

2009

Maternity Education Calendar

Childbirth Preparation

A highly recommended course for first-time moms and their coaches. This 4-week class meets once a week to teach expectant parents how to meet the challenges of childbirth with confidence. It covers an array of topics including the stages and phases of labor and delivery, hospital procedures, medication options, cesarean birth and postpartum adjustment. In addition, various breathing, relaxation and comfort techniques are taught and practiced to give parents the tools to deal with the physical, emotional and mental aspects of the labor process. Bring 2 – 4 pillows and a blanket.

Childbirth Preparation, One-Day

This one-day childbirth class covers the same material as the 4-week series at an accelerated pace. Good for expectant parents whose schedules cannot accommodate a full series. FULL lunch and snacks are included. Bring 2 – 4 pillows and a blanket.

Prepared Childbirth Refresher

This is a one-time class that is designed for those who have already experienced childbirth. It reviews the stages and phases of labor with a strong emphasis on breathing, relaxation and comfort measures with tips on sibling adjustment. Bring 2 – 4 pillows and a blanket.

Newborn Care

A one-time class that helps parents develop the special skills and confidence necessary to care for their newborn. The educator will cover common newborn characteristics, as well as hospital procedures and daily care activities such as diapering, cord care and bathing. Bring a doll/stuffed animal for practice.

Moms To Moms

Join other new moms and their babies as they meet weekly with a certified lactation specialist to discuss topics of interest, share experiences and support each other. No fee or appointment necessary.

Maternity Tours

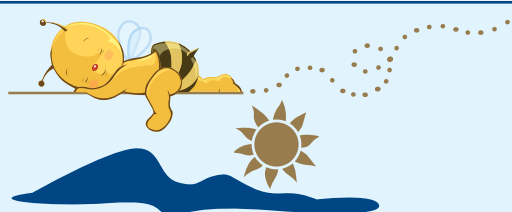
This fun and informative presentation will give expectant parents a sneak peek into the maternity services at Rancho Springs Medical Center. Join us as we highlight the features of our units and review what you can expect while you are here with us during the birth of your baby. In addition, we include a guided tour of the maternity unit so you can see first hand where your baby will be born.

Breastfeeding Class

Taught by our certified lactation educators, this class helps moms develop the unique skills needed to make breastfeeding a successful and satisfying experience. Topics covered include advantages of breastfeeding and proper breastfeeding techniques. Dad and/or other support person is welcomed and encouraged to attend. Bring a doll/stuffed animal.

Sibling Class

This fun class is designed for siblings age 4 – 11. A tour of the unit is included as well as helpful hints on becoming a big brother or big sister. Bring a doll/stuffed animal.



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