

# Dignity Health – Northridge Hospital Family Birth Center

## Free Childbirth Education Classes

### 2020 Schedule

January						
Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

February						
Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

March						
Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April						
Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

May						
Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

June						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

July						
Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

August						
Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

September						
Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

October						
Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

November						
Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

December						
Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

**Maternity Tour (Choose One)**  
**First and Third Wednesdays 6:30 – 8:30 p.m. (except January)**  
 Informational orientation followed by a walking tour of our state-of-the-art Family Birth Center

**Child Safety 101 (Choose One)**  
**Wednesdays 6 – 9 p.m. or Saturdays 10 a.m. – 1 p.m.**  
 Tips for coping as new parents, baby safety, reducing hazards, car seat safety and Infant CPR (non-certified). Grandparents welcome!

**Childbirth Weekend Express**  
**2 Consecutive Saturdays 10 a.m. – 2 p.m.**  
 Condensed version of the Childbirth Education Series

- Class 1 Stages of Labor & Pain Management
- Class 2 Breastfeeding Workshop & Postpartum Parenting

**Breastfeeding Support Group**  
**Every Thursday 10 – 11:30 a.m.**  
 Offered every Thursday for mothers looking to exchange breastfeeding information and experiences. Led by a Lactation Educator.

**Childbirth Education Series**  
**Tuesdays 6 – 9 p.m.**  
 Prepare for your child's birth by learning about what to expect and how to enjoy the experience. This is a four class series that can be joined at any time. Registration is recommended by the 6th month of pregnancy.

- Week 1 Stages of Labor: Signs, Symptoms & Emergencies (Except for November/December 2020 when Week 1 is on November 10)
- Week 2 Pain Management/Cesarean Birth
- Week 3 Breastfeeding Workshop (*Grandmothers Encouraged to Attend!*)
- Week 4 Postpartum/Parenting

**All classes are free. To register for classes, please call our 24-hour call center at 866.792.BABY (2229). To reach the Department of Childbirth Education, please call 818.885.5434.**

Class dates may be subject to change or cancellation.