



Van Ness Campus Perinatal Classes

Advance registration required for all classes: 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. All CPR courses require each participant to register separately.

Maternity Tour – English FREE (per couple)

Follow an experienced guide for a tour of the Labor/Delivery and Post-Partum units. Receive information on where to go upon arrival, what to bring / what to leave behind, and answers to all your logistical questions regarding your hospital stay.

CPMC Van Ness 出生中心之旅 – 免费（两名参与者）

参观由经验丰富的导游带领的出生中心。获取有关您抵达时要做什么，带来/离开的内容以及您有关住宿的所有问题的答案的信息。安排每个月的第一个和第三个星期四，第一个从下午5:30开始，第二个从下午6:30开始。每个人都必须注册。

Maternity Tour – Planned Cesarean Section FREE (per couple)

Follow an experienced guide for a tour of the **Women's** and **Children's** Center and Post-Partum units. Receive information on where to go upon arrival, what to bring / what to leave behind, and answers to all your logistical questions regarding your planned cesarean section hospital stay.

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 Express \$95 (per couple)

Recommended for those familiar with birth or who need a refresher. This 3 hour class is a condensed version of the Childbirth Preparation Intensive and includes signs of labor, when to call your doctor, normal progression and variations, pain coping techniques for all stages, medical procedures such as induction and fetal monitoring, cesarean birth and the role of your support person(s). This class does not include hands-on practice such as positioning and massage.

Childbirth Preparation Intensive \$225 (per couple)

Recommended for first timers! This 8 hour class provides comprehensive information on pregnancy, labor, and delivery. Learn from our experts, ask questions, and practice what you learn! Class includes anatomy and development; signs of labor; when to call your doctor; normal progression and variations of labor and birth; pain coping techniques such as breathing, relaxation and medication options for all stages of labor; procedures such as induction and fetal monitoring; cesarean birth, newborn procedures; and the role of your support person(s).

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.

California Outpatient Lactation Center
3698 California Street, 1st Floor

415-600-BABY

M-F 10 am – 4 pm Sat 10 am-2pm

Van Ness Outpatient Lactation Center
1100 Van Ness Avenue, 2nd Floor

OPENING Summer 2019

Services still being provided at 3698 in the mean time

Mission Bernal Outpatient Lactation Center
1580 Valencia Street, 1st Floor

415-641-6532

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

Expectant Fathers Only \$70 (per person)

This 3 hour class is designed especially for fathers-to-be. Topics and group discussions include helping your partner through pregnancy and childbirth, caring for a new baby, balancing work and parenting and maintaining a healthy relationship. While we encourage partners to attend most classes, the Expectant Fathers Only class is designed specifically for fathers-to-be.

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.

Pain Relief Options: Ask the Anesthesiologist *FREE* (per couple)

Learn about the pain relief options for childbirth at CPMC and receive answers to all of your medication questions directly from an anesthesiologist.

Prenatal Yoga: 6 Week Series \$100 (per person)

Each 90-minute class includes meditation, visualization, breath practice, yoga poses to safely stretch and strengthen the whole body in preparation for labor and birth, deep relaxation, and discussion. Classes are designed to help women connect with their developing baby, increase comfort and fluidity in their rapidly changing body, and to alleviate common discomforts of pregnancy such as back pain, sciatica, swelling, anxiety and fatigue. An acknowledgement form must be signed by your health care provider and attached to your registration form.

Sibling Celebration \$50 (per couple with one sibling, additional siblings are \$25)

Future siblings are prepared for the new baby's arrival through games, stories and role-playing. Classes are offered and focused for 3-6 year olds. All siblings receive an "I'm a Big Sister" or "I'm a Big Brother" baseball cap. A parent must attend with his/her child. We recommend you attend close to your due date.

Transition to Parenthood Series \$ 40 per class (per couple)

A series of two classes focused on changes in the couple relationship, and mood issues when parenting an infant. Each class looks at the range of changes to expect, with the goal of enhancing your knowledge and confidence as a parent and partner. Couples are encouraged to attend together. Each class may be taken individually or as a series.

Transition to Parenthood: Staying Happy as Partners When Becoming Parents

New parents often feel that their couple relationship suffers, but there are things you can do to maximize your pleasure as parents and with each other. This class presents the latest research on ways to keep couple satisfaction high amid the challenges of caring for an infant. Participants develop problem-solving strategies to cope with differences before they escalate.

Transition to Parenthood: The Emotional Rollercoaster after the Birth of the Baby

Having a baby ushers in a range of emotions, some of them not always welcome or expected. This class addresses the "baby blues", states of stress and overwhelm, and more significant experiences of postpartum depression and anxiety. Participants will learn about the importance of their own emotional wellbeing in effective parenting. Coping strategies and available resources for support are discussed.

Twins, Triplets & More \$75 (per couple)

This 3 hour class is designed to give expectant parents basic information on raising twins or more, including reassuring advice and practical considerations from an expert! Topics include important aspects of prenatal care, labor and delivery, feeding issues, and preparing home and family for the arrival of multiples.

California Outpatient Lactation Center
3698 California Street, 1st Floor
415-600-BABY
M-F 10 am – 4 pm Sat 10 am-2pm

Van Ness Outpatient Lactation Center
1100 Van Ness Avenue, 2nd Floor
OPENING Summer 2019
Services still being provided at 3698 in the mean time

Mission Bernal Outpatient Lactation Center
1580 Valencia Street, 1st Floor
415-641-6532
M-F 10 am – 5 pm *Closed 1-2 for lunch