Parenting WITH PROVIDENCE

Providence Maternity Center classes

CHILDREN’S HOSPITAL AT PROVIDENCE
Support for New Moms

**Monday Mamas Support Group:**
Every Monday (except holidays) 11 a.m.–noon
Providence Maternity Education Center

For more information, call 907-212-5886.

You’re invited to join our mom-to-mom support group. We discuss topics of interest to new and experienced mothers alike. Moms get to share secrets, struggles and survival tips. Babies are welcome.

You may drop in or pre-register at alaska.providence.org/maternity.
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Childbirth Education

Our childbirth classes are taught by knowledgeable nurses and educators who are specially trained in the field of obstetrics. They will guide you through the various physical and emotional experiences that await you and the choices you can make to set your baby’s birth apart from any other.

Maternity Center Tours
We strongly encourage all expectant families to attend one of our conveniently scheduled Maternity Center tours. Please meet in the Maternity Center at the greeter’s desk by the “C” Tower elevators for the start of the tour.

Registration is not required.
Fee: No charge

Schedule (except for major holidays)
Mondays .................. 6:30 – 7 p.m.
Thursdays ................. 1:30 – 2 p.m.
Saturdays ................. 1:30 – 2 p.m.
Childbirth Four-Night Series

The four-night series meets twice a week for two weeks. The topics include the stages of labor, breathing and relaxation techniques, anesthesia used in labor, variations in normal labor and birth, pushing techniques, what to expect after delivery, basic breastfeeding preparation, and some basic baby care. We recommend that you plan to complete this series before your 36th week of pregnancy.

Pre-registration is required.

FEE: $125 per couple (fee includes textbook)

TIME: 6 – 9 p.m.

LOCATION: Maternity Center Education Room, Entrance #5 on campus

16CFN1 . . . . Monday/Wednesday . . . Jan. 4, 6, 11 and 13
16CFN2 . . . . Wednesday/Thursday . . Jan. 20, 21, 27 and 28
16CFN3 . . . . Monday/Thursday . . . . Feb. 1, 4, 8 and 11
16CFN4 . . . . Tuesday/Thursday . . . . Feb. 16, 18, 23 and 25
16CFN5 . . . . Monday/Thursday . . . . Feb. 29, March 3, 7 and 10
16CFN6 . . . . Monday/Wednesday . . March 21, 23, 28 and 30
16CFN7 . . . . Tuesday/Thursday . . . . April 5, 7, 12 and 14
16CFN8 . . . . Tuesday/Thursday . . . . April 19, 21, 26 and 28
16CFN9 . . . . Monday/Thursday . . . . May 2, 5, 9 and 12
16CFN10 . . . . Monday/Wednesday . . May 16, 18, 23 and 25
16CFN11 . . . . Tuesday/Thursday . . . . June 7, 9, 14 and 16
16CFN12 . . . . Tuesday/Thursday . . . . June 21, 23, 28 and 30
16CFN13 . . . . Wednesday/Thursday . . July 6, 7, 13 and 14
16CFN14 . . . . Monday/Wednesday . . July 18, 20, 25 and 27
16CFN15 . . . . Wednesday/Thursday . . Aug. 3, 4, 10 and 11
16CFN16 . . . . Tuesday/Thursday . . . . Aug. 16, 18, 23 and 25
16CFN17 . . . . Tuesday/Wednesday . . Sept. 6, 7, 13 and 14
16CFN18 . . . . Monday/Wednesday . . Sept. 19, 21, 26 and 28
16CFN19 . . . . Tuesday/Thursday . . . . Oct. 4, 6, 11 and 13
16CFN21 . . . . Monday/Wednesday . . Nov. 7, 9, 14 and 16
16CFN22 . . . . Monday/Wednesday . . Nov. 21, 23, 28 and 30
16CFN23 . . . . Monday/Wednesday . . Dec. 5, 7, 12 and 14
Childbirth Five-Week Series
This class meets once a week for five weeks. The topics include the stages of labor, breathing and relaxation techniques, anesthesia used in labor, variations in normal labor and birth, pushing techniques, what to expect after delivery, basic breastfeeding preparation, and some basic baby care. We recommend that you plan to complete this series before your 36th week of pregnancy.

Pre-registration is required.

