



Childbirth Education Associates of Tallahassee

"Family Centered
Maternity Care"

We are a partnership of Nationally Certified Childbirth Educators offering childbirth preparation (Lamaze type) classes intended to fully prepare you for your entire birth experience. Conveniently held in your doctor's office waiting room at North Florida Women's Care, these classes are offered various evenings Monday through Thursday. Each class is held one evening per week for 5 or 6 weeks for approximately 2 ½ hours. We also offer a one-night 3-hour Refresher class. The Refresher class is for families who have taken a previous childbirth preparation series during aprior pregnancy.

REGISTRATION IS EASY:

1. Complete the form below being sure to indicate any night(s) of the week you **CANNOT** attend. Please fill out all information completely. You will be placed in a class on a suitable night that ends approximately 2-6 weeks before your due date. We will call you if there is any question or class conflict with dates.
2. Attach a check or money order made out to "Childbirth Education Associates" with the corresponding fee.
3. Detach the registration form and mail the completed form with your payment to:

Childbirth Education Associates
P.O. Box 14321
Tallahassee, FL 32317-4321

We strongly recommend early registration for classes, preferably by your 4th or 5th month of pregnancy as our classes fill up quickly and are on a first come first serve basis. A confirmation letter and receipt will be mailed to you after we receive your registration form and payment. Your instructor will call you about the specifics of your class (i.e. time, location, what to bring) before your class begins. Capital Health Plan will reimburse CHP members only for these classes once you mail a copy of your receipt to their claims department after your class begins. Refund policy: If you cancel your registration, refunds will only be given if we can replace you in a class.

Terri Tullos, ARNP, ACCE - Beth Dye, ICCE - Kathy Tafuri, RN, ACCE - Heidi Chavers, RNC, ACCE

Please clip along dotted line below (Retain upper portion for your records)

Registration Form

___ 6 week Prepared Childbirth - \$85.00

___ Prepared Childbirth Refresher - \$40.00

Your Name: _____ Doctor or Midwife: _____

Partner's Name: _____ Due date: _____

E-Mail address: _____ CHP Member? (check one) ___ YES ___ NO

Home address (include Zip code): _____

Home phone: _____ Work phone: _____

Are there any nights (M, T, W, Th) that are inconvenient? Please list _____

OFFICE USE ONLY

Class dates _____

Check date _____






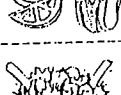
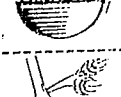

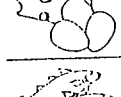
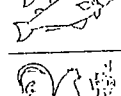





Instructor _____

Confirm date _____

Registration Number _____

Receipt # _____

A WOMAN'S GUIDE TO VITAMINS & MINERALS

VITAMIN/MINERAL	SOURCES*	FUNCTION
 VITAMIN A	Orange and yellow fruits and vegetables, liver, egg yolks, fortified milk	Helps maintain normal vision, healthy skin, and proper function of the immune system
 BETA CAROTENE	Orange and yellow fruits and vegetables	Acts as an antioxidant and the body converts it to vitamin A; performs the same functions as vitamin A
 VITAMIN D	Fortified milk, sardines, sunlight	Prevents bone deformation; regulates use of calcium in mother and baby
 VITAMIN E	Whole grains, nuts, vegetable oils	Helps prevent anemia
 VITAMIN C	Citrus fruits, broccoli, green and red peppers, brussels sprouts, tomatoes, strawberries, cabbage, potatoes	Promotes healthy capillaries, gums and teeth; helps make collagen in connective tissue; helps wound healing
 FOLIC ACID	Green, leafy vegetables; enriched cereals and legumes	Helps prevent anemia and certain birth defects of the spine and brain; helps make DNA
 THIAMINE	Whole and enriched grains, beans, pork	Helps release energy from carbohydrates; maintains healthy brain and nerve cells and heart function
 RIBOFLAVIN	Milk; cheese; eggs; green, leafy vegetables; whole and enriched grains	Helps utilization of other B vitamins, carbohydrates, fats, and proteins
 NIACIN	Meats, poultry, fish, whole and enriched grains	Helps metabolism of carbohydrates and fats; helps functioning of nervous and digestive systems; maintains healthy skin
 VITAMIN B ₆	Green, leafy vegetables; meats; poultry; fish	Helps prevent anemia and skin lesions; helps normal brain function; is essential for processing carbohydrates, lipids, and fats, and for making DNA
 VITAMIN B ₁₂	Meats, fish, milk, eggs, yogurt	Helps prevent anemia; maintains the nervous system
 CALCIUM	Milk; cheese; yogurt; tofu; sardines; green, leafy vegetables	Promotes strong bones and teeth; helps blood clot; helps nerves and muscles respond
 COPPER	Water, shellfish, nuts, legumes	Helps body use iron; helps energy metabolism
 IRON	Meats; fish; poultry; legumes; green, leafy vegetables; whole and enriched grains	Helps prevent anemia by carrying oxygen in the blood; helps the immune system
 ZINC	Meats, whole grains, legumes, nuts	Necessary for many enzymes, normal growth, and sexual development; helps wound healing and synthesis of protein, DNA, and RNA

*Stuartsnatal® Plus Multivitamin/Multimineral Supplement, marketed by Wyeth-Ayerst Laboratories, contains these vitamins and minerals, which are appropriate for women before, during, and after pregnancy.

