



Maternal Child Services

# Family Birth Center Education Classes 2020



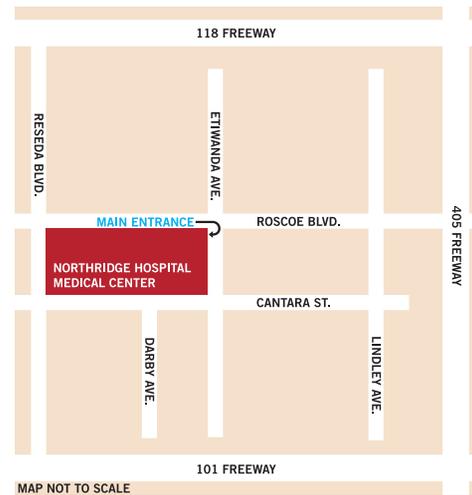
## Family Birth Center

Welcome to Dignity Health – Northridge Hospital’s Family Birth Center where we deliver joyful and cherished memories! Having a baby is one of the most important and exciting experiences you will ever have. Our team of highly skilled nurses and medical professionals will do everything they can to make your special event as comfortable and stress-free as possible.

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

To Pre-register for your delivery, please call the Admitting Office at 818.885.8500, ext. 4660. You can save time by completing the pre-admission application online at [dignityhealth.org/northridgehospital](http://dignityhealth.org/northridgehospital) and clicking on “I would like to...”

Proudly serving the 2 million residents in the San Fernando and Santa Clarita Valleys for more than 60 years, Dignity Health – Northridge Hospital Medical Center is a 394-bed not-for-profit community hospital. As a leading provider of compassionate, high-quality and affordable patient-centered care, we share a rich legacy with Dignity Health, one of the nation’s five largest health care systems. We are part of a 21-state network of nearly 9,000 physicians, 62,000 employees, and more than 400 care centers.



**Northridge Hospital Medical Center**  
18300 Roscoe Blvd.  
Northridge, CA 91328  
818.885.8500  
[dignityhealth.org/northridgehospital](http://dignityhealth.org/northridgehospital)

Physician Referral, call 866.792.BABY (2229)



# Class Schedule 2020

Please refer to the English class schedule for dates and times of the following classes. The 2020 Free Childbirth Education Classes schedule can be found in your maternity packet or on our hospital website under *Expectant Parent Classes*. (In case a class falls on a holiday, please refer to the 2020 Education Classes schedule for the alternate date.)

## Maternity Tour

Expectant parents will tour our state-of-the-art Family Birth Center and learn why Northridge Hospital is the best place to have your baby.

**Every 1st and 3rd Wednesday of the month, 6:30 – 8:30 p.m.**

## Childbirth Education Series

Prepare for your child's birth. Class topics include physical and emotional changes, what to expect during pregnancy and birth, techniques for relaxation and breathing, cesarean birth, and pain relief options. This is a four-class series that can be joined at any time. The series includes the Breastfeeding Workshop and Pain Management during Labor/Cesarean Childbirth classes. Registration is recommended by the sixth month of pregnancy.

**Select Tuesdays, 6 – 9 p.m.**

## Weekend Express Classes

Pressed for time or looking for a refresher? Join us on two consecutive Saturdays for a condensed version of the material offered in the Childbirth Education Series.

**Offered every other month, two Saturday's in a row, from 10 a.m. – 2 p.m.**

## Breastfeeding Workshop

As a Baby Friendly Hospital, Northridge Hospital has adopted practices that support breastfeeding. This class, taught by a Certified Lactation Educator, provides pregnant women and new mothers with the information to encourage a successful breastfeeding experience.

**Did you know that most studies show that attending a breastfeeding class during pregnancy increases a mother's likelihood to successfully breastfeed?** In addition, studies show that when partners and grandparents are supportive of breastfeeding it increases a mother's confidence and ability to breastfeed. This is why we recommend taking a breastfeeding class during your pregnancy with your partner and parents. This class is included in the Childbirth Education Series.

**Select Tuesdays, 6 – 9 p.m.**



**To register for classes or for more information, please call our 24-hour call center at 866.792.BABY (2229) or to reach the Department of Childbirth Education, please call 818.885.5434.**



## Pain Management During Labor/Cesarean Childbirth

Today's expectant parents may need to be prepared for a surgical birth. This class reviews surgical procedures, techniques for decreasing pain, recovery strategies and medication options. This class is included in the Childbirth Education series.

**Select Tuesdays, 6 – 9 p.m.**

## Breastfeeding Support Group

Breastfeeding is one of the best things that only you can do for your baby, but this can sometimes be challenging. Join us to exchange information and experiences from other moms. Led by a Lactation Educator. No need to register. Please call 818.885.8500, ext. 2289 for breastfeeding concerns.

**Offered in English and Spanish, every Thursday, 10 – 11:30 a.m.**

## Child Safety 101

Parenthood has its challenges and sometimes we all need a little advice from the professionals. Our Child Safety class offers tips for coping as new parents, baby safety, car seat safety, reducing hazards and infant CPR (non-certified CPR). Grandparents and caregivers are also encouraged to attend.

**Offered on Saturdays, every other month from 10 a.m. – 1 p.m. and on Wednesday evenings in the alternate months from 6 – 9 p.m.**

## Online Nursery

This is a fun, fast and free way for you to safely share the news of your baby's birth.

**[dignityhealth.org/northridgehospital](http://dignityhealth.org/northridgehospital)**