

## Childbirth Education

As the birth of your baby gets closer, it's common to have anxiety and lots of questions. Education is the key to decreasing any nervousness you may have. The more you know and understand about the process of labor, the better prepared you will be.

## Mommy and Daddy 101

Whether you are going to be new parents or just need a refresher, having a new baby is an exciting time that comes with many new experiences, emotions and a ton of questions. Join us for some fun, interactive and hands-on information needed to care for your newborn. A free online source for your smartphone will be available as part of this class.

## Breastfeeding Basics

If you plan to or are considering breastfeeding, this is the class for you! You will learn proper techniques and positions along with some helpful suggestions for successful breastfeeding during this three-hour class. Learn about pumping and storing milk.

## Breastfeeding Support Group

This group is open to any pregnant or breastfeeding moms and offers an open and supportive environment to discuss breastfeeding. The class is led by BSA lactation consultants who offer expert advice. The Breastfeeding Support Group is also a great chance to network with other moms. Please bring your baby; we love to see them grow! For questions, call the Breastfeeding Hotline at (806) 212-5548.

## Baby Café

The Baby Café is a come-and-go class for breastfeeding moms. It is held every other Monday at BSA from 10 a.m. to noon in Meeting Room D. A baby scale is also available to check your baby's weight gain.

**No registration is required for this class.**

## Tours of the Women's Center

The BSA Women's Center has amenities unlike any other hospital in the Amarillo area, offering comfort, convenience and a superior medical staff.

BSA provides single room maternity care, where women labor, give birth, recover and receive postpartum care all within the privacy of your large single Birthing Suite. BSA is also the only hospital in the Texas Panhandle with a nursery, so we can care for baby if you need rest. We invite you to tour the Women's Center located on the 3rd floor of BSA at 1600 Wallace Blvd.

**Please call 212-BABY (2229) to schedule a Pre-Admission appointment and tour.**

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## Childbirth & Family Education Office Hours

Monday – Friday, 9 a.m. – 6 p.m.

## All classes held at BSA Hospital

1600 Wallace Blvd.

BSABaby.com | 806-212-2229

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# Childbirth and Family Education



**April - June 2020**



All BSA classes are free of charge.

REGISTRATION IS REQUIRED  
Visit [BSABaby.com](http://BSABaby.com) to register.

- Education Classroom:  
1st Floor, near Human Resources
- Meeting Room D: 2nd Floor
- GI Waiting Room: 1st Floor

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All classes held at BSA Hospital, 1600 Wallace Blvd.  
Signage near the main entrance will direct you to the meeting room.

**APRIL 2020 CLASS SCHEDULE**

CLASS	DATE	TIME	LOCATION
Childbirth Education	Saturday, April 4	9 a.m.-12 p.m.	Education Classroom
Mommy and Daddy 101	Saturday, April 4	1-3 p.m.	Education Classroom
Breastfeeding Basics	Saturday, April 11	9 a.m.-12 p.m.	Meeting Room D
Breastfeeding Support Group	Tuesday, April 21	6-8 p.m.	GI Waiting Room

**MAY 2020 CLASS SCHEDULE**

CLASS	DATE	TIME	LOCATION
Breastfeeding Basics	Saturday, May 9	9 a.m.-12 p.m.	Meeting Room D
Childbirth Education	Saturday, May 16	9 a.m.-12 p.m.	Education Classroom
Mommy and Daddy 101	Tuesday, May 19	6-8 p.m.	Education Classroom
Breastfeeding Support Group	Tuesday, May 19	6-8 p.m.	GI Waiting Room

**JUNE 2020 CLASS SCHEDULE**

CLASS	DATE	TIME	LOCATION
Childbirth Education	Tuesday, June 9	6-9 p.m.	Education Classroom
Breastfeeding Basics	Saturday, June 13	9 a.m.-12 p.m.	Meeting Room D
Breastfeeding Support Group	Tuesday, June 16	6-8 p.m.	GI Waiting Room
Childbirth Education	Saturday, June 20	9 a.m.-12 p.m.	Education Classroom
Mommy and Daddy 101	Saturday, June 20	1-3 p.m.	Education Classroom

