

Family Life Education

2012 classes & events



Spirit of
Women[®]

 MEDICAL CENTER
of LEWISVILLE

lewisvillemedical.com/womens

Congratulations!

The Family Life Education Team

Mai Tran, BS

Paula Hanna, BSN, RN,
IBCLC, ICCE, RLC

Alma Rivera, BSN, RN,
IBCLC

Tami Carson, BSN, RN

Lisa Viscusi, BSN, RN

Rosalyn Kauffman, RNC,
MNN, BLS Instructor
& Trainer

*Our thanks to Photography by
Sarah Clark and Creative Shutz.*



Did You Know?

We have...

- Daddy Discounts in the Cafeteria
- Parent Pamper Meals
- 2 Luxury Suites
- A Level 3 NICU

You are embarking on the most rewarding and challenging experience of all time ~ childbirth & parenting. We are thrilled that you have chosen Medical Center of Lewisville's (MCL) Family Life Education classes to help you make informed decisions about key issues.

Parents Trust Our Classes to Provide Current, Quality and Unbiased Information

With so much information available online and from other media sources, you may wonder, "Why should I take prenatal classes?" Family Life Education helps you lay a sound foundation for your new family by:

- Teaching life-long techniques that can be applied to situations other than childbirth.
- Providing evidence-based information in order to differentiate between facts and myths.
- Relieving the anxiety about what is to come and how to cope.
- Allowing opportunities to share with others who are experiencing similar life changes.
- Building a trusted relationship with your local hospital so that you will feel safe in a welcoming environment.
- Offering instruction by registered nurses or nationally-certified Childbirth Educators, Certified Lactation Consultants, or CPR Instructors.

Knowledge helps you understand your options! Therefore, Family Life Education provides curriculum and teaching methods that meet your individual learning needs.

MCL is the only Spirit of Women hospital in Denton County! We are dedicated to motivating women to take action for their health and for the health of their families. All Spirit of Women events combine fun, entertaining activities with women's health education!

We are excited that you have chosen MCL as your resource for women's health, prenatal classes, and breastfeeding support. Browse through this booklet and see what we have to offer. If you will be delivering at MCL, we've provided a Pre-registration Form at the back of this booklet to make the Registration process easier for you. We look forward to meeting you in a class or at our Spirit of Women events!

Don't hesitate to call or email me with any questions.

A handwritten signature in cursive script that reads "Shawn Hoffman". The ink is dark and the signature is fluid and legible.

Shawn Hoffman, BSN, RN
Women's Resource Manager
Spirit of Women Coordinator
972.420.1880
shawn.hoffman@hcahealthcare.com

Registration

tips & guidelines

How do I register?

By email: shawn.hoffman@hcahealthcare.com

By phone: Call the registration line at 972.420.1690

When should I register?

Our classes fill up quickly, therefore, you should register at the beginning to middle of your second trimester of pregnancy. Since babies are often unpredictable, we recommend that you complete your classes 6 to 8 weeks before your due date. Minimum class size is 4 people. If less than 4 have registered, the class will be rescheduled.

How can I pay for classes?

Payment is required to guarantee a seat in class. Cash, Visa, Discover, AmEx or Mastercard are accepted. Financial assistance and/or payment options may be available for some courses. Call 972.420.1690 for information.

Where are classes held?

All classes are held at MCL on the 2nd floor in the community room unless notified by instructor.

Weather Cancellations

If you need information about class cancellations due to bad weather, call 972.420.1000 then 0 for operator.

Classes for First Time & Expanding Families

- Pickles & Ice Cream
- Prepared Childbirth
- Baby Care Basics
- Breastfeeding: Off to a Good Start
- Infant Safety & CPR
- Sibling Classes
- Private Instruction - \$45/hr

What if my schedule doesn't work with any of the classes?

Private instruction is available as an alternative for those who cannot attend Prepared Childbirth classes.

What if the class I register for is full?

