The Women’s Boutique and Clinics

From the first exciting moments you discover you’re pregnant, to the birth of your baby, and through the early months of parenthood, we are here to help you. Offering expert resources, support and hard-to-find items, the Women’s Boutique is conveniently located on the first floor of Providence Alaska Medical Center by the Maternity Center greeter desk.

**Products and services include:**
- A large size selection of nursing bras, gowns and tank tops
- Bra fit specialists on staff
- Breast pumps and accessories including Medela and Ameda, and hands free pumping bras
- Breastfeeding supplies including nipple cream, herbs, and breastfeeding pillows
- Maternity and postpartum support belts
- Baby slings, wraps carriers and knowledgeable staff
- Baby items including blankets, swaddlers and booties
- Gift certificates

The Women’s Boutique is happy to ship items to locations outside Anchorage.

**Hours**
Monday-Friday, 9 a.m.-6 p.m.
Saturday, 10 a.m.-4 p.m.
Closed on holidays/holiday weekends

Call 907-212-5886 for more information.
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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 as well as educate you about your options 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 tours of the Maternity Center. Please meet at the Maternity Center Greeter Desk by the Women’s Boutique and “C” Tower elevators for the start of the tour.

Occasionally, the Maternity Center is closed to visitors. If we are unable to visit the rooms, we will offer an alternative orientation in the greeter desk waiting area during the regular scheduled tour times.

No registration 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 covered 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:** $140 per person/couple (fee includes textbook)

**TIME:** 6-9 p.m., two nights a week for two weeks.

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

20CFN1. . . . Monday/Wednesday . . . . . . . . . Jan. 6, 8, 13 and 15
20CFN2. . . . Tuesday/Thursday. . . . . . . . . Jan. 21, 23, 28 and 30
20CFN3. . . . Monday/Wednesday . . . . . . . . Feb. 3, 5, 10 and 12
20CFN4. . . . Tuesday/Thursday. . . . . . . . . Feb. 25, 27, March 3 and 5
20CFN5. . . . Monday/Wednesday . . . . . . . . March 16, 18, 23 and 25
20CFN6. . . . Tuesday/Thursday. . . . . . . . . April 7, 9, 14 and 16
20CFN7. . . . Monday/Wednesday . . . . . . . . April 20, 22, 27 and 29
20CFN8. . . . Monday/Wednesday . . . . . . . . May 4, 6, 11 and 13
20CFN9. . . . Tuesday/Thursday. . . . . . . . . May 19, 21, 26 and 28
20CFN10. . . . Monday/Wednesday . . . . . . . . June 1, 3, 8 and 10
20CFN11. . . . Tuesday/Thursday. . . . . . . . . June 16, 18, 23 and 25
20CFN12. . . . Monday/Wednesday . . . . . . . . July 6, 8, 13 and 15
20CFN13. . . . Tuesday/Thursday. . . . . . . . . July 21, 23, 28 and 30
20CFN14. . . . Monday/Wednesday . . . . . . . . Aug. 3, 5, 10 and 12
20CFN15. . . . Tuesday/Thursday. . . . . . . . . Aug. 18, 20, 25 and 27
20CFN16. . . . Tuesday/Thursday. . . . . . . . . Sept. 1, 3, 8 and 10
20CFN17. . . . Monday/Wednesday . . . . . . . . Sept. 14, 16, 21 and 23
20CFN18. . . . Tuesday/Thursday. . . . . . . . . Sept. 29, Oct. 1, 6 and 8
20CFN19. . . . Monday/Wednesday . . . . . . . . Oct. 12, 14, 19 and 21
20CFN20. . . . Monday/Wednesday . . . . . . . . Oct. 26, 28, Nov. 2 and 4
20CFN21. . . . Tuesday/Thursday. . . . . . . . . Nov. 10, 12, 17 and 19
20CFN22. . . . Tuesday/Thursday. . . . . . . . . Dec. 1, 3, 8 and 10
Childbirth Overview Class
This one day class is for expectant parents who are unable to attend a four-night course. The topics covered are similar to those of the full series, but presented in a very condensed format. Those seeking a major emphasis on pain coping techniques and comfort measures should attend the Four-night series or e-Class. We recommend that you plan to complete this course before your 36th week of pregnancy.

