Campus)	Sep 20-Oct 25
7816	Thu	(Bates South Campus)	Oct 7-Nov 18
7817	Wed	(Bates South Campus)	Nov 3-Dec 15

2-DAY IMMERSION			
7818	Sun	(Tacoma General)	Jul 11 & 18
7830	Sun	(Tacoma General)	Aug 8 & 15
7832	Sun	(Tacoma General)	Sept 19 & 26
7832	Sun	(Tacoma General)	Oct 17 & 24
7833	Sun	(Tacoma General)	Nov 14 & 21
7819	Sun	(Tacoma General)	Dec 12 & 19

1-DAY BASICS			
7827	Sat	(Tacoma General)	Jul 24
7828	Sat	(Tacoma General)	Aug 14
7829	Sat	(Tacoma General)	Aug 28
7834	Sat	(Tacoma General)	Sep 18
7835	Sat	(Tacoma General)	Oct 23
7836	Sat	(Tacoma General)	Nov 20
7826	Sat	(Tacoma General)	Dec 18

7812	Sat	(Bates South Campus)	Sep 11
7818	Sat	(Bates South Campus)	Oct 16
7814	Sat	(Bates South Campus)	Nov 6

7842	Sat	(Gig Harbor MultiCare)	Oct 30
7843	Sat	(Gig Harbor MultiCare)	Dec 4

HYPNOBIRTHING			
7810	Sat	Bates South Campus	Sep 18-Oct 9
7811	Sat	Bates South Campus	Oct 30-Nov 20

SPANISH CHILDBIRTH			
7844	Fri	Tanbara Eastside Clinic	Sep 17 & 24
7845	Fri	Tanbara Eastside Clinic	Nov 5 & 12

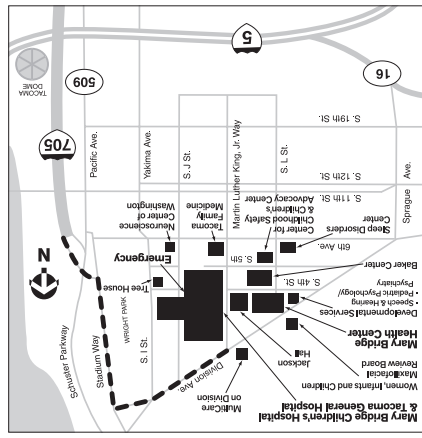
NEWBORN BASICS			
7839	Thu	(Tacoma General)	Jul 15
7800	Mon	(Tacoma General)	Aug 23
7801	Mon	(Tacoma General)	Sep 13
7802	Wed	(Tacoma General)	Oct 20
7806	Tue	(Tacoma General)	Dec 7

SIBLING			
7803	Sat	(Tacoma General)	Oct 2 - am
7804	Sat	(Tacoma General)	Oct 2 -pm

SIGNING W/YOUR BABY - SERIES			
7805	Tue	Bates South Campus	Oct 5-Oct 26

CONSCIOUS FATHERING			
7869	Thu	Bates South Campus	Sep 9
7870	Thu	Bates South Campus	Nov 4

LOVE AND LOGIC			
7867	Thu	Bates South Campus	Sep 23-Nov 28



Driving Directions

Tanbara Eastside Clinic
1708 E 44th St, Tacoma
From I-5, take the Portland Exit and go east. Left on East 44th. Health Clinic is on the right. Find the Community Room.

Multicare Gig Harbor Medical Park
4545 Pt. Fosdick Dr. NW, Gig Harbor
From Hwy. 16, take the Olympia Dr NW exit in Gig Harbor. Turn west onto Olympic Drive. Turn left at Pt. Fosdick Dr NW. The building is past Borders on your left. Find the Community Room.

Bates South Campus
2201 S. 78th, Tacoma
From I-5 going North: take 84th St. exit. At exit light turn left. Go to 84th and turn left. Cross freeway, turn right onto Tacoma Mall Blvd. Turn left on 78th. At exit light turn left. Turn right on 78th. Class meets on the first floor of Building E, room 117, in the center of campus.