**FEE:** $125 per couple (fee includes textbook)

**TIME:** 6:30 – 9 p.m.

**LOCATION:** Maternity Center Education Room, Entrance #5 on campus

16C5W1 . . . . . . . Tuesdays . . . . . . . . . . . . . . Jan. 5, 12, 19, 26 and Feb. 2
16C5W2 . . . . . . . Wednesdays . . . . . . . . . . . . . Febr. 3, 10, 17, 24 and March 2
16C5W3 . . . . . . . Tuesdays . . . . . . . . . . . . . . . . March 1, 8, 15, 22 and 29
16C5W4 . . . . . . . Wednesdays . . . . . . . . . . . . . April 6, 13, 20, 27 and May 4
16C5W5 . . . . . . . Tuesdays . . . . . . . . . . . . . . . . . . . May 3, 10, 17, 24 and 31
16C5W6 . . . . . . . Wednesdays . . . . . . . . . . . . . June 1, 8, 15, 22 and 29
16C5W7 . . . . . . . Tuesdays . . . . . . . . . . . . . . . . July 5, 12, 19, 26 and Aug. 2
16C5W8 . . . . . . . Mondays . . . . . . . . . . . . . . . . Aug. 1, 8, 15, 22 and 29
16C5W9 . . . . . . . Thursdays . . . . . . . . . . . . . . . Sept. 1, 8, 15, 22 and 29
16C5W10 . . . . . . . Wednesdays . . . . . . . . . . . . Oct. 5, 12, 19, 26 and Nov. 2
16C5W11 . . . . . . . Tuesdays . . . . . . . . . . . . . . . Nov. 1, 8, 15, 22 and 29
Childbirth Overview Class
This one-day class is for expectant parents who are unable to attend a full five-week or four-night course. The topics are similar to those of the full series, but they are presented in a very condensed format. We recommend that you plan to complete this course before your 36th week of pregnancy.

Pre-registration is required.
**FEE:** $125 per couple (fee includes textbook)
**TIME:** Sunday, 10 a.m. – 4 p.m.
**LOCATION:** Maternity Center Education Room, Entrance #5 on campus

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Baby Basics
This class is designed for everyone expecting a new baby in their life. Participants will learn the basics of baby care, including bathing, diapering, feeding, dressing, playing, the ins and outs of baby equipment, and much more.

Pre-registration is required.
**FEE:** $65 per person/couple
**TIME:** Saturday, Noon - 3 p.m.
**LOCATION:** Maternity Center Education Room, Entrance #5 on campus

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The Happiest Baby

In this class you will learn step-by-step how to help babies sleep longer and how to soothe even the fussiest infant in minutes ... or less! These techniques are proven to lower mom’s risk of postpartum depression, increase breastfeeding success, and nurture the parent/infant bond. We recommend that you take the class during your last month of pregnancy, but attendees may bring babies up to 6 weeks of age.

Pre-registration is required.

**FEE:** $45 per person/couple (includes Parent Kit)

**TIME:** Sunday, 1 - 3 p.m.

**LOCATION:** Maternity Center Education Room, Entrance #5 on campus

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Breastfeeding 101
Breastfeeding 101 provides a general overview of what expectant parents need to know about breastfeeding. Topics include the benefits and mechanics of breastfeeding; how to tell if your baby is getting enough milk; how to avoid sore nipples; and much, much more.

Pre-registration is required.
FEE: $60 per person/couple (fee includes textbook)
TIME: 6 - 8:30 p.m.
LOCATION: Maternity Center Education Room, Entrance #5 on campus

