

Registration for Due Dates January through June 2010

It is important to register for classes early in your pregnancy as classes fill quickly.

Ideally, register now to attend your childbirth preparation classes during your 6th - 8th month of pregnancy. (If you are expecting multiples, register now to attend during your 4th - 5th month.)

- Step 1:** Choose your Labor & Birth Preparation Class **Step 2:** Choose classes to prepare you for baby care.
Step 3: Choose classes for beyond the birth **Step 4:** Choose from four (4) ways to register (below).

Mother's Name: _____ Due Date: _____

Address: _____

City/Zip: _____ Birth Partner's Name: _____

Phone-Home/Work: _____ Birth Partner's Phone-Home/Work: _____

Mother's Date of Birth: _____ Birth Partner's Date of Birth: _____

Grandparents' Names, Phone, and Address (those attending Expecting a Grandbaby only):

Names: _____ Phone: (_____) _____

Grandparents' Address: _____

Sibling Name(s) and Date(s) of Birth (those attending Sibling Classes only):

Choose one of these four (4) ways to register:

Register Online Go to www.evergreenhealthcare.org and click on 'Find A Class'	Or Register by Fax Fax this completed form to Fax# 425.899.3012	Or Register by phone Call Evergreen Healthline at 425.899.3000	Or Register by Mail Mail this completed form to Evergreen Healthline 12040 NE 128 ST – MS #60 Kirkland WA 98034
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Indicate Method of Payment:

Check enclosed, payable to Evergreen Hospital

VISA or M/C Acct # _____ Exp Date: _____ CSC# _____
(3 digit # on back of credit card)

Name on card: _____ Amount to charge: _____

See class descriptions on the "Childbirth Preparation Classes" pages.

Important: Rescheduling or full refunds will be granted only when the Evergreen Healthline (425.899.3000) is notified two full business days prior to the start date of any class or series. The Evergreen Healthline business hours are Monday – Friday, 7:00 a.m. – 7:00 p.m.

www.evergreenhealthcare.org/maternityguide



Childbirth Preparation Classes

For Due Dates January through June 2010

Labor & Birth Basic

Labor & Birth Basic is the core series for first-time parents. Learn about the labor & birth process, labor coping skills such as patterned breathing and medication choices for labor pain. Includes recovery and postpartum information. FMC Tour provided. **\$120 ea. or couple**

Labor & Birth Basic is offered as 4 weeknights, 2 Saturdays or 1 weekend.

8 hrs Instruction. Sat's & One-Wknd allow 30 min. break Please bring sack lunch from home.

Register to attend your classes during your 6th - 8th month of pregnancy:

Weeknights (4) – 7:00 - 9:00 pm

Monday	11/9-12/7/09	11/16-12/14	1/11-2/1	1/25-2/15	3/22-4/12	4/19-5/10
Tuesday	12/1-12/29/09	1/19-2/9	2/16-3/9	3/16-4/6		
Wednesday	1/6-1/27	2/3-2/24	3/10-3/31	4/7-4/28	4/13-5/4	5/5-5/26
Thursday	11/5-12/10/09	1/7-1/28	1/21-2/11	2/4-2/25	2/18-3/11	3/4-3/25
Thursday	3/18-4/8	4/1-4/22	4/29-5/20	5/13-6/3	5/27-6/17	

Saturdays (2) – 10:00am -2:30pm

12/5-12/12/09	12/12-12/19/09	1/16-1/23	1/30-2/6	2/27-3/6	3/20-3/27	3/27-4/3
4/17-24	5/15-5/22	6/5-6/12				

All-in-One-Weekend, (1) Sat/Sun – 9:30am-2:00pm

2/20-2/21	5/1-5/2
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Note: Labor & Birth Basic does not provide information about procedures such as cesarean birth and induction of labor. See the Interventions Class description below. (*Attending Interventions Class after your Labor & Birth Basic classes is strongly encouraged*).

Interventions Class – 2-hour seminar

Just in case the need arises during the labor and birth process, learn about interventions and procedures such as induction of labor, cesarean birth, and more. **7:00 – 9:00 pm Free.** Registration required.

Attending Interventions Class after you Labor & Birth Basic classes is strongly encouraged.