Babies R Us
2502 So 48th St., Tacoma
Across from the Tacoma Mall and next to Best Buy.
From I-5, take the City Center exit onto I-705. Follow directions to Schuster Parkway, exiting on Stadium Way. Turn right onto Stadium Way. Follow approximately 1/2 mile, turning left onto Division Avenue. Continue on Division for five blocks. Turn left on Martin Luther King, Jr. Way. Find the Family Education Center Classroom, 3rd floor, Rainier Pavilion. For assistance, ask at the information desk.

Tacoma General Hospital
315 Martin Luther King, Jr. Way, Tacoma
From I-5, take the City Center exit onto I-705. Follow directions to Schuster Parkway, exiting on Stadium Way. Turn right onto Stadium Way. Follow approximately 1/2 mile, turning left onto Division Avenue. Continue on Division for five blocks. Turn left on Martin Luther King, Jr. Way. Find the Family Education Center Classroom, 3rd floor, Rainier Pavilion. For assistance, ask at the information desk.

The following classes are free at Babies"R"Us, but you must call the Babies"R"Us Baby Registry Desk in Tacoma to sign up at least 5 days prior to class 253-472-4441. Classroom space and free giveaway provided by Babies"R"Us.

Birth Options Gather information on the type of birth you can experience locally: OB, midwife, hospital, birth center, home, water birth, natural, medicated, or with a doula. See a video, explore birth plans, and ask questions. 7-8 pm.

Introduction to Hypnobirthing Experience a peaceful evening of directed relaxation with your partner to understand this unique type of childbirth preparation. 6:30-8 pm.

Signing With Your Baby A fun night of learning to speak with your hands to enhance family bonding, reduce communication frustrations, and improve language development with infants and toddlers. 6:30-8 pm.

Free Classes at Babies"R"Us

Love and Logic Based on the parenting philosophy that allows children to live with the consequences of their choices, while giving guidance and support with love. 6-week class, 6-8 pm. \$65/person. \$10 text.

Signing With Your Baby For parents, grandparents, and caregivers. Five-Tuesday nights full of signs, songs, and fun practicing basic sign language for early communication with baby. The first class is a free introductory session at Babies R Us (see below). The 4-week class series follows at Bates South Campus. 6:30-7:30 pm. \$57/family (2 adults, baby is free).

Mommy and Me Tea A free gathering for moms and babies 0-12 months with a parent/child specialist. Tour the Parent Resource Center. 1-2 pm. (except August) first Thursday, at Bates South Campus. No registration needed.

Parent Infant Group Interactive fun with baby that includes music, movement, and research-based discussions. 8 weeks, call for fee.

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Specialty Classes
at Bates Technical College
Call: 253-680-7500

TOURS OF THE FAMILY BIRTH CENTER - CALL 1-800-342-9919

Fri	English	Tacoma General	Jul 9	6pm
Fri	Spanish	Tacoma General	Jul 9	7:15pm
Sat	English	Tacoma General	Jul 17	9:30am
Sat	English	Tacoma General	Jul 17	10:45am
Fri	English	Tacoma General	Jul 23	6pm
Fri	English	Tacoma General	Jul 23	7:15pm
Fri	English	Tacoma General	Aug 6	6pm
Fri	Spanish	Tacoma General	Aug 6	7:15pm
Sat	English	Tacoma General	Aug 14	9:30am
Sat	English	Tacoma General	Aug 14	10:45am
Fri	English	Tacoma General	Aug 20	6pm
Fri	English	Tacoma General	Aug 20	7:15pm
Fri	English	Tacoma General	Sep 10	6pm
Fri	Spanish	Tacoma General	Sep 10	7:15pm
Sat	English	Tacoma General	Sep 18	9:30am
Sat	English	Tacoma General	Sep 18	10:45am
Fri	English	Tacoma General	Sep 24	6pm
Fri	English	Tacoma General	Sep 24	7:15pm
Fri	English	Tacoma General	Oct 8	6pm
Fri	Spanish	Tacoma General	Oct 8	7:15pm
Sat	English	Tacoma General	Oct 16	9:30am
Sat	English	Tacoma General	Oct 16	10:45am
Fri	English	Tacoma General	Oct 29	6pm
Fri	English	Tacoma General	Oct 29	7:15pm
Fri	English	Tacoma General	Nov 5	6pm
Fri	Spanish	Tacoma General	Nov 5	7:15pm
Sat	English	Tacoma General	Nov 13	9:30am
Sat	English	Tacoma General	Nov 13	10:45am
Fri	English	Tacoma General	Nov 19	6pm
Fri	English	Tacoma General	Nov 19	7:15pm
Fri	Spanish	Tacoma General	Dec 3	6pm
Fri	Spanish	Tacoma General	Dec 3	7:15pm
Sat	English	Tacoma General	Dec 11	9:30am
Sat	English	Tacoma General	Dec 11	10:45am
Fri	English	Tacoma General	Dec 17	6pm
Fri	English	Tacoma General	Dec 17	7:15pm

