

# 2024 Prenatal Education Classes



New babies bring a lot of changes, and not just the diaper kind! Our Childbirth and Infant Care classes can help parents get ready for their new arrival. In addition, these classes provide an opportunity to meet other new parents.

**Classes offered include:**

- Childbirth and Infant Care Series
- Child and Infant CPR
- Child and Infant First Aid
- Mom's Support Group

**Register Now! 888-996-9644**

# Childbirth and Infant Care Series



Our Childbirth and Infant Care classes prepare expectant couples for the physical and emotional changes that occur during pregnancy, delivery, and postpartum. These classes provide an overview of labor, teach you to care for your newborn, and help prepare you for the upcoming changes in your routine, emotions, and relationship. We recommend you register for classes mid-term in your pregnancy.

## Class A – Childbirth

- Hospital pre-registration
- Overview of labor experience
- Birth preferences plan
- Basic anatomy and physiology (terms heard during labor)
- Stages of labor
- Relaxation techniques
- When to come to the hospital
- What to bring to the hospital

## Class B – Childbirth

- Mind-body connection
- Role of labor support person
- Labor support practice
- Labor positions
- Breathing techniques
- Comfort measures
- Birth video
- Pain control options

## Class C – Childbirth

- Variations in labor and delivery
- Induction
- Fetal monitoring
- Operative vaginal delivery
- Cesarean birth
- Immediate postpartum care
- Birth video

## Class D – Breastfeeding

- Benefits of breastfeeding for mom and baby
- Establishing breastfeeding and skin-to-skin contact
- Babies' cues, latching on, feeding frequency
- Breastfeeding positions
- Partner's role

## Class E – Postpartum Expectations and Realities of New Parents

- Delivery to discharge
- Your physical and emotional changes
- Finding your new normal as new parents
- Recognizing postpartum depression and anxiety
- Community support services, including Pathways support group

## Class F – Care of Your Newborn

- Bathing your baby
- First hours/days of your baby's life
- Hospital routines
- Rashes, jaundice, crying
- Burping, swaddling, diaper care
- Comfort techniques for baby
- Newborn sleep
- Choosing your pediatrician

## Class G – Home and Car Safety

- Baby-proofing your home
- Car seats
- How to keep baby safe at home and on-the-go

## Series Details

All seven classes run from 6:30-8:30 pm except for class B in the In-Person series, which will run from 6:30-9:00 pm to include a hospital tour. You can also take classes A-C on a single Saturday.

We recommend taking the full series and offer the convenience of choosing A – G OR D – G then A – C. You also have the option to enroll in only Childbirth OR Infant Care.

## COST

For the entire series (all seven Childbirth and Infant Care classes) the cost is \$290 per couple. If taken separately, the Childbirth Series (A – C) is \$140 and the Infant Care Series (D – G) is \$185. **Registration is required.**

## LOCATION

You can choose to attend either an in-person series (Wednesdays) or a virtual series (Tuesdays). In-person classes will be held in the Conference Center at MarinHealth Medical Center. For virtual classes, a Zoom link will be provided after registration. If you have not received the zoom link 5 days prior to the start of the class, please email [yana.harootunian-cox@mymarinhealth](mailto:yana.harootunian-cox@mymarinhealth)

**Register Now! Call 888-996-9644 and have your credit card ready.**

	Virtual (Tuesdays)	In-Person (Wednesdays)	Virtual (Tuesdays)	In-Person (Wednesdays)	Virtual (Tuesdays)	In-Person (Wednesdays)	Virtual (Tuesdays)
<b>CHILDBIRTH</b>							
Class A	1/9/24	2/28/24	4/16/24	6/5/24	7/30/24	9/18/24	11/5/24
Class B	1/16/24	3/6/24**	4/23/24	6/12/24**	8/6/24	9/25/24**	11/12/24
Class C	1/23/24	3/13/24	4/30/24	6/19/24	8/13/24	10/2/24	11/19/24
<b>INFANT CARE</b>							
Class D	1/30/24	3/20/24	5/7/24	6/26/24	8/20/24	10/9/24	11/26/24
Class E	2/6/24	3/27/24	5/14/24	7/12/24*	8/27/24	10/16/24	12/3/24
Class F	2/13/24	4/3/24	5/21/24	7/19/24	9/3/24	10/23/24	12/10/24
Class G	2/20/24	4/10/24	5/28/24	7/26/24	9/10/24	10/30/24	12/17/24

**Saturday Classes (9am-4pm) covers the full Childbirth series, classes A-C: 1/20, 4/20, 7/13 & 11/23**

\*No class on July 4    \*\*Includes hospital tour



## Free In-Person Tours

Come tour our state-of-the-art maternity unit in our beautiful new Oak Pavilion and learn more about delivering at MarinHealth Medical Center! Tours are held the 2nd Wednesday of each month at 7:30 pm, and the 3rd Saturday of each month at 10 am. Registration is required. Please visit [MyMarinHealth.org/maternitytour](http://MyMarinHealth.org/maternitytour) for details and to register.

# Additional Classes



## CPR Course

Topics include choking, stroke, heart attack, sudden cardiac arrest, emergency action steps, airway management, rescue breathing, chest compressions, cardiopulmonary resuscitation (CPR), and AED use and operation.

After evaluating your knowledge and hands-on skills in accordance with Health and Safety Institute (HSI) program standards, your instructor will issue your CPR Certification Card.

### COST

\$64 per person or \$125 per couple. Includes course, assessment, and 2-year certification card.

### SCHEDULE

Saturdays: 9:00 am – 12:00 pm.

January 27	September 28
February 3	November 2
March 9	December 7
May 18	

### LOCATION

**MarinHealth Medical Center**

Please email [lorigarciacpr@comcast.net](mailto:lorigarciacpr@comcast.net) with any questions.

## First Aid Course

First-aid emergencies covered include bleeding control; shock; soft-tissues injuries; bone, joint and muscle injuries; broken bones; medical emergencies; heat- and cold-related illnesses and injuries; seizures; poisoning; and more. After evaluating your knowledge and hands-on skills according to the Health and Safety Institute (HSI) program standard, your instructor will issue your First Aid Digital Certification Card.

### COST

\$64 per person or \$125 per couple. Includes course, assessment, and 2-year certification card.

### SCHEDULE

Saturdays: 9:00 am – 12:00 pm.

April 27	June 8
June 1	October 5

### LOCATION

**MarinHealth Medical Center**

Please email [lorigarciacpr@comcast.net](mailto:lorigarciacpr@comcast.net) with any questions.

## Mom's Support Group

This free, weekly ongoing group is an opportunity for moms and babies to connect face-to-face in a relaxed (online) environment to express the joys and concerns of being a new mother. We discuss a variety of topics including nursing, newborn care, parenting, and other common experiences.

**COST** Free.

### SCHEDULE

Tuesdays: 10:30 – 11:45 am (except 12/24/24) Classes held via Zoom. To receive a Zoom link, email [yana.harootunian-cox@mymarinhealth.org](mailto:yana.harootunian-cox@mymarinhealth.org).