Wed 1/13	Thu 2/11	Tue 3/9	Wed 4/21	Thu 5/20
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Note: Interventions Class does not provide information about pain medication choices. See the Labor & Birth Basic description above.

Ideal for experienced parents:

Labor Coping Skills Review – 2-hour session

This class provides an intensive review of the labor coping skills learned in childbirth preparation classes. Practice positioning, relaxation and breathing patterns. This class assumes a basic knowledge of birth and is designed to review only coping skills and comfort measures for labor. *Does not include an FMC Tour – See Tour of the Family Maternity Center description below.*

Fri 2/19, Fri 4/9, Fri 6/4. 7-9pm, \$35 ea. or couple.

Tour of the Family Maternity Center (FMC) – 20 minutes

This free public tour is ideal for friends and family members, those who plan to visit the new family after the birth, or anyone who wishes to learn about Evergreen's award-winning Family Maternity Center. *Note: Some classes provide a Tour. See class descriptions.* Registration required. **Free.**

Specialized Labor & Birth Classes:

Hypnobirthing – 5 weeknights

Learn proven techniques for minimal discomfort during labor and birth through guided visualization, patterned breathing and more. This class emphasizes the partner's role. *This class does not provide an FMC Tour. \$25 materials fee due at class.*

Tue 1/19-2/16, Tue 4/6-5/4. 7-9pm, \$135 couple.

Labor & Birth for Teens – 4 weeknights

This series provides all-inclusive instruction for expectant parents to age 19. Learn about labor & birth, pain medication choices, interventions, basic baby care, feeding your baby and postpartum. FMC tour provided.

Mon 1/25-2/15, Mon 3/29-4/19. 7-9pm, \$120 ea. or couple.

Labor & Birth Multiples – 3 weeknights or 1 weekend

This series provides all-inclusive instruction for expectant parents of multiples. Includes pain medication choices, interventions and postpartum, feeding and caring for your twins or more. FMC tour provided.

Register to attend during your 5th-6th month of pregnancy.

Weeknights: Fri 1/15, 1/22, & 1/29 –or- Mon 3/1, Wed 3/3 & Mon.3/8. 7-9pm, \$100

Weekend: Sat 5/1 & Sun 5/2. 1:00-4:00pm, \$100 ea. or couple

Women's Health Classes to prepare you for birth and beyond:

Pelvic Health Class – 2-hour seminar

Learn how to minimize pain during pregnancy and birth, optimize healing afterwards and techniques to avoid future pelvic floor issues. *Taught by a Women's Health Physical Therapist and RN specialist. This class is for women only.*

Tue 1/12, 3/9, 5/11. 7-9pm, \$90 each

Yoga for Pregnancy – 6-week session

Strengthen childbearing muscles, increase flexibility during pregnancy and learn deep relaxation for lifelong health. *Taught by certified yoga instructors.*

Held at Evergreen Hospital and Redmond Location. Days of the week and times vary and there are many choices available. Please call 425.899.3000 or visit our website to see dates and times.

5:15-6:30pm, \$90 each.

Fit4Baby Program – 6-week session

This one-hour class offers a total body interval workout adjusted to the various pregnancy phases of the attendees. Instruction includes cardio, strength training, and flexibility exercises. *Taught by Hilary Storey, Certified Stroller Strides Prenatal and Postnatal Fitness Instructor.*

Tue 11/24 – 12/29/2009, 1/7-2/11/2010, 2/18-3/25, 4/1-5/6, 5/13-6/17. 6-7pm, \$90 each

Baby Care Classes:

Day about Baby – One-Saturday session

Couples learn about diapering, bathing, soothing, infant carriers and more. Breakout topics and hands-on learning add to the enjoyment of this unique class. *This class does not include feeding your baby – See Infant Feeding Class description below.*

Sat 11/21/2009, 12/19/2009; Sat 1/9/2010, 2/13, 3/20, 4/17, 5/15, 6/19. 10am-3pm, \$75 couple

Infant Feeding – 2-hour seminar

Learn about your baby's feeding phases during the first year of life as recommended by the American Academy of Pediatrics (AAP). This class provides information about breastfeeding, special feeding needs, breast pumps, breast milk collection and storage.