Why Take Classes?



Over the years we've learned that the more education moms and dads have about birth, the more satisfying their experience. Whether or not you are planning medications for your birth, childbirth classes should be a part of your formal preparation. Knowledge reduces fear and anxiety, and can help you have an easier, shorter birth with fewer complications. Coping techniques give valuable comfort before medication is available.

Tacoma General and Bates Technical College have partnered to create a large selection of quality classes. Classes meet at Tacoma General and some meet at Bates South Campus; fees are paid to Bates. Classes are designed to give you a complete understanding of labor and birth, variations of birth, available medical support including medications, and comfort measures useful during labor. Dads can experience the challenges and discomforts of pregnancy by wearing the empathy belly. Conscious Fathering and Mommy and Me attendees may receive a \$35 scholarship from Kiwanis Clubs toward an infant class! The 1-day childbirth basics class and Bates South Campus classes do not include a tour of the Family Birth Center. Come with your partner for a quality date!

Call Bates at 253-680-7500 to register for classes today!



Childbirth Classes at Tacoma General/Bates South Campus

Note: All childbirth classes include text and breastfeeding integrated into classes. All TG classes also include a Birth Center Tour, with the exception of the 1-day basics class. Bates South Campus classes do not include a tour. Call 1-800-342-9919 to schedule a free Friday night tour.

6-Weeknight Our most comprehensive series; includes information on all aspects of birth including pain coping techniques. 6:30-9:15 pm, \$105/couple or provider one service card, text included.

2-Day Immersion Class An intensive series covering the same topics as the 5-Weeknight class. Choices include 2 Sundays, 9-5:30 pm, \$105/couple or provider one service card, text included.

1-Day Basics Class A 1-Saturday intensive that includes only the basics, with minimal discussion and practice time with your partner. 8:30-5 pm, at TG and 8-4:30 at Bates South Campus. \$85/couple or provider one service card, text included.

Just For You A 4.5 hour personalized, private class for moms and partners unable to attend our scheduled group classes. \$250/couple (no provider one service card), text included.

For our Peninsula families, 1-Day Childbirth Basics classes are now conveniently available at the Gig Harbor MultiCare Medical Park.

Other Classes at Tacoma General

Breastfeeding Success This class will now be integrated into childbirth classes to provide knowledge, practical skills, and handouts on this learned skill to ensure a successful experience.

Newborn Basics Important information for new parents on newborn care and safety. Free materials to take home plus time for questions and answers. Invest this time to make postpartum safer and easier. 6:30-9:30 pm, \$42/couple.

Sibling Accompany your child while he/she has fun learning about their new role: safety around a baby, interactive activities, a birth center tour, and realistic expectations for birth and life at home. Choose the section by the child's age. \$33/family.

