



Enroll in Tiny Toes Today!

It's easy to enroll in our FREE Tiny Toes program. Call 325-428-INFO (4636), 24 hours a day! Once you're a member, we'll contact you and get you started!

To enroll in the free pre-natal birthing classes or to schedule a tour of the maternity department, please call Abilene Regional Medical Center at 325-428-4636.



What You Can Expect When You Join Tiny Toes

- "What to Expect When You're Expecting" book.
- A commemorative certificate with your baby's footprint and time and date of birth.
- A tote bag filled with gifts from area merchants.
- A digital photo of your baby posted on Abilene Regional's Tiny Toes Internet website (with parental consent).
- Car seat inspection.
- Lactation specialist services.



6250 Hwy 83/84 • Abilene, TX 79606
www.abileneregional.com





Your baby will be here before you know it! Make sure you get things started off on the right foot by enrolling in Tiny Toes, offered exclusively by Abilene Regional Medical Center. Tiny Toes was developed to help make your childbirth experience an even more cherished lifetime event. As a Tiny Toes member, ARMC provides you with the following Tiny Toes Membership Benefits:

Skilled and experienced staff – We take pride in our experience and the skill of our team in helping you bring your bundle of joy into the world.

A tour of our OB Unit – For your peace of mind, you are welcome to schedule a tour, meet with our staff and ask any questions you have related to your day of delivery.

Information via our website through our Health Resources – When you visit www.abileneregional.com and click on the Health Resources icon, you have access to a wealth of current information on pregnancy and childbirth.

The well-known book titled “What to Expect When You’re Expecting”– Our hospital provides you with this book free of charge to help guide you through your pregnancy. Filled with helpful tips and information about your changing body, developing baby and what you can do to fully enjoy pregnancy and the birth of your child, this book is a “must have.”

Ten tiny toes, ten tiny little fingers, soft as the sound of an angel's whisper, tenderly you sleep my baby.

You are my darling, darling mine smile while you dream. I'll watch through the night. Gently now you sleep my baby.

Someday you'll grow too big to hold and I will remember that once long ago you had ten tiny toes, ten little fingers, soft as the sound of an angel's whisper.

Tenderly you sleep, Gently now you sleep. I will watch you sleep my baby.

Birthing Classes – ARMC offers birthing classes to new moms and those who would like a refresher. Call 325-428-4636 or 325-428-4950 for more information on topics, times and dates.

A special collection of keepsakes to help celebrate the birth of your child – When your baby finally arrives, Tiny Toes will make sure you have a few memorable keepsakes from our staff including:

- An attractive certificate featuring your baby's footprints and time and date of birth.
- A tote bag filled with gifts from area merchants.
- A digital photo of your baby posted on ARMC's Tiny Toes Internet website, with parental consent.



Gifts from local merchants – ARMC has partnered with many local merchants to provide you with some gifts after your delivery. These special offers will be provided to you, along with your hospital keepsakes, as you leave the hospital.

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