Wed 11/11/2009, 12/10/2009; Tue 1/12/2010, Wed 2/10, Thu 3/11, Mon 4/12, Tue 5/11, Wed 6/16. 7-9pm, \$35 ea. or couple

Car Safe Kids Class – 2-hour seminar

Learn about selecting and using a car seat specific to your needs. May be attended during pregnancy or whenever you are choosing a new car seat. Registration required

Mon 12/14/2009, Thu 2/18/2010, Mon 4/19, Mon 6/14. 7-9pm, \$10 ea. or couple

Car Seat Inspections – For dates, call Healthline at 425.899.3000

Have your child's car seat checked by a certified safety technician. For a "full" seat check, have baby and car seat on board. Without baby, a doll is used. Registration required. **Free.**

The Happiest Baby on the Block – 2-hour seminar

Expectant and new parents learn how to soothe even the fussiest baby in minutes. Learn about this proven technique developed by Dr. Harvey Karp. *Taught by Happiest Baby certified instructors. Fee includes certified Happiest Baby CD & DVD.*

Sat 1/23, 3/27, 5/15, 10am-12pm - Tue 2/23, 4/20, 6/22, 7-9pm, \$60 ea. or couple

Classes for the entire family:

Dads Only – 2-hour seminar

Expectant fathers meet to discuss fatherhood, labor and birth, experiences and expectations. *Taught by a certified facilitator (and dad!). Dads-to-be attend only.*

Tue 11/10/09, 1/12/10, 3/9, 5/11, 7-9pm, \$25 each

Siblings: for 2-3 years old and for 4-6 years old - 45 minute session

Children learn about what to expect when the baby arrives. Parents attend with children. Brief FMC tour provided. *Ok to register one child online. If more than one child, register by phone at Healthline 425.899.3000 for a family discount.*

Sat 11/14/2009, 12/5/2009; Sat 1/9/2010, 2/13, 3/13, 4/10, 5/8, 6/12, 10:00-10:45am-2-3 yr. olds; 11:00-11:45am-4-6 yr. olds, \$25.

Expecting a Grandbaby? – 1 ½-hour seminar

Grandparents-to-be learn about new trends in birthing and baby care and ways to support the new family. Tour of the Family Maternity Center provided.

Fri 11/20/2009; Fri 1/29/2010, 3/19, 5/21, 7:00-8:30pm, \$25 ea. or couple.

Conscious Fathering – 3-hour seminar

Expectant and new fathers learn to build a partnership in caring for and nurturing their children from the first day of life. Learn your baby's five basic needs with practical everyday ways to meet those needs through hands-on instruction and practice. *Taught by Chris Yeargin, certified Parent Trust Educator (and dad!)*

Thu 12/10/09, 6:30-9:30pm, Sat 2/20/10, 9am-12pm, Thu 4/8, 6:30-9:30pm, Sat 6/5, 9am-12pm, \$40 each.



The **Baby & Family Boutique** features baby clothing, infant carriers, breastfeeding supplies and bra-fitting. Breast pumps are available for rent or purchase. Open Mon.-Sat. 8:30-4:30pm. Our Certified Bra Fitters are available with no appointment necessary. (*Last bra-fitting of the day, please arrive by 4:00pm.*)

The Boutique is located at Evergreen Hospital in Coral Suite 320.

For more information, call 425.899.3603 or visit www.evergreenhealthcare.org

Bringing Baby Home Workshop & Seminars – How to avoid “marital meltdown” after the baby comes

Developed by Dr. John Gottman based on 26 years of marriage and family research

Bringing Baby Home Workshop – Two Saturdays

Expectant parents learn how to cope with the stressors of becoming a family, co-parenting, and nurturing your relationship. *Fee includes certified take-home materials.*

Sat 11/7-11/14 2009; Sat 1/9-1/16 2010, 3/6-3/13, 5/1-5/8, 9am-4pm, \$125 couple.

Bringing Baby Home Seminars

BBH seminars are designed to complement the BBH Workshop(above). Not all Workshop content is offered as a seminar. Seminar fee includes certified take-home materials. **\$35 couple.**

Seminar Descriptions below.

