Parenting WITH PROVIDENCE

Providence Maternity Center classes
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.

Join us anytime for this free support group. Pre-registration is not required.
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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: $130 per 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

17CFN1 . . . . . . Wednesday/Thursday . . . Jan. 11, 12, 18 and 19
17CFN2 . . . . . . Monday/Wednesday . . . Jan. 23, 25, 30 and Feb. 1
17CFN3 . . . . . . Monday/Wednesday . . . Feb. 6, 8, 13 and 15
17CFN4 . . . . . . Monday/Wednesday . . . Feb. 27, March 1, 6 and 8
17CFN5 . . . . . . Tuesday/Thursday . . . . . March 21, 23, 28 and 30
17CFN6 . . . . . . Tuesday/Thursday . . . . . April 4, 6, 11 and 13
17CFN7 . . . . . . Tuesday/Thursday . . . . . April 18, 20, 25 and 27
17CFN8 . . . . . . Monday/Wednesday . . . May 1, 3, 8 and 10
17CFN9 . . . . . . Monday/Thursday . . . . . May 15, 18, 22 and 25
17CFN10 . . . . . Tuesday/Wednesday . . . June 6, 7, 13 and 14
17CFN11 . . . . . Tuesday/Wednesday . . . June 20, 21, 27 and 28
17CFN12 . . . . . . Tuesday/Thursday . . . . . July 11, 13, 18 and 20
17CFN13 . . . . Monday/Tuesday . . . . . . July 24, 25, 31 and Aug. 1
17CFN14 . . . . Monday/Wednesday . . . Aug. 7, 9, 14 and 16
17CFN15 . . . . . . Tuesday/Wednesday . . Aug. 22, 23, 29 and 30
17CFN16 . . . . . Tuesday/Thursday . . . . . Sept. 5, 7, 12 and 14
17CFN17 . . . . . . Tuesday/Thursday . . . Sept. 19, 21, 26 and 28
17CFN18 . . . . . Tuesday/Thursday . . . . . Oct. 3, 5, 10 and 12
17CFN19 . . . . Wednesday/Thursday . . . Oct. 18, 19, 25 and 26
17CFN20 . . . . . Tuesday/Thursday . . . . Nov. 7, 9, 14 and 16
17CFN21 . . . . Monday/Tuesday . . . . . Nov. 20, 21, 27 and 28
17CFN22 . . . . Monday/Wednesday . . . Dec. 4, 6, 11 and 13
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:** $130 per couple (fee includes textbook)
**TIME:** 6:30 – 9 p.m., one night a week for five weeks
**LOCATION:** Maternity Center Education Room, Entrance #5 on campus

17C5W1 . . . . . . Tuesday . . . . . . Jan. 10, 17, 24, 31 and Feb. 7
17C5W2 . . . . . . Thursday . . . . . . Feb. 9, 16, 23, March 2 and 9
17C5W3 . . . . . . Wednesday . . . . . March 22, 29, April 5, 12 and 19
17C5W4 . . . . . . Tuesday . . . . . . May 2, 9, 16, 23 and 30
17C5W5 . . . . . . Thursday . . . . . . June 1, 8, 15, 22 and 29
17C5W6 . . . . . . Wednesday . . . . . July 5, 12, 19, 26 and Aug. 2
17C5W7 . . . . . . Thursday . . . . . . Aug. 3, 10, 17, 24 and 31
17C5W8 . . . . . . Wednesday . . . . . Sept. 6, 13, 20, 27 and Oct. 4
17C5W9 . . . . . . Monday . . . . . . . Oct. 2, 9, 16, 23 and 30
17C5W10 . . . . . Wednesday . . . . . 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:** $130 per couple (fee includes textbook)

