



Family Birth Center Programs - 2020

Childbirth Preparation Class for C-Sections

This is a one night class to prepare you for your cesarean birth. This class will cover:

- Writing cesarean birth plans
- Role of support people
- Relaxation & breathing techniques
- Post-birth exercises for a more comfortable recovery

Class Location:

Mercy Medical Pavilion
3rd Floor, Classrooms C&D
315 Mercy Avenue
Merced, CA 95340

Class Dates & Time:

6pm - 9pm

April 29
July 29
September 30
December 30

Childbirth Preparation Class

The class is a four week course that prepares expectant families for birth. Some topics covered include:

- Last stages of pregnancy and the childbirth process
- Relaxation, breathing, and "coaching" techniques
- Post-partum, breastfeeding, and newborn care

We offer a one day abbreviated class for those who are unable to attend the 4 week series.

Class Location:

Mercy Medical Pavilion
3rd Floor, Classrooms C&D
315 Mercy Avenue
Merced, CA 95340

Class Dates & Times:

FOUR WEEK COURSES 6pm - 9pm

Jan. 8, 15, 22, 29
Feb. 5, 12, 19, 26
Mar. 4, 11, 18, 25
Apr. 1, 8, 15, 22
May 6, 13, 20, 27
Jun. 3, 10, 17, 24
Jul. 1, 8, 15, 22
Aug. 5, 12, 19, 26
Sep. 2, 9, 16, 23
Oct. 7, 14, 21, 28
Nov. 2, 9, 16, 23
Dec. 7, 14, 21, 28

ONE DAY CLASSES 9am - 3pm

Jan. 4
Feb. 1
Mar. 7
Apr. 4
May 16
Jun. 6
Jul. 11
Aug. 1
Sep. 5
Oct. 3
Nov. 7
Dec. 12

Breastfeeding Class

Designed for expectant and new mothers seeking information on breastfeeding, this class covers the basics which include:

- Reasons to breastfeed
- How to hold and latch your baby
- How your support people can help

Class Location:

Mercy Medical Pavilion
3rd Floor, Classrooms C&D
315 Mercy Avenue
Merced, CA 95340

Class Dates & Time:

6pm - 9pm

January 22
February 19
March 18
April 22
May 20
June 17
July 15
August 19
September 16
October 21
November 16
December 21

To register for these classes, please call Mercy Health Education at 209.564.4384. There is a \$25 fee for the Childbirth Preparation Classes (the Breastfeeding Class is free).

Boot Camp for New Moms or Dads

This is a three-hour workshop taught by experienced mothers/fathers and their babies to orient moms or dads who are expecting their first baby. There is no cost to attend this class, however, registration is required.

Workshop Locations:

Mercy Medical Pavilion
3rd Floor, Classroom C (Dads)
3rd Floor, Classroom D (Moms)
315 Mercy Avenue
Merced, CA 95340

Workshop Dates & Times:

Saturdays - 9am - 12:30pm

January 18
February 15
March 21
April 18
May 16
June 20
July 18
August 15
September 19
October 17
November 21
December 12

For Registration:

Dads, please call 209.385.7521 to register with the All Dads Matter Program.

Moms, please call 209.385.3000 (extension 5001) to register with the All Moms Matter program or register online at: www.allmoms.eventbrite.com

Stork Tour

The first stop along the Stork Tour is held at the Mercy Medical Pavilion, next to the hospital, where you will have the opportunity to meet local community organizations specializing in helping expectant mothers before and after delivery.

The second part includes a tour of Mercy's Family Birth Center where you will be shown each room you will be in during the different stages of your stay in the Family Birth Center, as well as where you need to go to register for your delivery.

There is no cost or registration required to attend this event.

Location:

Mercy Medical Pavilion
3rd Floor, Classrooms C&D
315 Mercy Avenue
Merced, CA 95340

Dates & Time:

6pm

January 4
February 11
March 10
April 14
May 12
June 9
July 14
August 11
September 8
October 13
November 10
December 8

Breastfeeding Support

While breastfeeding is a natural process, it can be challenging, especially in the early weeks. Our breastfeeding support is FREE and offered weekly to provide tips and encouragement to new and experienced breastfeeding moms through the first year and beyond.

A lactation professional, experienced in assisting new moms with breastfeeding, is present to answer your questions and provide you with the help you need for breastfeeding success. Topics discussed may include:

- Soreness
- Latching issues
- Infant weight gain
- Nursing aids
- Milk supply concerns
- Exclusive pumping

Location:

Mercy Outpatient Center
1st Floor, Breastfeeding Education Center
2740 M Street
Merced, CA 95340

Dates & Time:

**Every Wednesday
10am - 12pm**

To Attend:

Contact Mercy Health Education at 209.564.4384