BBH Seminar: The Transition to Parenthood – 2 ½ hour seminar

This stand-alone seminar presents the challenges typically experienced by a couple when their relationship expands to include parenting. Learn research-based skills to promote a health transition. **Tue 1/18, 4/20. 6:30-9:00pm, \$35 couple.**

BBH Seminar: Making the Magic Last – 2 ½ hour seminar

This stand-alone seminar provides couples with research-based tools to keep their relationship happy and satisfying after having a baby. Learn the reasons couples often have difficulty during this time and how to resolve adjustment issues in a positive way.

Mon 2/15, 5/18. 6:30-9:00pm, \$35 couple.

BBH Seminar: Managing Stress and Conflict Regulation – 2 ½ hour seminar

The focus of this stand-alone seminar is on research-based tools for managing stress and conflict in order to maintain relationship satisfaction. You will learn warning signs for stress, ways that couples have conflict and the steps to regulate it. **Mon 3/15, 6/15. 6:30-9:00pm, \$35 couple.**

Classes for after your baby is born:

Parent-Baby Classes – 2-hour class - Once weekly according to the age of your baby

Meet other new families in this popular weekly support group facilitated by certified parent educators trained in lactation and feeding. Attend with your baby, birth - 1 yr. Topics include sleep, feeding, couple relationships, post-partum adjustment, calming and soothing tips, infant development and more. Guest speakers feature topics ranging from exercise and fitness to infant care. The series for your newborn to 3 mos. of age, “Snugglers” is free, Evergreen’s gift to you and your new family. Come to class as soon as you can!

Register after your baby is born, by calling 425.899.3000. (No online registration.) **0-3 mos., Free Series for 3-6 mos. /6-9 mos. /9-12 mos., \$77 each series.**

This Is Not What I Expected – Emotional care, information and resources for new families experiencing postpartum distress such as deep sadness, frequent crying, worrisome thoughts, feeling out of control or hopeless. *For more information, call 425.899.3602.*

Meets the 1st and 3rd Thursday of each month, Free.

Starting Solid Foods – 2-hour class

Recommended for parents of infants 4-12 months old. Learn practical and research-based information on the healthy feeding of solid foods for babies and toddlers.

Tue 2/2, 4/6, 5/4, 6/1, 3/2, 7-9pm, \$25 each or couple. *Babes in arms welcome.*

Breastfeeding Your Older Baby & Child – 2-hour class

Join other moms continuing to breastfeed beyond the first six months for education and support. Facilitated by a certified Lactation Educator.

Fri 2/5, 4/16, 6/11. Registration required. **Free.**

Parenting classes for toddlers through adolescents:

Parenting with Love and Logic Series – 4 weeknights or 1 Saturday

Learn to set limits and design appropriate strategies for resolving problems using the Parenting with Love and Logic principles. For parents of toddlers thru adolescents. Taught by Amy Wilson. Manual costs \$12 at class.

Tue 1/19-2/9, 7-9pm; Sat 4/24, 9am-5pm, \$50 per person.

Parenting with Love and Logic Seminar – 2-hour seminar

This seminar, PL&L Tips and Tools, is an ideal sampler for those new to the Love and Logic principles or as a refresher for experienced PL&L series attendees. Parenting with Love and Logic is especially designed for parents of toddlers thru adolescents. Taught by Amy Wilson. Manual costs \$12 at class.

Tue 3/23, 7-9pm. \$25 per person.

Register early as classes fill quickly.

Choose from four different ways to register for your classes:

Online	Go to www.evergreenhealthcare.org – Click on ‘Find a Class’
Phone	Call the Evergreen Healthline at 425.899.3000 – Press “1” prompt
Fax	Fax your choices and payment information to 425.899.1405
Mail	Mail your choices with payment (<i>No cash please</i>) to: Evergreen Healthline - Mailstop 60 – 12040 NE 128 th St. - Kirkland WA 98034

Important:

Rescheduling or full refunds will be granted only when the Healthline (425.899.3000) is notified two full business days prior to the start date of any class or series.

The Evergreen Healthline business days are Monday – Friday from 7 a.m.-7 p.m.

Labor & Birth class registrants, please note:

Substitutions for missed Labor & Birth preparation classes cannot be made. To make up missed classes, the option of a private class with a childbirth educator is available for a separate fee. For a private class to make up for a missed class (*Labor & Birth classes only*), contact Childbirth & Early Parenting Education at 425.899.2653.

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