

### Infant CPR

Parents can now learn the life saving skill of Infant CPR and relief of choking in less than 22 minutes. With this self-directed learning program, those caring for the new baby can learn these life saving skills and be prepared to respond during the first few minutes of a life threatening emergency. These kits will be available for the cost of \$35 at our prenatal courses or through the Education Department. Call 467.6331.

Resources available to families:

### Health Information On the Web

You'll find a comprehensive medical library just a click away in the Health & Wellness section of our website at [StJosephsCares.org](http://StJosephsCares.org).

### Comprehensive Care for Women and Infants

St. Joseph's Medical Center is honored to welcome more than 2,000 new babies each year. Our mother-baby "Family Centered Care" encourages togetherness and skin-to-skin bonding to help develop a closer relationship with your baby right from the start. You can choose St. Joseph's knowing that our specially trained nurses, advanced technology, and safe and comfortable environment are ready for you when the big day arrives. And for newborns requiring more advanced care, our Neonatal Intensive Care Nursery is available with specialists dedicated to the care of premature or ill newborns.

We hope you will become acquainted with our staff before the arrival of your baby by taking advantage of our maternity tours, classes and newborn care programs. If you have not yet received your "Welcome to Life" Guide to Pregnancy and Birth, please ask your doctor, call 461.5213, or download a copy at [StJosephsCares.org/Baby](http://StJosephsCares.org/Baby).

### Baby Wall of Fame

Children born at St. Joseph's may be honored on the "Star is Born" Baby Wall of Fame through a gift to the St. Joseph's Foundation. For more information call 467.6347, or donate online by visiting [StJosephsCares.org/Foundation](http://StJosephsCares.org/Foundation).

### Parking

Parking is available in the underground parking garage on Maple Street is open from 5 a.m. to 9 p.m. The cost for parking is \$5.00 per vehicle, per day. Anyone with a handicapped placard can access our parking lots at no charge.

The Emergency Department parking lot on Maple Street is reserved only for patients seeking emergency medical assistance.

The medical center has a 24-hour Public Safety department. If you would like an escort from the hospital to your vehicle or if you have any other security need or concern, call the hospital operator by dialing ext. 4632 or "0" on any house phone and ask for security. If it is an emergency dial 4-4-4 and the operator will pick up immediately.



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[StJosephsCares.org](http://StJosephsCares.org)



Welcome to Life Class Series

# Pregnancy and Parenthood 2019



# St. Joseph's is San Joaquin County's FIRST Baby-Friendly® hospital - providing optimal care for mothers and their babies.

## Welcome To Life Class Series 2019

Having your baby is a wondrous experience and we want you to feel comfortable, safe, and at ease. Our Welcome to Life class series is provided to help ensure a healthy pregnancy and to gain knowledge about what is happening to your body, your emotions, and your baby.

Classes are open to mothers and their partners. ***Everyone is welcome to attend classes either alone or with their partner. These classes are FREE and no pre-registration is required.***

Please access the Medical Center through the main entrance. Classes are held in the Auditorium on the lower level of the Medical Center or in the Patient Pavilion conference room. If you have any questions about classes, call **461.5213**.

## Welcome To Life Tour

This class includes a tour of our brand new Women & Infants Center, including state-of-the-art labor & delivery and post-partum rooms, and dedicated c-section operating rooms. You will receive specific information about where to go and what to do when it comes time to have your baby, including pre-admission registration and birthing options tailored to your individual needs. Additionally, we'll help in planning for your first few weeks at home.