16BF1 ........ Thursday ........ Jan. 7
16BF2 ........ Monday ........ Jan. 25
16BF3 ........ Tuesday ........ Feb. 9
16BF4 ........ Monday ........ Feb. 22
16BF5 ........ Wednesday ....... March 9
16BF6 ........ Thursday ........ March 24
16BF7 ........ Monday ........ April 4
16BF8 ........ Monday ........ April 25
16BF9 ........ Wednesday ....... May 9
16BF10 ......... Thursday ........ May 26
16BF11 ......... Monday ........ June 6
16BF12 ......... Monday ........ June 27
16BF13 ......... Monday ........ July 11
16BF14 ......... Thursday ........ July 28
16BF15 ......... Tuesday ........ Aug. 9
16BF16 ......... Tuesday ........ Aug. 30
16BF17 ......... Monday ........ Sept. 12
16BF18 ......... Tuesday ........ Sept. 27
16BF19 ......... Monday ........ Oct. 3
16BF20 ......... Monday ........ Oct. 24
16BF21 ......... Thursday .......... Nov. 3
16BF22 ......... Thursday .......... Nov. 17
16BF23 ......... Thursday .......... Dec. 1
16BF24 ......... Thursday .......... Dec. 15
Sibling Class
The Sibling Class is an interactive class for children ages 3-8 who are expecting a new brother or sister. The class consists of paper-and-crayon activities, making a “birth” day card for the baby, talking about babies and what they can do, discussing how siblings can help, light snacks, a short video and visits to the Providence Maternity Center and Labor and Delivery. At the end of class, children receive certificates, declaring them prepared to be great siblings.

Each child should bring a doll/stuffed animal and a picture of themselves for the birthday card project. A parent/guardian is required to stay with the child.

Pre-registration is required.

**FEE:** $35 per child, $15 for each additional child

**TIME:** Saturday, 10 a.m. – noon

**LOCATION:** Maternity Center Education Room, Entrance #5 on campus

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Expecting Multiples
If you are expecting two or more babies, this class is for you! The class meets twice for two hours. Expecting Multiples will teach you the ins and outs of delivering more than one baby. The class will also cover local resources for parents of multiples, how to prepare your home, and how to survive with style during the first few months at home with multiple babies.

Pre-registration is required.
**FEE:** $80 per couple  
**TIME:** 6 – 8 p.m.  
**LOCATION:** Maternity Center Education Room, Entrance #5 on campus

16EM1 ......... Fridays .............. Feb. 5 and 12  
16EM2 ......... Mondays................April 11 and 18  
16EM3 ......... Mondays................June 13 and 20  
16EM4 ......... Fridays .................. Aug. 19 and 26  
16EM5 ......... Mondays................ Oct. 10 and 17  
16EM6 ......... Tuesdays............... Dec. 6 and 13

The C-Section Class
This private C-section class is designed for parents expecting a cesarean delivery of their baby. The class will review indications for a C-section; what to expect before, during, and after the surgery; and tips on how partners can be supportive and involved. We recommend you schedule your class a couple weeks before your scheduled C-section or three weeks before your due date.

Pre-registration is required. Call 907-212-8474 to schedule your private class.  
**FEE:** $75 per couple (fee includes textbook)  
**TIME:** 1 ½ hours, based on your schedule  
**LOCATION:** Maternity Center Education Room, Entrance #5 on campus
Natural Family Planning
Whether you are attempting to achieve pregnancy or avoid it, natural family planning is a holistic and healthy way of planning a family. Guided by a trained professional, this private class will give you the skills to monitor your fertility by charting the changes in your body and modifying your behavior accordingly.

Pre-registration is required. Call 907-212-8474 to schedule your private class.
**FEE:** $75 per couple (fee includes textbook)
**TIME:** 1 hour, based on your schedule
**LOCATION:** Maternity Center Education Room, Entrance #5 on campus
Parenting Courses

Babes in the Snow
This class is designed to empower parents of infants and tots with the tools and confidence they need to embrace winter with their little ones.

Pre-registration is required.
**FEE:** $30 per person/couple (fee includes textbook)
**TIME:** 2 – 4 p.m.
**LOCATION:** Maternity Center Education Room, Entrance #5 on campus

16BIS. . . . . . . Saturday. . . . . . . Oct. 1

Babes in the Woods: Hiking/Backpacking
Learn how to stay safe, sane, dry and relatively bug free on the trails of Alaska’s backcountry. Learn where to go, what to bring and how long to stay.

Pre-registration is required.
**FEE:** $30 per person/couple (fee includes textbook)
**TIME:** 2 – 4 p.m.
**LOCATION:** Maternity Center Education Room, Entrance #5 on campus

16BIW. . . . . . . Saturday. . . . . . . May 7
Boot Camp for New Dads

Boot Camp for New Dads is just for fathers. Taught by fathers for fathers, Boot Camp enables new dads to step up to the tremendous challenges of being a dad and to feel confident bringing the new baby home. Boot Camp prepares men to be dads in all respects, beginning with holding and comforting a real baby. It also addresses a broad range of issues, including bonding, work hours, forming a parenting team, safety, preventing child abuse, and dealing with relatives.

