



## Mission Bernal Campus Perinatal Classes

Advance registration required for most classes: [sutterhealth.org/newborn-connections/enroll](https://sutterhealth.org/newborn-connections/enroll)

Register early to ensure your place! Plan to complete approximately 4 to 6 weeks before your due date. Partners are encouraged to attend most classes with the exception of a few.

**Se requiere inscripción anticipada para la mayoría de las clases:** [sutterhealth.org/newborn-connections/enroll](https://sutterhealth.org/newborn-connections/enroll)

¡Regístrese temprano para asegurar su lugar! Planifique para completar aproximadamente 4 a 6 semanas antes de su fecha de parto. Si usted desea, su pareja podría acompañarla a la mayoría de las clases.

Maternity Tour – English FREE (per couple)

Follow an experienced guide for a tour of the Labor/Delivery and Postpartum rooms. Receive information on where to go upon arrival, learn more about our doula program and free prenatal yoga classes, and answers to all your logistical questions regarding your hospital stay.

**Recorrido** de maternidad - GRATIS en español (por pareja)

Una persona experimentada le llevará a ver las unidades de parto - y posparto y le enseñará cómo llegar. Aproveche para aprender más sobre nuestro programa de Doula y responder sus preguntas sobre su estadía en el hospital.

**New Patient Open House for the Womens' Center at Mission Bernal Free (per couple)**

Meet members of our team of Certified Nurse Midwives and OB doctors at our Mission Bernal campus to learn about our services and to tour our birthing center. We offer: Group Prenatal Care, Midwifery Program, Low Intervention Childbirth Practices (personal preferences respected), Continuum of Care, and Lactation Support.

**Prenatal Yoga (per couple)**

In this 1 hour class moms connect with their developing baby thereby increasing comfort and fluidity in their rapidly changing body. It may help alleviate common discomforts of pregnancy such as back pain, sciatica, swelling, anxiety and fatigue. The class helps ready the body for the physical and emotional demands of childbirth and motherhood. An acknowledgement form must be signed by a healthcare provider.

**Yoga prenatal (por pareja)**

En esta clase de 1 hora, las mamás se conectan con su bebé en desarrollo, lo que aumenta la comodidad y la fluidez en su cuerpo que cambia rápidamente. Puede ayudar a aliviar las molestias comunes del embarazo, como dolor de espalda, ciática, hinchazón, ansiedad y fatiga. La clase ayuda a preparar el cuerpo para las demandas físicas y emocionales del parto y la maternidad. Un formulario de reconocimiento debe estar firmado por un proveedor de atención médica.

## **Breastfeeding: \$75 (per couple)**

This 3 hour class discusses the benefits of breastfeeding, latching and positioning, signs of hunger, how to know your baby is getting enough, how to prevent and manage potential difficulties and considerations for partners and family support.

## **Childbirth Preparation Class: Essentials of Childbirth with the Womens' Center at MBC \$65 (per couple)**

In this 6 hour class expectant mothers and their birthing partners are invited to learn the essentials of childbirth preparation specific to the midwifery model at the Womens' Center. Our one-day class is informative, practical and specifically designed to help you understand the birthing process while providing tools for creating a positive birth experience. In a safe, non-judgmental environment, we incorporate hands-on practice, lively discussion, videos and demos to help you feel more confident and prepared. Please arrive 15 minutes before the class begins.

CPR and First Aid for Infants *newborn-1year* \$60 (per person)

This 2 .5 hour class focuses on how to recognize and respond to the most common medical emergencies for infants. In this class you will learn when to call 911, how to perform CPR, how to respond to choking emergencies, seizures, drowning, head trauma, and allergic reactions. This class utilizes state-of-the-art feedback mannequins for real-time assessment.

## **CPR and First Aid for Toddlers 1 year – 3 years \$60 (per person)**

This 2 .5 hour class focuses on how to recognize and respond to the most common medical emergencies for toddlers. Participants will learn when to call 911, how to perform CPR on toddlers, how to respond to choking emergencies, seizures, drowning, head trauma, and allergic reactions. Participants will learn how to use an Automated External Defibrillator (AED). This class utilizes state-of-the-art feedback mannequins for real-time assessment.

## **Newborn Parenting \$110 (per couple)**

This 4.5 hour class provides survival tips for the early weeks with your baby! Class includes information about normal newborn appearance and behavior, as well as baby care basics with hands-on practice diapering, swaddling, taking a temperature, and bathing. Offered as a one-time weekend intensive class or as a 2-part weeknight series.

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California Outpatient Lactation Center  
3698 California Street, 1<sup>st</sup> Floor

415-600-BABY

M-F 10 am – 4 pm Sat 10 am-2pm

Van Ness Outpatient Lactation Center  
1100 Van Ness Avenue, 2<sup>nd</sup> Floor

OPENING Summer 2019

Services still being provided at 3698 in the mean time

Mission Bernal Outpatient Lactation Center  
1580 Valencia Street, 1<sup>st</sup> Floor

415-641-6532

M-F 10 am – 5 pm \*Closed 1-2 for lunch