**Dates:** Tuesdays; January 8, February 12, March 12, April 9, May 14, June 11, July 9, August 13, September 10, October 8, November 12, December 10

**Time:** 7:00 - 9:00 PM

**Place:** Starts in the Auditorium (lower level)

***Ask your Doctor about pre-registering for admission to St. Joseph's or pre-register online: StJosephsCares.org. It will save you time when you go into labor!***

## Childbirth Preparation Series

Are you ready for labor and birth? This four-class series prepares mom and her coach for the emotional and physical changes of labor and birth. The series includes relaxation and breathing techniques to increase comfort during labor. ***Please bring three pillows, a blanket and/or exercise mat each night of class.*** You should attend this series during your ***third trimester.***

**Series Dates:** Wednesdays;

**Series 1** January 9, 16, 23, 30

**Series 2** March 6, 13, 20, 27

**Series 3** May 1, 8, 15, 22

**Series 4** July 10, 17, 24, 31

**Series 5** September 4, 11, 18, 25

**Series 6** November 6, 13, 20, 27

**Time:** 6:30 - 9:00 PM

**Place:** Classroom 1

**Class One:** *Understanding Pregnancy*

**Class Two:** *Understanding Labor and Birth*

**Class Three:** *Understanding Medical Procedures and Cesarean Birth*

**Class Four:** *Understanding Postpartum*

## Prenatal Nutrition and Exercise

Nurturing your baby starts by taking good care of yourself during pregnancy. Come learn about healthy weight gain guidelines, good nutrition, how to manage common pregnancy discomforts, and more. This class will give you an introduction to exercise during pregnancy including body mechanics, posture, and basic back care. Please wear comfortable clothing to allow for movement. Bring three pillows, a mat and/or blanket.

**Dates:** Wednesdays; February 6, April 3, June 5,

August 7, October 2, December 4

**Time:** 4:30 to 6:00 p.m.

**Place:** Classroom 1

**If you require interpreter services, please file a request prior to your course by calling 209.467.6331.**

## All Day Childbirth Preparation Class

This class covers all information listed in our evening series in a one day condensed class. ***Please bring three pillows, a blanket and/or exercise mat to class.*** You should attend this class during your ***third trimester.***

**Dates:** Saturdays; February 2, April 6, June 1, August 3, October 5, December 7

**Time:** 9:00 AM - 4:30 PM

**Place:** Classroom 1

## Having a Cesarean Birth

This class is designed to prepare a mother and her partner who are having a planned cesarean birth or may need a cesarean birth. Learn about the cesarean procedure including anesthesia options, what to expect, how to take care of yourself during recovery and special techniques to insure successful breastfeeding.

**Dates:** Wednesdays; February 13, April 10, June 2, August 14, October 9, December 11

**Time:** 5:30 - 6:30 PM

**Place:** Auditorium

## Breastfeeding

This class offers mothers and their partners information on the benefits of breastfeeding, the importance of exclusive breastfeeding and the basics of breastfeeding management. Topics include latching, the effect of analgesia/anesthesia on infant behavior, and the rationales for care practices such as early skin-to-skin contact, rooming-in and feeding on cue. Expressing breast milk and helpful hints for your family will also be discussed.

**Dates:** Wednesdays; February 6, April 3, June 5, August 7, October 2, December 4

**Time:** 7:00 - 9:00 PM

**Place:** Auditorium

## Mother-Baby Breast Connection

Mothers and babies join a lactation specialist for support and advice on the challenges of early breastfeeding. This class meets weekly. If you have questions, please call **467.6331**. Come meet other families and attend as often as you like.

**Dates:** Every Wednesday

**Time:** 1:00 - 3:00 PM

**Place:** Pavilion Conference Room (1st floor)

## The Newborn

Parents-to-be, come learn about life with a newborn, the baby's needs and changing development. Discussion includes baby care basics such as feeding, diapering, and bathing, as well as the physical appearances of newborns and practical tips for parents.

**Dates:** Wednesdays; February 13, April 10, June 2, August 14, October 9, December 11

**Time:** 7:00 - 9:00 PM

**Place:** Auditorium

## Big Brother - Big Sister

This class helps siblings learn about new babies, how it will feel to be a big brother or sister, and see new babies and where mom and baby will be staying.

**Families are welcome.**

**Dates:** Tuesdays; January 15, April 16, August 20, October 15

**Time:** 5:30 - 6:30 PM

**Place:** Pavilion Conference Room (1st floor)

All classes are located in the Lower Level of St. Joseph's Medical Center or the Patient Pavilion Conference Room.