

2019 CHSB Maternal Education

Prepared Childbirth

The prepared Childbirth Method is a physical and psychological preparation for childbirth that addresses Lamaze techniques, breastfeeding 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 a small pillow.

Prepared Childbirth Classes:

When: Tuesday 10-1pm or Wednesday 6-9 pm
Location: Health Education Center
Fee: \$20 per couple

Tuesday 10-1pm (3 class series)

January 22, 29 February 5
March 19, 26 April 2
May 21, 28 June 4
July 16, 23, 30
September 17, 24 October 1

Wednesday 6-9pm (3 class series)

January 30 February 6, 13
March 20, 27 April 3
May 1, 8, 15
June 5, 12, 19
July 17, 24, 31
August 21, 28 September 4
October 23, 30 November 6

Infant CPR:

When: Call 909.806.1816
Location: Health Education Center
Fee: \$10 per couple
January 23
May 22
September 18
November 13

Maternity Tea and Tour:

Join us to learn more about delivering your baby at Community Hospital of San Bernardino. 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 (No guest under 16 years of age).

When: Second Tuesday of every month
Time: 6pm-7:30pm

Location: Meet in hospital's main entrance/lobby

No fee: Complimentary and includes dinner

Registration is required.

January 15
February 12
March 12
April 9
May 14
June 11
July 9
August 13
September 10
October 8
November 12
December 10

Breast-feeding Center:

Walk-in hours:
Monday and Thursday
10am-12pm

For additional information, please contact the Health Education Center at 909.806.1816. Or visit us at 1725 Western Ave San Bernardino, Ca 92411

Monday- Friday 9am- 4pm