

Childbirth Classes and Other Educational Resources

Education on Childbirth

For childbirth information and other classes please call the women's resource library at Baptist Hospital: 904.202.1075.

Women's Resource Library

Women's health education materials are available at the Baptist library on current topics as well as historical issues of concern to women.

For more information, call the Women's Resource Library at 904.202.1075.

General Orientation for New Moms and Dads

A specially designed orientation program is available at the Women's Pavilion for maternity guests. Information about the program is included in the Women's Pavilion packet or by calling the women's resource library. Baptist nurses help prepare you in many ways for your special delivery. Baptist offers expectant moms and dads this single-evening class (adults only) to learn more about what to expect about your upcoming birthing event. The program includes a tour of the maternity suites, pre-admission to the hospital (please bring your insurance card), information on how to register for other birthing and parenting classes, and discussions with Baptist nursing staff about what to expect and how they can best help you.

Education

Baptist hospital offers many courses at various places and times during the year, and for various fees. Please call the Women's Resource Library (904. 202.1075) for specific information and reservations. Programs are offered in Jacksonville, at the Beaches and in Fernandina Beach.

They include: Preparing for Childbirth • Childbirth Refresher • In-Home/Hospital Childbirth Class • Breast-feeding Your Baby • Parenting Series • Sisters and Brothers-To-Be • Grandparents Are Special • Family & Friends CPR • Baby Signing • Mommie and Me Fitness.

Childbirth Classes

You are encouraged to take childbirth classes with your support person starting in the seventh month of pregnancy. You will need to make arrangements for the class in your fourth month of pregnancy to assure a space in class.

- Classes can be arranged through:

- Baptist Medical Center (202-2229)
- Healthy Mother, Healthy Babies Coalition of North Florida (279-0875).
- There are 2 Maternity Suite Tours offered monthly of labor and delivery, the newborn nursery, and the post-partum floor.
- Call 202-1075 or go online at <http://baptist-health.eventbrite.com/> to schedule your tour or visit <http://www.baptistjax.com/services/maternal-and-newborn-care/pregnancy-and-childbirth>