Pre-registration is required.
**FEE:** $140 per person/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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20CO1 ........ Jan. 12  20CO7 ........ July 19
20CO2 ........ Feb. 9   20CO8 ........ Aug. 23
20CO3 ........ March 22 20CO9 ........ Sept. 20
20CO4 ........ April 19 20CO10 ........ Oct. 18
20CO5 ........ May 17   20CO11 ........ Nov. 15
20CO6 ........ June 14   20CO12 ........ Dec. 13
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Understanding Birth e-Class
Our online childbirth class is ideal for parents needing a flexible class schedule due to work schedules, time constraints, or medical conditions such as bed rest. Couples can take the course from different locations as well. It is also a great refresher class for those moms who have given birth before. This course is to be completed at your own pace on your own computer.

The eight-chapter program is an interactive, web-based class that uses videos, personal birth stories, animations, activities, and games to teach all the essential information parents need to know to prepare for their birth.

Pre-registration is required
**FEE:** $140 per person/couple (fee includes access to a live comfort measures class)
**LANGUAGES:** Available in English or Spanish
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 (fee includes textbook)
**TIME:** 6-9 p.m.
**LOCATION:** Maternity Center Education Room, Entrance 5 on campus

20BB1 . . . . . . Tuesday . . . . . . Jan. 14
20BB2 . . . . . . Thursday . . . . . . Feb. 13
20BB3 . . . . . . Thursday . . . . . . March 19
20BB4 . . . . . . Wednesday . . . . . April 15
20BB5 . . . . . . Thursday . . . . . . May 14
20BB6 . . . . . . Wednesday . . . . . June 17
20BB7 . . . . . . Tuesday . . . . . . July 14
20BB8 . . . . . . Thursday . . . . . . Aug. 13
20BB9 . . . . . . Tuesday . . . . . . Sept. 15
20BB10 . . . . . Thursday . . . . . . Oct. 15
20BB11 . . . . . Wednesday . . . . . Nov. 18
20BB12 . . . . . Tuesday . . . . . . Dec. 15
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! We will also practice communication skills designed to strengthen your co-parenting relationship. All of these techniques are proven to lower post-partum depression, increase breastfeeding success, and nurture the parent/infant bond. Recommended to take in the last month of pregnancy, but attendees may bring babies up to 6-weeks-old.

Pre-registration is required.

**FEE:** $55 per person/couple (includes Parent Kit DVD or digital download code and a Pre-Swaddle blanket)

**TIME:** 6:30 p.m.-9 p.m.

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

20HAP1 ....... Monday .......... Jan. 27
20HAP2 ....... Monday .......... Feb. 24
20HAP3 ....... Thursday .......... March 26
20HAP4 ....... Thursday .......... April 30
20HAP5 ....... Monday .......... May 18
20HAP6 ....... Monday .......... June 22
20HAP7 ....... Thursday .......... July 16
20HAP8 ....... Monday .......... Aug. 24
20HAP9 ....... Thursday .......... Sept. 24
20HAP10 ....... Thursday .......... Oct. 29
20HAP11 ....... Monday .......... Nov. 16
20HAP12 ....... Thursday .......... Dec. 17
Breastfeeding 101
Breastfeeding 101 provides a general overview of what expectant parents need to know about breastfeeding. Topics covered include: benefits for mom and baby, how and when to get help if needed, pumping and feeding, and much more. There are many ways to feed your baby; this class explores different options available for your family.

Pre-registration is required.

**FEE:** $65 per person/couple (fee includes textbook)

**TIME:** 6-8:30 p.m.

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

20BF1 ....... Tuesday .... Jan. 7
20BF2 ....... Wednesday .... Jan. 29
20BF3 ....... Thursday .... Feb. 20
20BF4 ....... Tuesday .... March 17
20BF5 ....... Wednesday .... April 8
20BF6 ....... Tuesday .... April 28
20BF7 ....... Wednesday .... May 20
20BF8 ....... Thursday .... June 11
20BF9 ....... Tuesday .... July 7
20BF10 ....... Wednesday .... July 29
20BF11 ....... Wednesday .... Aug. 19
20BF12 ....... Wednesday .... Sept. 9
20BF13 ....... Monday .... Sept. 28
20BF14 ....... Thursday .... Oct. 22
20BF15 ....... Monday .... Nov. 9
20BF16 ....... Monday .... Nov. 30
20BF17 ....... Wednesday .... Dec. 16
**Sibling Class**
The Sibling Class is an interactive class for children ages 3-8 expecting a new sibling. The class consists of paper and crayon activities, making a “birth” day card for the baby, talking about babies and what they can do and how siblings can help, light snacks, and a short video. At the end children receive certificates declaring them prepared to be great siblings.