**TIME:** Sunday, 10 a.m. to 4 p.m.

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

17CO1 . . . . . . . Jan. 22 17CO9 . . . . . . . July 30
17CO2 . . . . . . . Feb. 12 17CO10 . . . . . . . Aug. 27
17CO3 . . . . . . . March 5 17CO11 . . . . . . . Sept. 17
17CO4 . . . . . . . March 26 17CO12 . . . . . . . Oct. 8
17CO5 . . . . . . . April 23 17CO13 . . . . . . . Oct. 29
17CO6 . . . . . . . May 21 17CO14 . . . . . . . Nov. 19
17CO7 . . . . . . . June 11 17CO15 . . . . . . . Dec. 10
17CO8 . . . . . . . July 9

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)

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

117BB1 . . . . . . Saturday . . . . . . Jan. 21 . . . . . . . . . . . . . . . . . . . . 9 a.m. – noon
17BB2 . . . . . . Saturday . . . . . . Feb. 11 . . . . . . . . . . . . . . . . . . . . 9 a.m. – noon
17BB3 . . . . . . Monday . . . . . . March 20 . . . . . . . . . . . . . . . . . . . . 6 – 9 p.m.
17BB4 . . . . . . Monday . . . . . . April 17 . . . . . . . . . . . . . . . . . . . . 6 – 9 p.m.
17BB5 . . . . . . Thursday . . . . . . May 11 . . . . . . . . . . . . . . . . . . . . 6 – 9 p.m.
17BB6 . . . . . . Saturday . . . . . . June 17 . . . . . . . . . . . . . . . . . . . . 9 a.m. – noon
17BB7 . . . . . . Monday . . . . . . July 10 . . . . . . . . . . . . . . . . . . . . 6 – 9 p.m.
17BB8 . . . . . . Tuesday . . . . . . Aug. 8 . . . . . . . . . . . . . . . . . . . . 6 – 9 p.m.
17BB9 . . . . . . Monday . . . . . . Sept. 18 . . . . . . . . . . . . . . . . . . . . 6 – 9 p.m.
17BB10 . . . . . Tuesday . . . . . . Oct. 17 . . . . . . . . . . . . . . . . . . . . 6 – 9 p.m.
17BB11 . . . . . Saturday . . . . . . Nov. 11 . . . . . . . . . . . . . . . . . . . . 9 a.m. – noon
17BB12 . . . . . Tuesday . . . . . . Dec. 5 . . . . . . . . . . . . . . . . . . . . 6 – 9 p.m.
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! The 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 DVD & CD)

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

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

17HAP1 . . . . . . Jan. 22
17HAP2 . . . . . . Feb. 12
17HAP3 . . . . . . March 5
17HAP4 . . . . . . April 2
17HAP5 . . . . . . May 7
17HAP6 . . . . . . June 4
17HAP7 . . . . . . July 9
17HAP8 . . . . . . Aug. 6
17HAP9 . . . . . . Sept. 24
17HAP10 . . . . . Oct. 1
17HAP11 . . . . . Nov. 19
17HAP12 . . . . . Dec. 17
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

17BF1 ......... Monday ............ Jan. 9
17BF2 ......... Thursday ............ Jan. 26
17BF3 ......... Thursday ............ Feb. 2
17BF4 ......... Wednesday ............ Feb. 22
17BF5 ........... Tuesday ............ March 7
17BF6 ........... Monday ............ March 27
17BF7 ........... Monday ............ April 10
17BF8 ........... Monday ............ April 24
17BF9 ........... Thursday ............ May 4
17BF10 .......... Wednesday ............ May 17
17BF11 .......... Monday ............ June 5
17BF12 .......... Monday ............ June 26
17BF13 .......... Monday ............ July 17
17BF14 .......... Thursday ............ July 27
17BF15 .......... Tuesday ............ Aug. 15
17BF16 .......... Monday ............ Aug. 28
17BF17 .......... Monday ............ Sept. 11
17BF18 .......... Monday ............ Sept. 25
17BF19 .......... Wednesday ............ Oct. 11
17BF20 .......... Tuesday ............ Oct. 24
17BF21 .......... Thursday ............ Nov. 2
17BF22 .......... Thursday ............ Nov. 30
17BF23 .......... Thursday ............ Dec. 7
17BF24 .......... Monday ............ Dec. 18
Sibling Class
This 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 they as siblings can help care for babies. It also includes a light snack, a short video and a visit to Providence Maternity Center and labor and delivery unit. At the end of class, children receive certificates declaring them prepared to be great siblings.

