"My pregnancies were the most special time in my life – and by special I mean emotional, challenging and rewarding – and I was an experienced labor and delivery nurse! I founded Babyou with the single goal of enhancing the experience of pregnancy and childbirth for women and their partners. Educating yourself about what is happening or could happen to you and your baby is one of the most important things you can do during this "special" time. I'm confident that the shared experiences of Babyou's nursing professionals and our world-class education program will enrich your childbirth experience."

Michelle Decker, RN, BSN
Founding Director, Babyou LLC

Michelle is a registered nurse with over 12 years of labor and delivery experience. She has provided care to thousands of patients, including high-risk, in both teaching and community hospitals. She has been a childbirth educator since 1998.

Preparing for class:

Our class environment will be fun and relaxed—be sure that you and your coach wear comfortable clothes and shoes.

Also, don't forget to bring:

- Two pillows—one for the expectant mother, the other for the coach
- Blanket—we will be on the floor for some breathing exercises, so bring a blanket if you prefer
- Snacks and drinks for yourself
- *Gift of Motherhood*— You will receive this book in the first class, but don't forget to bring it to the others

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Babyou

Childbirth Education

Featuring Classes in:

Childbirth/Infant Care & Breastfeeding

register online at www.babyouchildbirth.com

Childbirth Education Classes

Having a child is one of the most incredible things you will do in your life - and Babyou Childbirth Education is thrilled at the opportunity to be a part of it. Educating yourself on the ins-and-outs of childbirth will ease your anxiety during the labor process, help you make better care decisions and improve your ability to enjoy the wonderful experience of having a child.

Babyou delivers a physician recommended prenatal education program serving those who are giving birth in Austin area hospitals. We're dedicated to improving the experience of pregnancy and childbirth through a superb-quality, practical and entertaining childbirth education program.

Our classroom experiences are fun, interactive and informative. We firmly believe the time you spend with our registered nurse educators will enhance your experience as a new parent.

Our childbirth education class addresses the experience of pregnancy, childbirth and infant care. Class discussion includes:

Childbirth

- Anatomy/physiology of pregnancy and labor
- Labor and birth interventions
- When to call a doctor
- Vaginal and cesarean birth
- Relaxation and breathing techniques
- Choices related to anesthesia
- Birth video
- *Gift of Motherhood* book
- Tour of the hospital*

Infant Care

- Infant behavior and development
- Crying and comforting
- Feeding, bathing and diapering
- Safety issues

Our breastfeeding class is for expectant parents who are planning to breastfeed.

Breastfeeding

- First feedings in the hospital and at home
- Breastfeeding techniques
- Prevention of common problems
- Equipment and techniques for pumping and storing breast milk

Weeknight Childbirth/Infant Care One evening per week for four weeks, from 7:00 to 9:30 pm	**$90**
Weekend Childbirth/Infant Care One 8-hour class on a Saturday from 8:30 – 4:30	**$120**
Private Consultation One, 3-hour in-home private consultation	**$225**
Breastfeeding Class One, 2-hour class given on a weekday from 7:30—9:30 pm	**$25****

*Please check our website for class availability at your hospital

**Breastfeeding class is $20 with purchase of any other course

Class Registration

To register, fill out and mail this registration form with your payment to the address at the bottom or visit our website at:

www.babyouchildbirth.com

We will contact you immediately to schedule a class.

Sign up for:	Price
☐ Weeknight Childbirth/Infant Care	$90
☐ Weekend Childbirth/Infant Care	$120
☐ Private Consultation	$225
☐ Breastfeeding Class	$25*

*Breastfeeding class is $20 with purchase of any other course

Patient's Name

Street Address

City, State, Zip

Phone Number

Email

Due Date

Partner Name

Obstetrician

For registration questions or concerns contact us at **registrations@babyouchildbirth.com** or by phone at **512.215.4799**

Please make all checks payable to Babyou LLC

Mailing address: **Babyou LLC**
1525 Cypress Creek Road
Ste H #141
Cedar Park, TX 78613