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

Pre-registration is required.

**FEE:** $35 per child; additional children in same family $15 each  
**TIME:** Saturday, 10-11:30 a.m.  
**LOCATION:** Maternity Center Education Room, Entrance 5 on campus

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**Life with Multiples**
If you are expecting two or more babies, this class is for you! 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 those first few months.

Pre-registration is required.

**FEE:** $90 per person/couple (fee includes textbook)  
**TIME:** 6-8 p.m.  
**LOCATION:** Maternity Center Education Room, Entrance 5 on campus

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The C-Section Class
This private 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 prior to your scheduled C-Section or three weeks prior to your due date.

Pre-registration is required.
**FEE:** $75 per person/couple (fee includes textbook)
**TIME:** Call 907-212-5886 to schedule your 1.5 hour class.
**LOCATION:** Maternity Center Education Room, Entrance 5 on campus

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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, in this private class you will achieve the skills needed to monitor fertility by charting the changes in your body and modifying your behavior accordingly.

Pre-registration is required.
**FEE:** $60 per person/couple
**TIME:** To schedule your one hour class, call 907-212-5886.
**LOCATION:** Maternity Center Education Room, Entrance 5 on campus
Boot Camp for New Dads

Boot Camp for New Dads is a program just for fathers. Taught for fathers, by fathers, Boot Camp enables new dads to step up to the tremendous challenges of being a dad and 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. Boot Camp 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:** $65 per person (fee includes textbook)

**TIME:** Saturday, 9 a.m.-noon

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

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Grandparenting
Let us teach you how to rock as a grandparent! Are you a grandparent-to-be or a new grandparent? As you know, parenting changes through generations. This class provides you with updated information on labor and hospital/birth center procedures, breastfeeding, and help for the newborn and family during the first few weeks of life. Recommended for expectant grandparents and grandparents of babies up to 3 months of age.

Pre-registration is required.

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

20GP1 . . . . . . Wednesday . . . . . . Feb. 26  
20GP2 . . . . . . Wednesday . . . . . . May 27  
20GP3 . . . . . . Wednesday . . . . . . Aug. 26  
20GP4 . . . . . . Wednesday . . . . . . Dec. 9
S.O.S.
This class is designed for couples to take after the birth of their child/children. We will discuss changes in relationship, communication, sex, finding the new normal, and the joys of parenting in a committed relationship. Recommended to take this one-night class anytime between birth and 4 months old. Babies welcome.

Pre-registration is required.
**FEE:** $30 per couple
**TIME:** 6-8 p.m.
**LOCATION:** Maternity Center Education Room, Entrance #5 on campus

20SOS1 ........ Tuesday ........ Feb. 11
20SOS2 ........ Thursday .......... Apr. 23
20SOS3 ........ Monday ........ June 15
20SOS4 ........ Monday .......... Aug. 17
20SOS5 ........ Wednesday ....... Oct. 7
20SOS6 ........ Monday .......... Dec. 7
Infant and Child CPR

Every parent and caregiver should complete a CPR course. This American Heart Association “Friends and Family” course will provide you with the skills necessary to perform Cardio Pulmonary Resuscitation and choking protocols on an infant, child or adult. This course does not meet the requirements for Basic Life Support certification and no card is issued. This is a hands-on class, making it difficult to attend with children.

Pre-registration is required.