Children should bring a doll or 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! 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 more than one baby.

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

17EM1 ........ Tuesdays .......... Feb. 21 and 28
17EM2 ........ Fridays ............ April 21 and 28
17EM3 ........ Mondays .......... June 12 and 19
17EM4 ........ Fridays ............ Aug. 18 and 25
17EM5 ........ Mondays .......... Nov. 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.
**FEE:** $75 per couple (fee includes textbook)
**TIME:** To schedule your 1.5-hour class, call 907-212-8474.
**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 help you achieve the skills needed to monitor your fertility by charting the changes in your body and to modify your behavior accordingly.

Pre-registration is required.

**FEE:** $50 per person/couple

**TIME:** To schedule your one-hour class, call 907-212-8474.

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

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

17BIW . . . . . . . Saturday . . . . . . . . . . . . . May 6

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

17BIS . . . . . . . Saturday . . . . . . . . . . . . . Oct. 7
Boot Camp for New Dads

Boot Camp for New Dads is a program 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

17BC1 . . . . . . . Jan. 28
17BC2 . . . . . . . Feb. 25
17BC3 . . . . . . . March 25
17BC4 . . . . . . . April 29
17BC5 . . . . . . . May 20
17BC6 . . . . . . . June 24
17BC7 . . . . . . . July 29
17BC8 . . . . . . . Aug. 26
17BC9 . . . . . . . Sept. 30
17BC10 . . . . . . Oct. 28
17BC11 . . . . . . Nov. 18
17BC12 . . . . . . Dec. 16
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, and offers the newest evidence-based help for the newborn and family for the first few weeks of life.

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

17GP1 . . . . . . . . Wednesday . . . . . . . . Feb. 22  
17GP2 . . . . . . . . Wednesday . . . . . . . . April 26  
17GP3 . . . . . . . . Tuesday . . . . . . . . . . . Aug. 29  
17GP4 . . . . . . . . Wednesday . . . . . . . . Nov. 15

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

17CPR1 . . . . . . . . Saturday . . . . . . . . . . . Jan. 21 . . . . . . . . . . . 2 - 4:30 p.m.  
17CPR2 . . . . . . . . Saturday . . . . . . . . . . . Feb. 11 . . . . . . . . . . . 2 - 4:30 p.m.  
17CPR3 . . . . . . . . Tuesday . . . . . . . . . . . Feb. 21 . . . . . . . . . . . 6 - 8:30 p.m.  
17CPR4 . . . . . . . . Saturday . . . . . . . . . . . March 4 . . . . . . . . . . . 2 - 4:30 p.m.  
17CPR5 . . . . . . . . Wednesday . . . . . . . . . April 12 . . . . . . . . . . . 6 - 8:30 p.m.  
17CPR6 . . . . . . . . Saturday . . . . . . . . . . . April 22 . . . . . . . . . . . 2 - 4:30 p.m.  
17CPR7 . . . . . . . . Saturday . . . . . . . . . . . May 20 . . . . . . . . . . . 2 - 4:30 p.m.  
17CPR8 . . . . . . . . Saturday . . . . . . . . . . . June 24 . . . . . . . . . . . 2 - 4:30 p.m.  
17CPR9 . . . . . . . . Saturday . . . . . . . . . . . July 29 . . . . . . . . . . . 2 - 4:30 p.m.  
17CPR10 . . . . . . . . Saturday . . . . . . . . . . . Aug. 26 . . . . . . . . . . . 2 - 4:30 p.m.  
17CPR11 . . . . . . . . Saturday . . . . . . . . . . . Sept. 16 . . . . . . . . . . . 2 - 4:30 p.m.  
17CPR12 . . . . . . . . Wednesday . . . . . . . . Sept. 27 . . . . . . . . . . . 6 - 8:30 p.m.  
17CPR13 . . . . . . . . Saturday . . . . . . . . . . . Oct. 28 . . . . . . . . . . . 2 - 4:30 p.m.  
17CPR14 . . . . . . . . Wednesday . . . . . . . . Nov. 8 . . . . . . . . . . . . 6 - 8:30 p.m.  
17CPR15 . . . . . . . . Saturday . . . . . . . . . . . Nov. 18 . . . . . . . . . . . 2 - 4:30 p.m.  
17CPR16 . . . . . . . . Saturday . . . . . . . . . . . Dec. 9 . . . . . . . . . . . . 2 - 4:30 p.m.
Baby Foods: Starting Solids
Is your baby ready to eat solid foods? If so, 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, and the latest on allergies. You will also receive some easy recipes.