Pre-registration is required.

**FEE:** $50 per person (fee includes textbook)

**TIME:** Saturday, 9 a.m. – Noon

**LOCATION:** Maternity Center Education Room, Entrance #5 on campus

16BC1 ......... Jan. 30
16BC2 ......... Feb. 27
16BC3 ......... March 19
16BC4 ......... April 23
16BC5 ......... May 21
16BC6 ......... June 25
16BC7 ......... July 30
16BC8 ......... Aug. 27
16BC9 ......... Sept. 17
16BC10 ....... Oct. 29
16BC11 ....... Nov. 19
16BC12 ....... Dec. 10
Grandparenting
Are you a grandparent or grandparent-to-be? The work of parenting changes through generations. This class goes over the ins and outs of parenting now, current American Academy of Pediatrics recommendations, updated breastfeeding information, and how to be a hands-on grandparent.

Pre-registration is required.

**FEE:** $30 per person/couple  
**TIME:** 6 – 7:30 p.m.  
**LOCATION:** Maternity Center Education Room, Entrance #5 on campus

16GP1 ........  Tuesday ............  Feb. 9  
16GP2 ........  Wednesday ..........  May 11  
16GP3 ........  Wednesday ..........  Aug. 24  
16GP4 ........  Thursday ..........  Nov. 10

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Infant and Child CPR
Every parent and caregiver should complete a CPR course every year. This American Heart Association “Friends and Family” course will give you the skills necessary to perform CPR, rescue breathing and choking protocols on an adult, infant or child. This course does not meet the requirements for certification, and no card is issued.

Pre-registration is required.

**FEE:** $40 per person (fee includes text)  
**TIME:** Saturday, 2 – 4:30 p.m.  
**LOCATION:** Maternity Center Education Room, Entrance #5 on campus

16CPR1 ........  Jan. 30  
16CPR2 ........  Feb. 20  
16CPR3 ........  March 5  
16CPR4 ........  April 2  
16CPR5 ........  May 21  
16CPR6 ........  June 25  
16CPR7 ........  July 30  
16CPR8 ........  Aug. 20  
16CPR9 ........  Sept. 17  
16CPR10 ........  Oct. 8  
16CPR11 ........  Nov. 19  
16CPR12 ........  Dec. 10
Baby Foods: Starting Solids
Making your own baby food is a fun, economical and nutritious thing to do for your baby. We will discuss when to introduce solid foods, what foods to start with, and the latest on allergies. We’ll also give you some easy recipes to start with.

Pre-registration is required.
**FEE:** $30 per person/couple (fee includes text)
**TIME:** 6 - 7:30 p.m.
**LOCATION:** Maternity Center Education Room, Entrance #5 on campus

16FOOD1 . . . . . . Thursday . . . . . . March 31
16FOOD2 . . . . . . Tuesday . . . . . . Sept. 20

Toddler Discipline
How to discipline children appropriately is one of the hottest topics in early childhood education and parenting! Come to this interactive workshop to learn some proven techniques to prevent problems before they start, promote self-discipline in children, and return harmony to your household.

Pre-registration is required.
**FEE:** $30 per person/couple (fee includes text)
**TIME:** 6 - 7:30 p.m.
**LOCATION:** Maternity Center Education Room, Entrance #5 on campus

16DT1 . . . . . . Monday . . . . . . March 14
16DT2 . . . . . . Monday . . . . . . Oct. 3

Toddler Toilet Training
Toddler toilet training should be a stress-free event for parents and toddlers. This workshop will give parents knowledge and the “tips of the trade” necessary to make a smooth transition from diapers to underpants.

Pre-registration is required.
**FEE:** $30 per person/couple (fee includes text)
**TIME:** 6 - 7:30 p.m.
**LOCATION:** Maternity Center Education Room, Entrance #5 on campus

16TTT1 . . . . . . Monday . . . . . . Feb. 22
16TTT2 . . . . . . Monday . . . . . . Sept. 12
Monday Mamas Support Group
All moms are welcome at this mom-to-mom support group. The environment is safe, confidential and nonjudgmental. This is a free group with monthly guest speakers on topics of interest to both new and experienced mothers. Moms get to share secrets, struggles and survival tips. Bring your babies if you like.