**FEE:** $60 per person (fee includes textbook)

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

20CPR1 . . . . Saturday . . . . Jan. 11 . . . . . . . . . . 2-4:30 p.m.
20CPR2 . . . . Wednesday . . Jan. 22 . . . . . . . . . . 6-8:30 p.m.
20CPR3 . . . . Saturday . . . . Feb. 8 . . . . . . . . . . 2-4:30 p.m.
20CPR4 . . . . Tuesday . . . . Feb. 18 . . . . . . . . . . 6-8:30 p.m.
20CPR5 . . . . Wednesday . . March 4 . . . . . . . . . . 6-8:30 p.m.
20CPR6 . . . . Saturday . . . . March 21 . . . . . . . . . . 2-4:30 p.m.
20CPR7 . . . . Wednesday . . April 1 . . . . . . . . . . 6-8:30 p.m.
20CPR8 . . . . Saturday . . . . April 18 . . . . . . . . . . 2-4:30 p.m.
20CPR9 . . . . Saturday . . . . May 16 . . . . . . . . . . 2-4:30 p.m.
20CPR10 . . . . Saturday . . . . June 13 . . . . . . . . . . 2-4:30 p.m.
20CPR11 . . . . Saturday . . . . July 18 . . . . . . . . . . 2-4:30 p.m.
20CPR12 . . . . Saturday . . . . Aug. 22 . . . . . . . . . . 2-4:30 p.m.
20CPR13 . . . . Wednesday . . Sept. 2 . . . . . . . . . . 6-8:30 p.m.
20CPR14 . . . . Saturday . . . . Sept. 19 . . . . . . . . . . 2-4:30 p.m.
20CPR15 . . . . Monday . . . . Oct. 5 . . . . . . . . . . . . 6-8:30 p.m.
20CPR16 . . . . Saturday . . . . Oct. 17 . . . . . . . . . . 2-4:30 p.m.
20CPR17 . . . . Tuesday . . . . Nov. 3 . . . . . . . . . . . . 6-8:30 p.m.
20CPR18 . . . . Saturday . . . . Nov. 14 . . . . . . . . . . 2-4:30 p.m.
20CPR19 . . . . Wednesday . . Dec. 2 . . . . . . . . . . . . 6-8:30 p.m.
20CPR20 . . . . Saturday . . . . Dec. 12 . . . . . . . . . . 2-4:30 p.m.
Baby Foods: Starting Solids
Is your baby ready to eat solid foods? This class is for you! 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, the latest on allergies, and provide you with some easy recipes.

Pre-registration is required.
**FEE:** $35 per person/couple (fee includes textbook)
**TIME:** 6-7:30 p.m.
**LOCATION:** Maternity Center Education Room, Entrance 5 on campus

20FOOD1 . . . . . Tuesday . . . . . . . . . . . . . . . . April 21
20FOOD2 . . . . . Thursday . . . . . . . . . . . . . . . . Nov. 5

Toddler Discipline
How to discipline children 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:** $35 per person/couple (fee includes textbook)
**TIME:** 6-7:30 p.m.
**LOCATION:** Maternity Center Education Room, Entrance 5 on campus

20DT1 . . . . . Tuesday . . . . . . . . . . . . . . . . March 24
20DT2 . . . . . Tuesday . . . . . . . . . . . . . . . . Oct. 13

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

Pre-registration is required.
**FEE:** $35 per person/couple (fee includes textbook)
**TIME:** 6-7:30 p.m.
**LOCATION:** Maternity Center Education Room, Entrance 5 on campus

20TTT1 . . . . . Wednesday . . . . . . . . . . . . . . . . Feb. 19
20TTT2 . . . . . Thursday . . . . . . . . . . . . . . . . Sept. 17
Babysitting Class for Youths 6th-8th Grade
This class is designed for youths in 6th-8th grade wanting to learn the skills necessary to babysit young children. Youth will learn some activities to play with children; basic first aid; American Heart Association “Friends & Family” level CPR; emergency procedures; and how to handle challenging situations including discipline issues, getting paid, and “what would you do if…” scenarios.

Pre-registration is required.
FEE: $60 per person (fee includes lunch, although participants 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

20BS1 . . . . . . . Feb. 1 20BS4 . . . . . . . Sept. 12
20BS2 . . . . . . . April 4 20BS5 . . . . . . . Nov. 7
20BS3 . . . . . . . June 6
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 occasional guest speakers on topics of interest to both new and experienced mothers. Moms share secrets, struggles and survival tips. Babies welcome.

No registration required.

**FEE:** No charge  
**DAYS:** Every Monday (except major holidays)  
**TIME:** 11 a.m.-noon  
**LOCATION:** Maternity Center Education Room, Entrance 5 on campus

Super Cuddles
Super Cuddles is a weekly group designed to support you during and after your Newborn Intensive Care Unit discharge. Let us help you work through “normal” life with other NICU families. This group is geared toward current NICU families and families with NICU graduates from birth to 12 months; please leave older children home.

No registration required.

**FEE:** No charge  
**DAYS:** Every Friday (except major holidays)  
**TIME:** 10-11 a.m.  
**LOCATION:** Maternity Center Education Room, Entrance 5 on campus
Saturday Mornings with Dad
New fathers and children (birth to 36 months) will spend time interacting with other fathers, children and trained facilitators. Topics discussed include infant development, sleeping and eating schedules, and your role as a father. Fathers will share their triumphs and concerns on becoming a new father in a supportive, casual, and friendly environment.