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

17FOOD1 . . . . . Monday . . . . . . . . . . . April 3
17FOOD2 . . . . . Monday . . . . . . . . . . . Sept. 18

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

17DT1 . . . . . . . . Monday . . . . . . . . . . . March 27
17DT2 . . . . . . . . Monday . . . . . . . . . . . Nov. 6

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 textbook)
TIME: 6 - 7:30 p.m.
LOCATION: Maternity Center Education Room, Entrance #5 on campus

17TTT1 . . . . . . . Tuesday . . . . . . . . . . . Feb. 28
17TTT2 . . . . . . . Tuesday . . . . . . . . . . . Oct. 24
Babysitting Class for Youths 6th-8th Grade

This class is designed for 6th- to 8th-graders who want to learn the skills necessary to babysit young children. They will learn activities to play with children; basic first aid; Friends & Family level CPR; emergency procedures; and how to handle different 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, although participants are encouraged to bring their own snacks and something to drink)

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

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

117BS1 . . . . . . Feb. 4
17BS2 . . . . . . . April 1
17BS3 . . . . . . . June 3
17BS4 . . . . . . . Sept. 23
17BS5 . . . . . . Nov. 4
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 for 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 parents whose newborns were cared for in the NICU. Let us help you work through “normal” life with other NICU graduate families. This group is geared toward families with NICU graduates from birth to 24 months; please do not bring older children with you.

    No registration is required.
    FEE: No charge
    DAYS: Every Friday (except for major holidays)
    TIME: 10 - 11 a.m.
    LOCATION: Maternity Center Education Room, Entrance #5 on campus

Saturday Mornings with Dad
New fathers with their infants and toddlers (birth to 36 months) will spend time interacting with other fathers, children and trained facilitators. Topics discussed will depend on what is happening with the fathers and their babies, but topics will likely include infant development, sleeping and eating schedules, and the role of being a father. Men will share their triumphs and concerns about becoming new fathers in a supportive, casual and friendly environment.

    Registration is not required.
    FEE: No charge
    DAYS: Every Saturday (except for 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 for 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 for 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 24- to 36-month-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 for major holidays)
**TIME:** 10:30 - 11:15 a.m.
**LOCATION:** Maternity Center Education Room, Entrance #5 on campus

Double Cuddles
This class is designed for parents of multiples who are birth to crawling age. Double Cuddles meets weekly with trained facilitators to discuss 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

Double Cruisers
Parents and their 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 for major holidays)
**TIME:** 10 - 11 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 for 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 strengthen and regulate the respiratory, circulatory and gastrointestinal functions, often relieving 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 for 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.
Parenting Counts
Parenting is hard work. This class meets every week to break down parenting skills 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.)
TIME: Thursdays, 6 – 7:30 p.m. (except for major holidays)
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. Register in-person at The Women’s Boutique and Clinics at Providence Alaska Medical Center, 3200 Providence Drive, Suite C1-051 (first floor by the C Tower elevators).

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 907-212-8474 at least one business 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.

Please call 907-212-8474 for more information.

Scholarships
Thanks to a generous grant from the Children's Miracle Network, scholarships are available for all classes. Please call 907-212-8474 for information.

Private Classes
Private classes are available for $75 per class hour. Please call 907-212-8474 to make arrangements.
You and your little one deserve the best. That is why we expanded Providence Maternity Center. Designed with mom and baby in mind, the center features the highest-level maternity care 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