2020 Virtual Prenatal Education Classes

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

Classes offered include:
- Childbirth and Infant Series
- Child and Infant CPR
- Child and Infant First Aid
- Mom’s Support Group

Due to COVID-19, we are offering all classes virtually via Zoom. Once registered, you will receive a Zoom link five days prior to the class. Please email yana.harootunian-cox@mymarinhealth.org if you do not receive a link.

Register Now! 1-888-996-9644

In addition to our classes we offer the following services for new families:

Lactation Services
As a Baby-Friendly Hospital®, MarinHealth Medical Center is committed to supporting new mothers in establishing and maintaining breastfeeding. Our staff of International Board Certified Lactation Consultants (IBCLCs), as well as our companion BabyNook Store have been helping new mothers get started with a good breastfeeding routine since 1999 and are delighted to report that our initiation rate (percentage of moms who choose to breastfeeding) is currently at 99%!

Lactation Services: 1-415-925-7522
Open seven days a week by appointment.
Childbirth and Infant Care Series

Our childbirth and infant care classes prepare the expectant couple for the physical and emotional changes that occur during pregnancy and delivery. These classes include the role of the labor support person, anatomy, physiology, and an overview of labor. Breathing and relaxation techniques are taught, as well as comfort measures and pain control options.

Variations in labor and delivery, back labor, induction, and cesarean deliveries are discussed. The classes are taught by experienced childbirth instructors. The classes will prepare the mother and her support person for the challenges and joys of childbirth. We recommend that you register for classes mid-term in your pregnancy due to limited class space.

All seven classes are offered in a series on Wednesday evenings. Full class details are listed below and registration is required.

Class A
- Hospital pre-registration
- Benefits of childbirth classes
- 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
- Mind-body connection
- Role of labor support person
- Labor support practice
- Breathing techniques
- Comfort measures
- Labor positions out of bed

Class C
- Variations in Labor and Delivery
- Pain Control Options
- Induction
- Fetal Monitoring
- Operative Vaginal Delivery
- Cesarean Birth
- Immediate Postpartum Care
- Birth Video

Class D – Breastfeeding
Taught by an International Board Certified Lactation Consultant (IBCLC), this class focuses on establishing breastfeeding and avoiding common nursing-related difficulties.

Topics include:
- Benefits of Breastfeeding for Mom and Baby
- Establishing Breastfeeding and Skin-to-Skin
- Babies’ Cues, Latching On, Feeding Frequency
- Breastfeeding Positions
- Partner’s Role
- Working Mothers and Pumping for Baby
Class E – Post Partum Expectations and Realities of New Parents
Having a baby is a joyful occasion, but new parents are not always prepared for the changes in their daily routine, their emotions, or even their relationship. This class is designed to prepare parents for the changes that happen in their lives during and after birth.

Topics include:
- Delivery to Discharge
- Your Physical and Emotional Changes
- Finding Your New Normal
- Recognizing Postpartum Depression and Anxiety
- Community Support Services, including Pathways Support Group

Class F – Care of Your Newborn
Newborns look so fragile and delicate that caring for them can be intimidating, especially the first time around! This class helps new parents learn and get comfortable with everyday baby care.

Topics include:
- 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
This class covers important information on how to keep your baby safe at home and on the go.

Topics include:
- Buying Safe Toys
- Baby-Proofing Your Home
- Sensible and Safe Baby Equipment
- Car Seats

Register Now! Call 1-888-996-9644 and have your credit card ready.
MarinHealth offers expectant and new families interactive educational CPR and First Aid Classes online. Our courses include:

**CPR Course**
Our Infant, Child, Adult CPR and Automated External Defibrillator (AED) class is open to all who want to learn lifesaving skills, from expectant and new parents to the general workplace.

We send you a link and provide you with a supply kit and loaner manikin so you can complete the coursework from home. 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. For the skills portion of the class, we connect you with an instructor virtually. The online CPR course takes 1.5 to 2 hours and the skills portion, 1 to 1.5 hours.

Your CPR digital certification card, identical to the printed version, will be delivered via email. After evaluating your knowledge and hands-on skills in accordance with Health and Safety Institute (HSI) program standards, your instructor will issue this card, along with digital access to the student book.

**COST**
The CPR course fee is $58 and includes the online course, 2 year digital certification card, sanitized loaner manikin and training supply kit. The manikin must be returned before you are granted certification access.

**SCHEDULE**
July 18 | Aug 29 | Sept 19 | Oct 24 | Nov 7 | Dec 5

**First Aid Course**
Our pediatric-focused interactive classes are full of great information to help you feel confident and equipped for your due date! You can take our First Aid Course in the comfort of your own home, using the supply kit we provide. We send you a link to complete the coursework remotely and then virtually connect you with an instructor for the skills portion of the class.

First-aid emergencies covered include bleeding control, shock, soft-tissues injuries, bone, joint, muscle injuries, broken bones, medical emergencies, poisoning, heat and cold related illnesses and injuries, seizures, poisoning, and more. The online First Aid course takes 1.5 to 2 hours and the skills portion, 1 to 1.5 hours.

After evaluating your knowledge and hands-on skills according to the Health and Safety Institute (HSI) program standard, your instructor will email you your First Aid Digital Certification Card, which is identical to the printed version.

**COST**
The First Aid course fee is $58 and includes the online course, 2 year digital certification card, remotes skill video and training supply kit.

**SCHEDULE**
Aug 22 | Sept 26 | Oct 17 | Dec 12

**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. The group is facilitated by a Licensed Midwife/International Board Certified Lactation Consultant (IBCLC).

**COST**
Free.

**SCHEDULE**
Wednesdays: 11:00am – 12:15pm (except 11/25/20 and 12/23/20)
Classes held via Zoom. To receive a Zoom link email yana.harootunian-cox@mymarinhealth.org.