Class sizes are limited and are filled on a first-come, first-served basis. You may request to be put on a waiting list for your preferred class.

What if I can't attend a class I already paid for?

Please notify us before the class series if you are unable to attend a course for which you registered. Your registration fee will be refunded, less a \$10 service charge. Refunds cannot be granted after classes are in session.

Are discounts available?

- We now offer three package deals (package deals are only offered with initial registration, no substitution of classes are allowed and no refunds will be given if class is not taken):
 - ◇ Take Prepared Childbirth and Breastfeeding for \$65, saving \$10
 - ◇ Take Prepared Childbirth, Breastfeeding & Baby Care Basics for only \$80; saving \$20
 - ◇ All 4 classes \$90, saving \$25
- A 50% discount is available for most Family Life Education classes with proof of Medicaid.
- Some insurance companies will reimburse you for the cost of prenatal classes. You pay up front and then you submit to your insurance company.



Just for Pregnancy

prepared childbirth
2012 classes

Pickles & Ice Cream

(For early pregnancy, 16-23 weeks)

A *must* for the first-time mom. The myths of pregnancy along with fetal development, nutrition, exercise, current body changes and prenatal care are discussed.

Dates & Times: Wednesday, 6:30 p.m. - 8:30 p.m.

Fee: FREE

2012 Classes

February 1	June 6	October 3
April 4	August 1	December 5

Prepared Childbirth (Prenatal Class)

Fee: \$50/couple

A childbirth class provides you with a great forum to ask questions and helps you make informed decisions about key issues surrounding the birth of your baby. Feel more confident and relaxed, increase your understanding of birth, discuss your options, tour MCL and share experiences with other expectant families. Choose between a 2-night Tuesday series, a 2-night Thursday series, or a 1-day Saturday class.

Topics Include:

- Birth preferences
- Relaxation & breathing
- Labor & birth
- Medical procedures
- Pain management & comfort techniques
- Tour of MCL's delivery and Mother/Baby Unit
- Partner's role
- Postpartum

**Please note: Breastfeeding & Parenting information are not included in the Prepared Childbirth classes.*

2012 Classes

Tuesday Night Series (2 classes)

6:00 p.m. - 9:00 p.m.

January 3 & 10	July 10 & 17
February 7 & 21	August 7 & 14
March 6 & 13	September 4 & 11
April 3 & 10	October 2 & 9
May 1 & 8	November 6 & 13
June 5 & 12	December 4 & 11



Thursday Night Series (2 classes)

6:00 p.m. - 9:00 p.m.

January 5 & 12	July 5 & 12
February 2 & 9	August 2 & 9
March 1 & 8	September 6 & 13
April 5 & 12	October 4 & 11
May 3 & 10	November 1 & 8
June 7 & 14	December 6 & 13

Saturday (1 day class)

9:00 a.m. - 2:30 p.m.

Please remember that our weekend class fills up very quickly~register early if your class choices are limited.

January 21	July 21
February 18	August 18
March 17	September 15
April 21	October 20
May 19	November 17
June 16	December 15

Private Instruction

Private instruction is available for all topics. Class length and content varies according to the preference of the family.

Fee: \$45/hour for private instruction.

Just for Parenting

getting ready to bring baby home

Baby Care Basics

Babies don't come with instructions, so this class is designed to give you plenty of information related to the first months of parenting. The class addresses many topics including: signs of illness, when to call the doctor, crying and sleeping, starting solid foods, and bathing. (3 hour class) - Tuesday or Saturday classes available.

Dates & Times: Saturday, 1:00 p.m. - 4:00 p.m. or Tuesday, 6:00 p.m. - 9:00 p.m.

