

Women's Health Services



Childbirth Education Classes

Childbirth Education:

Four weekly classes to prepare you for the big day. You should be enrolled by your sixth month if possible. Offered every four weeks—\$50.

Childbirth Express:

Offered on Saturday, condensed version of the four weeks class—\$50.

Tour Through Family Services:

During the tour you will visit our birthing area, nursery, and more. Offered every four weeks—FREE.

The Breast Way:

Learn how to successfully breast feed your baby. Offered every four weeks—\$15. (Included in Childbirth Education and Childbirth Express classes.)

Newborn Care:

Covering the immediate needs of newborn—\$15.

Mother/Daughter Workshop:

Addresses topics such as menstruation, puberty, and making good relationship choices. Offered twice a year to girls ages 9–13 and their mothers—\$25 per couple.

Baby-sitting Workshop:

Helps assure parents that the sitter has been trained to care for a child. Offered during the summer, this class is for boys and girls, ages 11–15—\$25.

Maternity Fair:

Offered twice a year in the evening 6–8 p.m. No cost.

 **JANE PHILLIPS
MEDICAL CENTER**

3500 S.E. Frank Phillips Blvd. Bartlesville OK 74006 918/333-7200

Sponsored by St. John Health System
www.jpmmc.org



At Jane Phillips Medical Center, we are committed to healthy living and we want to provide you with the right tools to be proactive. We offer several classes focused on prevention and education about better living.

Childbirth Education:

This is a series of four weekly classes with the focus on preparation for labor and birth. You will gain knowledge of the birth process and receive guidance in making plans for the expected and unexpected (cesarean). You will learn about anesthesia options and tour the birthing suites. Newborn Care and The Breast Way classes are also included in this package. In this class you will build labor skills by practicing prepared childbirth techniques. You should register for the Childbirth Education early and begin attending the weekly-prepared childbirth classes by your sixth month. Offered continuously.

Childbirth Express:

Pressed for time? Join us for a Saturday class condensing the material offered in the four-week course. The class will focus on labor and delivery, learning relaxation, breathing and massage techniques. Information about anesthesia and common medical procedures, mother and newborn care, and breast feeding will also be covered. Offered every other month.

Tour Through Family Services:

During this FREE tour, you will visit our birthing areas, nursery, and more. You will be given information about your stay with us. Grandparents, support person, and expecting big brothers and sisters are welcome. Offered every four weeks. Registration appreciated.

The Breast Way:

You will learn how to successfully breast-feed your new baby. Mom and her support person will receive instruction that covers the breast-feeding advantages for both mother and child, helpful how-to's, and the continued management of breast-feeding. Offered every four weeks. Included in the Childbirth Education and Childbirth Express programs.

Newborn Care:

Grandparents, caregivers, older siblings, and families who are expecting again or adopting get to cover the immediate needs of the newborn. Offered every four weeks.

Mother/Daughter Workshop:

Offered twice a year, this class is offered to girls ages 9–13 and their mothers. While addressing such topics as menstruation and puberty, participants will also receive information to help them make good choices on building health relationships.

Baby-sitting Workshop:

Offered during the summer, this class helps assure parents that the sitter has been trained to care for the child. The class is for boys and girls ages 11–15 years old and is six hours long.

A participation certificate is given upon completion.

Maternity Fair:

Booths, information, door prizes and more. Opportunity to pre-admit and make financial and insurance arrangements ahead of time. Offered twice a year in the evening 6–8 p.m.

Enrollment Information:

To enroll in any of our classes or if you need more information, please call:

918/331-1425 or 918/331-1430

Breast-feeding Questions:

918/331-1148