Registration is not required.
FEE: No charge
DAYS: Every Monday (except major holidays)
TIME: 11 a.m. – noon
LOCATION: Maternity Center Education Room, Entrance #5 on campus

Saturday Mornings with Dad
In this group, new dads and their babies (up to 15 months old) get to spend time interacting with other dads and their babies. Trained facilitators lead discussions, based in part on what is happening with the dads and the babies, but also on popular topics, such as infant development, sleeping and eating schedules, and the role of being a father. In the supportive, casual and friendly environment of this group, fathers get to share their triumphs and concerns on being new fathers.

Registration is not required.
FEE: No charge
DAYS: Every Saturday (except major holiday weekends)
TIME: 10 a.m. - noon
LOCATION: Maternity Center Education Room, Entrance #5 on campus
**Cuddlers Group**
New parents and infants (birth to crawling age) meet with trained facilitators to discuss topics of interest, such as infant development, feeding and sleeping, partner relationships, and adjusting to new roles as parents. Parents will find support from other new parents as they share their joys and challenges in parenting.

Registration is not required.

**FEE:** No charge

**DAYS:** Every Monday and Thursday (except major holidays)

**TIME:** Noon - 1 p.m.

**LOCATION:** Maternity Center Education Room, Entrance #5 on campus

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**Cruisers Group**
Parents and infants from crawling age to 24 months meet with trained facilitators to discuss topics of interest to parents of older babies. Moms and dads will find support from other new parents as they discuss the joys and challenges of parenting.

Registration is not required.

**FEE:** No charge

**DAYS:** Every Tuesday (except major holidays)

**TIME:** Noon - 1 p.m.

**LOCATION:** Maternity Center Education Room, Entrance #5 on campus
Double Cuddles
Designed just for parents of multiples (birth to crawling age), Double Cuddles meets weekly. Trained facilitators lead discussions on topics of interest to parents raising more than one baby at a time.

Registration is not required.
**FEE:** No charge
**DAYS:** Every Tuesday (except for major holidays)
**TIME:** 1:30 - 2:30 p.m.
**LOCATION:** Maternity Center Education Room, Entrance #5 on campus

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Double Cruisers
Parents and multiples (twins, triplets, quadruplets…) from crawling age to 24 months meet with trained facilitators to discuss topics of interest specific to older kids. Parents will find support from other new parents as they share their joys and challenges in parenting multiples.

Registration is not required.
**FEE:** No charge
**DAYS:** Every Monday (except major holidays)
**TIME:** 10 - 11 a.m.
**LOCATION:** Maternity Center Education Room, Entrance #5 on campus

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Cubs
Are you the parent of two or more kids? Cubs was created for you! Bring your infant, toddler and/or preschooler to this support group where you’ll meet other families to share in the joys and challenges of raising a family.

Registration is not required.
**FEE:** No charge
**DAYS:** Every Thursday (except major holidays)
**TIME:** 10:30 - 11:30 a.m.
**LOCATION:** Maternity Center Education Room, Entrance #5 on campus
Baby Signing Time Play & Sign
Babies as young as 9 months can use sign language to communicate with the adults around them. Baby Signing Time Play & Sign classes include stories, finger plays and singing. Parents and caregivers will learn how to sign with their babies. We rotate through more than 20 weeks of themed lessons, and you can join at any time. Classes do not have to be taken in order.

Registration is not required.

**FEE:** $10/family/week or $75 punch card for eight classes*

  A textbook is available to purchase but is not required.

**DAYS:** Every Wednesday (except major holidays)

**TIME:** 10 - 11 a.m.

**LOCATION:** Maternity Center Education Room, Entrance #5 on campus

*Punch cards are interchangeable. They can be used for both the Infant Massage and the Baby Signing Time Play and Sign classes.

Infant Massage
This introductory class teaches parents and caregivers the gentle art of massaging babies. Infant massage has been shown to help strengthen and regulate the respiratory, circulatory and gastrointestinal functions. It can also relieve the discomforts of colic and gas. Massage helps babies relax, and it provides an opportunity for parents to engage in loving communication with their baby. This is a hands-on class, so bring your baby to class with you. We recommend that you come for several weeks of class. You may join at any time.

