



Preparing For Parenthood

Having a baby is an exciting time, with many important decisions and preparations to be made. To help parents feel confident as you embark on your journey into parenthood, the Baby & Family Center at Dignity Health's St. Bernardine Medical Center offers a nurturing environment with experienced and caring staff available to help prepare and educate you on your new life ahead.

We understand the importance of family-centered education, and that's why it's an integral part of the quality and compassionate health care we deliver. At our Baby & Family Center, which is conveniently located adjacent to the hospital, you will have access to a variety of educational programs available to all parents, regardless of whether you deliver your baby at St. Bernardine.

Baby & Family Center

403 E. Highland Avenue
San Bernardino CA 92404
909.881.4420
sbmcBABY.org



St. Bernardine Medical Center

2101 N. Waterman Avenue
San Bernardino, CA 92404
909.883.8711
stbernardinemedicalcenter.org

Physician referral call 800.566.7262

Directions to the Baby & Family Center
at St. Bernardine Medical Center

- From the 210 Freeway, exit Waterman Avenue and head south
- Turn left on 21st Street
- Pass the main hospital entrance
- Turn left into the first driveway after the hospital's parking structure
- The Baby & Family Center is directly ahead



Maternal Education

 **Dignity Health®**
St. Bernardine Medical Center
Baby & Family Center



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St. Bernardine Medical Center
Baby & Family Center

Maternal–Child Education Schedule 2018

Baby & Family Center at St. Bernardine Medical Center

Prepared Childbirth Classes

The Prepared Childbirth Method is a physical and psychological preparation for childbirth that addresses Lamaze techniques, breast-feeding and newborn topics. Classes include anatomy and physiology of labor, breathing techniques, relaxation and pushing techniques, plus discussions regarding fetal monitoring and medications.

Please bring two pillows and a small blanket.

When: Wednesdays 6 pm - 9 pm

Location: Baby & Family Center

Fee: \$20 per couple

Wednesday Classes (3-class series)

January 10, 17, 24

February 21, 28, March 7

April 11, 18, 25

May 9, 16, 23

July 11, 18, 25

August 15, 22, 29

September 12, 19, 26

October 10, 17, 24

Infant & Child CPR

When: Saturdays, 10 am - 11:30 am

Fee \$10/per couple

January 31

August 1

March 21

September 5

May 2

November 7

Cesarean Birth Class

This program is for those planning a Cesarean section delivery. It includes information surrounding reasons for C-sections, common preoperative procedures, routines in surgery, medications used, postoperative care and a video on Cesarean deliveries.

When: Call 909.881.4420

Location: Baby & Family Center

Fee: \$10 per couple

Breast-feeding & Newborn Class

Babies are born to be breastfed. Learn normal newborn behavior and what to expect. We cover breastfeeding basics, strategies for success and how to avoid complications.

This class is included in the Prepared Childbirth 3-week series or may be taken by itself.

When: Mondays and Wednesdays, 6 pm - 9 pm

Location: Baby & Family Center

Fee: \$10 per couple

2018 Class Dates

January 24

March 7

April 25

May 23

July 25

August 29

October 24

November 14

December 12



Maternity Tea & Tour

Join us to learn more about delivering your baby at St. Bernardine Medical Center. This program includes a tour of the labor and delivery and postpartum units, as well as an opportunity to hear from hospital staff during a complimentary dinner. Moms may bring one guest. Please pre-register by calling 909.881.4420.

When: First Tuesday of each month, 6 pm - 7:30 pm

Location: Meet in the hospital's main entrance/lobby

No Fee: Complimentary and includes dinner

2018 Tour Dates

January 2

February 6

March 6

April 3

May 1

June 5

July 3

August 7

September 4

October 2

November 6

December 4



Class Registration

To register for any of the Maternal–Child Education classes, mail the enclosed class registration form, along with related fees, to the Baby & Family Center as indicated on the form. Or, you may register in person at the Baby & Family Center between 10 am and 4 pm, Monday – Friday.

For additional information, please contact the Baby & Family Center at 909.881.4420.

