

## Preparing For Parenthood

Having a baby is an exciting time, with many important decisions and preparations to be made.

To help parents feel confident on their journey into parenthood, the Baby & Family Center at Dignity Health's St. Bernardine Medical Center offers a nurturing environment with experienced and caring staff 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](http://sbmcBABY.org)



### St. Bernardine Medical Center

2101 N. Waterman Avenue  
San Bernardino, CA 92404  
909.883.8711  
[stbernardinemedicalcenter.org](http://stbernardinemedicalcenter.org)

### For a 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



## Baby & Family Center

# Maternal Education





## MATERNAL-CHILD EDUCATION SCHEDULE 2019

### Prepared Childbirth Classes

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 two pillows and a small blanket.*

**When:** Wednesdays, 6 pm – 9 pm

**Location:** Baby & Family Center

**Fee:** \$20 per couple

### Wednesday Classes 6 pm – 9 pm (3-class series)

January 9, 16, 23

February 13, 20, 27

March 13, 20, 27

April 10, 17, 24

May 15, 22, 29

June 12, 19, 26

July 10, 17, 24

August 7, 14, 21

September 11, 18, 25

October 16, 23, 30

November 6, 13, 20

### Infant & Child CPR

**When:** Wednesday, 6 pm – 7:30 pm

**Fee:** \$10/per couple

January 30

May 1

October 9

March 6

July 31

December 4

April 3

August 28

### 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

### Breastfeeding & 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. To learn more, please call our Lactation Office at 909.475.2650.

**When:** Wednesdays, 6 pm – 9 pm

**Location:** Baby & Family Center

**Fee:** \$10 per couple

### 2019 Class Dates

January 23

February 27

March 27

April 24

May 29

June 26

July 24

August 21

September 25

October 30

November 20



### 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

### Tour Dates:

January 8

July 2

February 5

August 6

March 5

September 3

April 2

October 1

May 7

November 5

June 4

December 3

### 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. You may also 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.