Bring 100% natural oil to use on your baby (not mineral oil). The oil and a textbook are available to purchase in the Nursing Boutique.

Registration is not required.

**FEE:** $10/family/week or $75 punch card for eight classes*

**DAYS:** Wednesdays (except major holidays)

**TIME:** 11:30 a.m. – 12:30 p.m.

**LOCATION:** Maternity Center Education Room, Entrance #5 on campus

*Punch cards are interchangeable. They can be used for both the Infant Massage and the Baby Signing Time Play and Sign classes.
Creators
Toddlers love to read books and create! In this class, your 2- to 3-year-old will enjoy hearing a story and will then get to make a simple art project based on that story. We will be painting, gluing, cutting and coloring. Come prepared to get a little messy and have fun!

Registration is not required.

**FEE:** No charge

**DAYS:** Every Tuesday (except major holidays)

**TIME:** 10:30 - 11:15 a.m.

**LOCATION:** Maternity Center Education Room, Entrance #5 on campus

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Babysitting Class for Youths 6th-8th Grade

This all-day class is designed for students in junior high who want to learn the skills necessary to babysit young children. The class teaches some activities to play with children; basic first aid; Friends & Family level CPR; emergency procedures; and how to handle situations, such as discipline issues, getting paid, and “what would you do if…” scenarios.

Pre-registration is required.

**FEE:** $50 per person (fee includes lunch, but students are encouraged to bring their own snacks and something to drink)

**TIME:** Saturday, 10:30 a.m. – 4 p.m.

**LOCATION:** Maternity Center education room, Entrance #5 on campus

16BS1 . . . . . . Jan. 23 16BS4 . . . . . . Sept. 24
16BS2 . . . . . . April 9 16BS5 . . . . . . Nov. 5
16BS3 . . . . . . June 4
Parenting Counts
Parenting is hard work. This class meets every week. It breaks parenting skills down into manageable bites. Participants gain confidence in being parents. They also learn about child development. The class satisfies the requirements of the Alaska Court System for parenting classes. Participants receive certificates for classes attended. Parenting Counts is a series of 12 classes, but the classes do not have to be taken in order. You may join anytime.

Pre-registration is required.

**FEE:** $125/series (The fee includes a textbook. Scholarships are available.)
**DAYS:** Thursdays
**TIME:** 6 – 7:30 p.m.
**LOCATION:** Maternity Center Education room, Entrance #5 on campus
Registration Information

Early registration is encouraged as class size may be limited. You may register using one of the following methods:

1. Register online at alaska.providence.org
2. Call our Parenting with Providence program at 907-212-8474.
3. Stop by and register in-person at the Nursing Boutique at Providence on the first floor by the ‘C’ Tower elevators.

Refunds, Withdrawals or Cancellations
If your course is cancelled, you will be referred to other courses, or your fee will be refunded. If you are unable to attend a course, call 907-212-8474 at least one working day before your scheduled class if you wish to obtain a refund. No refunds will be given for partial attendance at any course or if you fail to call and cancel in advance.

Scholarships
Scholarships are available for classes by a generous grant from the Children’s Miracle Network Hospitals.

Private Classes
Private classes are available for $75 per class hour. Please call 907-212-8474 to make arrangements.
Your little one deserves the best. And so do you. That is why Providence expanded our Maternity Center, designed with mom and baby in mind. The highest-level maternity care available, now with spacious rooms and all the comforts of home.

- Private bathroom with shower
- Comfortable couch that converts to a guest bed
- Cable TV, DVD player and free Wi-Fi
- In-room refrigerator
- Scenic view from most rooms
Helpful Contact Numbers

Baby Connection Line . . . . . . . . . 907-212-3666
- Speak with maternity nurse
- Connect to patient room
- Child birth information
- Parent education tour information
- Breastfeeding support
- Pre-register for maternity services
- Assistance with maternity billing and patient accounts

Family Support Counseling. . . . . . . . . . 907-212-5886

Parenting with Providence . . . . . . . . 907-212-8474

Outpatient Lactation Clinic. . . . . . . . . 907-212-5886

3200 Providence Drive
Anchorage, AK 99508
907-212-8474
alaska.providence.org