No registration 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 including 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.

No registration 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

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

No registration required.
FEE: No charge
DAYS: Every Tuesday (except major holidays)
TIME: Noon-1 p.m.
LOCATION: Maternity Center Education Room, Entrance 5 on campus
**Creators**
Toddlers love to read books and create! In this class, your 2 year old will enjoy hearing a story, then making a simple art project based on that story. We will be painting, gluing, cutting and coloring, so come prepared to get a little messy and have fun! This group is for ages 24-36 months.

No registration 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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**Double Cuddles**
This class is designed just for parents of multiples ages birth to crawling. Double Cuddles meets weekly with trained facilitators to discuss topics of interest to parents raising more than one baby at a time.

No registration 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
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.

No registration 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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Baby Signing Time Play and Sign
Babies as young as nine months can use sign language to communicate with the adults around them. Baby Signing Time Play and Sign classes include stories, finger plays and singing, along with teaching parents and caregivers how to sign with their babies. We rotate through over 20 weeks of themed lessons and you can join in at any time. Classes do not have to be taken in order.

No registration required.
**FEE:** $10/family/week or $75 punch card for 10 classes*
Class materials are available for purchase in the Women’s Boutique, but 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 and can be used for Infant Massage and 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; often relieving the discomforts of colic and gas. It also helps the baby relax and provides an opportunity for parents to engage in loving communication with their baby. Regular infant massage encourages bonding between baby and caregiver, and can lower postpartum depression in caregivers.

This is a hands-on class, so bring your baby to class with you. It is recommended to come to several weeks of class. Join in at any time.

Bring 100 percent natural oil to use on your baby (not mineral oil). Oil and an optional text are available to purchase in the Women’s Boutique.

No registration required.

**FEE:** $10/family/week or $75 punch card for 10 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 and can be used for both the Infant Massage and the Baby Signing Time Play and Sign classes.

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**Parenting Counts**

Parenting is hard work. Parenting Counts is a weekly parenting class that breaks down the skills of parenting into manageable bites. Curriculum works to increase parent’s sense of confidence and competence as well as knowledge of child development. This class satisfies the requirements of the Alaska Court System for parenting classes. Participants will receive certificates for classes attended. Parenting Counts is a series of 12 classes, but classes do not have to be taken in order. Join anytime.

Pre-registration is required.

**FEE:** $150/series (Fee includes textbook. Scholarships are available.)

**TIME:** Thursdays, 6-7:30 p.m. (except for major holidays)

**LOCATION:** Maternity Center Education Room, Entrance 5 on campus
Early registration is encouraged as class size may be limited. You may register using one of the following methods:

1. Go online at alaska.providence.org
2. Call our Parenting with Providence program at 907-212-5886.
3. Stop by and register in-person at The Women’s Boutique and Clinics at Providence Hospital suite C1-051 in the C Tower.

Refunds, withdrawals or cancellations
Classes may be cancelled due to low enrollment. 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 907-212-5886 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 all classes by a generous grant from the Children’s Miracle Network. Please call 907-212-5886 for more information.
We want to help your family have a successful breastfeeding experience. This help begins prenatally with one of our monthly Breastfeeding 101 classes offered through Parenting with Providence. After you leave the hospital, we offer the only outpatient lactation clinic in Anchorage. Our board certified lactation consultants are committed to helping you successfully breastfeed your baby. We are trained to assess your baby, evaluate feedings and get you on the right track.

Call 907-212-5886 to schedule an appointment or ask a breastfeeding question.

Appointments are billed to your insurance carrier/Denali KidCare.

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We want your whole family to be healthy and feel supported. As a part of this mission, we offer short-term outpatient care for emotional issues related to pregnancy, childbirth and parenting. Services include assessment, treatment or help with mood, anxiety, relationship and social issues, trauma, adjustment, grief and stress. A licensed professional counselor is available to support you and your family.

Call 907-212-5886 to schedule an appointment.

Appointments are billed to your insurance carrier/Denali KidCare.
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 ...........  907-212-5886
Outpatient Lactation Clinic ...........  907-212-5886
Women’s Boutique ......................  907-212-5886
- Monday-Friday 9 a.m.-6 p.m.
- Saturday 10 a.m.-4 p.m.

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