Sibling 1: 3-6 year olds 10-11 am
 Sibling 2: 6-10 year olds 11:30-1 pm

Tour of the Family Birth Center Three different free tour dates are scheduled each month. Choose from Friday night (6-7 pm or 7:15-8:15 pm) or Saturday morning (9:30-10:30 am or 10:45-11:45 am). View the private birthing suites and get your personal questions answered about birthing at Tacoma General, "The Baby Friendly Hospital." Spanish tours are also available. You must pre-register at least 2 weeks before the tour by calling 1-800-342-9919.

Other Services at Tacoma General

Car Seat Workshop A child safety seat inspection by a certified car seat technician. Check for seat appropriateness, recalls, and proper installation. There is no charge for this service. Call 253-403-1417.

The Mom and Baby Boutique A retail store located by the Family Birth Center specializing in products specific for pregnancy, childbirth and early parenting. Nursing bras, preemie and other clothes, breast pumps to buy or rent, unique mom and baby gifts. Stop in for a visit! 253-403-6081.

Mom and Baby Breastfeeding Support Group A free informal group discussion in the morning in our childbirth classroom for moms and babies to address issues such as crying, sleeping, feeding, health and safety adjustments. No reservations needed. Meet the 2nd & 3rd Tuesday of each month from 10:30 - 12 p.m.

Other Classes at Bates South Campus or Eastside

HypnoBirthing® A Saturday childbirth series using self-hypnosis to create a more comfortable labor and birth. Especially good for couples wanting little or no medications. 9-1 pm, \$105/couple or provider one service card. Text included.

Spanish Childbirth 2-Fridays at Eastside Clinic, taught in Spanish. 10 am-2 pm. Call 206-999-6580.

Conscious Fathering One-time 'dads-only' class for expectant, new, and experienced dads. Define and develop your unique fathering style while learning practical baby skills. Bring along your father or father figure for free. 6-9 pm, \$35/dad.

For additional specialty and free classes, see back panel.



Use this form to register by mail or fax, or register online. Choose a childbirth class that ends about three weeks before your due date. Bates must receive completed form and fee at least two weeks before class begins. Classes fill quickly, so if you register late, you may be contacted to choose another class. Mail to: Bates Technical College, Home and Family Life, 2201 South 78th St, Tacoma, WA 98409. 253-680-7500. Fax 253-680-7501. Online: www.bates.ctc.edu/registration (credit card only).

Mom's Name _____
 SS# _____ Mom's Date of Birth _____
 Partner's Name _____
 Address _____
 City/Zip _____
 Work Phone () _____
 Home Phone () _____
 Cell Phone () _____
 Visa/MC # _____ Exp. Date _____
 Date Due _____ Dr./Midwife _____
 Hospital _____

Please identify your race with a check mark:

MOM PARTNER

American Indian or Alaska Native
 White
 Black or African American
 Filipino
 Other Asian
 Native Hawaiian or Other Pacific Islander
 Chinese
 Japanese
 Korean
 Vietnamese
 Other
 Multiracial

Check if you are of Hispanic/Spanish Origin:
 Puerto Rican
 Mexican, Mexican American, Chicano
 Cuban
 Other: Argentinean, Colombian, Dominican, Nicaraguan, Salvadorian, etc

Check the type of payment & include payment with this form.			
	Check		Money Order
	Visa/MC		Provider one service card
	Need a receipt for insurance reimbursement		

Class Listing & Fees: subject to change, see websites for updated fees, www.bates.ctc.edu/homefamily www.multicare.org

6-Weeknight	\$105/couple or Medical Coupon (copy enclosed)
2-Day or HypnoBirthing®	\$105/couple or Medical Coupon (copy enclosed)
1-Day or Spanish	\$85/couple or Medical Coupon (copy enclosed)
Just For You	\$250/couple
Conscious Fathering	\$35/dad
Newborn Basics	\$42/couple
Sibling 1 or 2	\$33/family
Signing Series	\$57/family
Love and Logic	\$65/person

Classes run based on registrations. For 100% refund, student must call to cancel (253-680-7500) at least 1 business day before class starts. There is no refund after class begins. Students will receive a class reminder for most classes about a week before the start of class.

Class Type	Class #	Start Date
Provider one service card number		