Fee: \$25/couple

2012 Classes

January 14 or 17	May 12 or 15	September 8 or 18
February 11 or 28	June 9 or 19	October 13 or 16
March 10 or 20	July 14 or 24	November 10 or 27
April 14 or 17	August 11 or 21	December 8 or 18



Breastfeeding: Off to a Good Start

Designed for expectant parents who are considering breastfeeding... learn about the benefits of breastfeeding, how breast milk is produced, pumps, returning to work, how to get off to a good start and avoid common difficulties. The class is intended to be taken during your last trimester. (3 hour class) - Thursday or Saturday classes available.

Dates & Times: Thursdays, 6:00 p.m. - 9:00 p.m. or Saturdays, 9:30 a.m. - 12:30 p.m.

Fee: \$25/couple

2012 Classes

January 19 or 28	May 17 or 19	September 20 or 22
February 16 or 25	June 21 or 23	October 25 or 27
March 15 or 24	July 19 or 28	November 15 or 17
April 19 or 28	August 16 or 25	December 15

Infant Safety & CPR

This is one of the most important classes a new parent, grandparent or family member can take! Participants will learn infant CPR and how to treat choking, although no certification will be provided.

Dates & Times: Saturday, 9:00 a.m. - 12:00 p.m.

Fee: \$15/couple

2012 Classes

January 14	July 14
February 11	August 11
March 10	September 8
April 14	October 13
May 12	November 10
June 9	December 8

Just for Little Ones

classes for siblings

Welcoming a new baby is exciting, but it can also be stressful — especially for the smallest members in your family. Ease the transition for your child by attending MCL's Sibling class, a unique event offering fun and interactive ways where kids learn: what a new baby looks like, how to become a "big helper", and how to make friends with the new baby.

Dates & Times: Saturday, 9:30 a.m. - 11:00 a.m.

Fee: \$15/child or \$18/two or more children

Ages: 3 - 8

2012 Classes

February 4
April 7
June 2
August 4
October 6
December 1

Just for Information

growing your knowledge

Breastfeeding Support

MCL's Certified Lactation Consultants help moms with breastfeeding questions and concerns. Latch-on, positioning, baby's weight gain, breast tenderness, and other issues are addressed. Outpatient consultations are available by appointment only. A physician order is required for this visit. Please call 972.420.1592 to schedule an appointment.

Location, Dates & Times:

Medical Center of Lewisville
3rd Floor - Outpatient Lactation Office
500 West Main Street, Lewisville, TX 75057

MCL Tours

Tours are available for expectant families. We will meet in the Main Lobby by the fountain. You'll see our birthing rooms, nursery and postpartum areas. Please note: Childbirth classes include a tour; therefore, do not sign up if you are registered for this class.

Dates & Times: First Tuesday of the month at 6:30 p.m.

Fee: Tours are free; however, space is limited so registration is required.



Spirit of Women

events & opportunities

MCL's Spirit of Women program is dedicated to sponsoring events throughout the year that feature health education topics, and of course... entertainment and FUN! For specific information about events, call 972.420.1880.

Monthly Event Series

This series features education and entertainment! Gather with your friends for entertaining activities and valuable information.

January 9	Is Your Thyroid Making You Fat?
February 25	Day of Dance at Medical Center of Lewisville Grand Theater
March 5	Avoid a Brain Wreck!
April 2	Show Us Your TOTS!
May 7	Your Hips Don't Lie!
June 4	Weekend Warrior Wisdom (men & women)
July 9	Are You Covered?
August 6	Hygiene Beyond Hand Washing
September 10	Top 5 Secrets of Centurions
October 18	Spirit Girl's Night Out at Medical Center of Lewisville Grand Theater
November 12	Dying to be Thin
December 3	Cents and Sensibility

**Dates and topics are subject to change*

Spirit Girls' Night Out

This annual event each October is a very special night out with girlfriends, sisters, daughters and mothers!

Check out lewisvillemedical.com/spiritofwomen for more information and event dates.

Coming Soon!