Information provided by the March of Dimes Birth Defects Foundation and Wyeth-Ayerst Laboratories.

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PEDIATRICIANS

Tallahassee Pediatrics:
1205 Marion Avenue
681-3887

-Susan Cross M.D.
-Charles Long M.D.
-Robert Middlemas M.D.
-JC Singh M.D.

Childrens Clinic
2416 East Plaza Drive
877-7123

-Larry Deeb M.D.
-David Guttman M.D.
-Thomas Peele M.D.
-Christina Rodriguez M.D.

Capital Health Plan
2101 Centerville
-Dean Dalrymple M.D.
383-3415
-David Jones M.D.
383-3450

Professional Park Pediatrics
1881 Professional Park Circle
402-5454
-Walter Bunnell M.D.
-John Elzie M.D.
-Melissa Martin M.D.

Julia St. Petery M.D.
Kennessa Hugger M.D.
1132 Lee Avenue
224-8830

Lionel Henry M.D.
Masoud Sakhaei M.D.
1397 Miccosukee Rd.
878-5147

Alfreda Blackshear M.D.
1215 Lee Avenue
878-0229

Sam Moorer M.D.
2420 East Plaza Drive
877-6119

James Penrod M.D.
1272 A Timberlane Rd
893-2492

William Simmons M.D.
Frank Walker M.D.
1633 Physicians Drive
877-1162

Oliver Whitt M.D.
2727 Capital Medical Blv
942-2233

Michael Wilhoit M.D.
2420 East Plaza Drive
877-5154

Pat Woodward M.D.
178 LaSalle Leffale
627-3634

Nancy Wright M.D.
1634 North Plaza Drive
656-3361

PEDIATRICIANS

Dr. Frank Walker	877-1162	Dr. Thomas Peele	877-7123
Dr. William Simmons	877-1162	Dr. Larry Deeb	877-7123
Dr. Walter Bunnell	402-5454	Dr. Lionel Henry	878-5147
Dr. James Penrod	893-2492	Dr. Alfreda Blackshear	878-0229
Dr. Charles Long	681-3887	CHP Centerville Road Facility	
Dr. Robert Middlemas	681-3887	Dr. David Jones	383-3333
Dr. Susan Cross	681-3887	Dr. Dean Dalrymple	383-3420
Dr. Laurie Hult	681-4337	Dr. Barbara Demby	383-3420
Dr. Sam Moorer	877-6119		
Dr. Michael Wilhoit	877-5154		

CALL PHYSICIAN FOR A CONSULTATION APPOINTMENT BEFORE DELIVERY!!!!!!

COMMUNITY RESOURCE LISTINGS

Apalachee Community Mental Health Services	487-2930
Bradley Childbirth Method	514-3180
*Larissa Knudsen	
Cesarean Support Group	878-2678
Children's Home Society	877-5176
Children's Medical Services	
Compassionate Friends Of Tallahassee	422-8404
Miscarriage Support Group	
*Wendy Matthews	878-2969
*Sheila O'Brien	386-8201
La Leche League	1-800-LAL-ECHE
Leon County Health Department	487-3172
Mother of Twins	878-3349
Planned Parenthood	574-7455
Pregnancy, Help and Information	222-7177
Teenage Parent Program	488-5400
Tampa Regional Poison Control Center	1-800-282-3171
Telephone Counseling and Referral Service	224-6333
United Cerebral Palsy	878-0892



Coping with Nausea

Are you having morning, afternoon, night, or all day queasiness? Here are some comfort measures to help cope with these troublesome pregnancy symptoms.

- Keep simple complex carbohydrate snacks, such as crackers, by your bedside. When you wake up, nibble a few crackers, and then rest for 20 to 30 minutes before getting out of bed.
- Eat small, frequent meals. An empty stomach can increase nausea. Aim for foods high in protein or carbohydrate, as both can help fight nausea.
- Try taking 50 mg of Vitamin B6 twice a day. B6 helps the body metabolize certain amino acids (proteins), which may somehow reduce nausea (no one knows exactly why this works).
- Discontinue your prenatal vitamins temporarily. If the nausea improves, give yourself a few days and then reintroduce the vitamins. Try taking them at night before bed.
- Since iron can be hard on your digestive system, stop taking supplements for the first trimester unless you're anemic. Add iron rich food to your diet instead.
- Avoid rich, spicy, acidic, or fried foods, and eat less fat in general.
- Though it's important to keep yourself well hydrated, try drinking fluids only between meals, and limit them during meals. Try sips instead of gulps.
- Keep snacks on hand. Try eating small amounts of bland food throughout the day. Good choices include crackers, animal crackers, yogurt (high in B vitamins, which can decrease nausea), or anything else you can tolerate.
- Sniff lemons. The smell of a cut lemon may help your nausea. Put slices in your ice tea or sparkling water.
- Drink ginger ale, ginger tea, or mint tea. Ginger and mint are known to settle the stomach and help queasiness.
- Try acupressure bands. You can find Sea-Bands, a soft cotton wristband with a plastic button, at most drug stores. This simple device, created to fight seasickness, has also helped many pregnant women with morning sickness. Strap it on so that the plastic button pushes against an acupressure point in your wrist. Most women begin feeling some relief.
- Try NoQweez tablets available at local drug stores.