Menopause Series
Couples Style Series

MATERNITY PRE-ADMISSION INFORMATION

(PLEASE FILL OUT COMPLETELY AND BRING IN WITH DRIVERS LICENSE AND INSURANCE CARD 2-3 MONTHS PRIOR TO DELIVERY)

Your O.B. Doctor _____ Your Pediatrician _____

Due Date _____ Date of Conception _____ Is C-Section Anticipated? _____

PATIENT

Last Name		Full First Name		Full Middle Name		Race		Maiden Name	
Marital Status		Age	Date of Birth		Social Security Number			Home Phone Number Area Code ()	
Street Address			City		State	Zip Code		County	Is residence inside city limits?
Name of Employer			Occupation		Length of Employment			Work Phone Number Area Code ()	
Employer Address				City		State		Zip Code	
What kind of Business or Industry is Employer?					Previous Admission at Lewisville hospital? Under what name?				
Religious Preference				Do you have an Advance Directive? (circle one)		YES / NO		If YES, then provide copy to Medical Center of Lewisville	

FATHER OF BABY (Information needed for Birth Certificate) / GUARANTOR (Person responsible for hospital charges)

Last Name		Full First Name		Full Middle Name		Race		Relation to Patient	
Marital Status		Age	Date of Birth		Social Security Number			Home Phone Number Area Code ()	
Street Address			City		State	Zip Code		County	Is residence inside city limits?
Name of Employer			Occupation		Length of Employment			Work Phone Number Area Code ()	
Employer Address				City		State		Zip Code	
What kind of Business or Industry is Employer?					Previous Admission at Lewisville Hospital? Under What Name?				

EMERGENCY NOTIFICATION (Other than above)

Relative or Friend's Name		Relation to Patient			Home Phone Number Area Code ()	
Street Address		City	State	Zip Code		Work Phone Number Area Code ()

INSURANCE INFORMATION

INSURANCE #1

Insurance Company Name			Phone Number		Type: Group (Through Employer/Association) Individual (Through Individual Insurance Agency)	
Insurance Street Address			City		State	Zip Code
Name of Personal Insured (Policyholder)				Relation to Patient		
Name of Employer/Association (if group insurance)				Employer Phone Number Area Code ()		
Employer Address			City		State	Zip Code
Policy I.D. or Certificate Number		Group or Code Number			Is Precertification Required?	

Have you called to precertify the admission? _____ Pre-authorization _____ Pre-auth. Phone # _____

INSURANCE #2

Insurance Company Name			Phone Number		Type: Group (Through Employer/Association) Individual (Through Individual Insurance Agency)	
Insurance Street Address			City		State	Zip Code
Name of Personal Insured (Policyholder)				Relation to Patient		
Name of Employer/Association (if group insurance)				Employer Phone Number Area Code ()		
Employer Address			City		State	Zip Code
Policy I.D. or Certificate Number		Group or Code Number			Is Precertification Required?	

Have you called to precertify the admission? _____ Pre-authorization _____ Pre-auth. Phone # _____

Top Ten Reasons for Taking Family Life Education Classes

10. When you attend PICKLES & ICE CREAM, the early pregnancy class, you learn what to expect during your pregnancy!
9. "A Baby Story" doesn't tell the whole story.
8. Books are great... but they can't answer your questions. We can!
7. Breastfeeding is likely to be more successful after attending the BREASTFEEDING CLASS taught by one of our certified lactation consultants.
6. The CDC estimates that only 4% of parents are trained in infant CPR. INFANT SAFETY & CPR can train you and your baby's caregivers!
5. Diapering, swaddling, bathing... it's not just for mothers! Bring the whole family to BABY CARE BASICS!
4. Most of the classes have at least one door prize!
3. "I'm going to get an epidural," is not a reason to avoid childbirth classes. There is more to learn about pregnancy and childbirth besides pain control.
2. Things may have changed since you were born...find out what the latest research recommends.
- 1. A more knowledgeable mom is a less stressed-out mom...doesn't your baby deserve that?**