



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 Health Education Center at Dignity Health's Community Hospital of San Bernardino 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 Health Education 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 Community Hospital.

Health Education Center
1725 Western Avenue
San Bernardino, CA 92411
(909) 806-1816
chsbBABY.org



Community Hospital of San Bernardino
1805 Medical Center Drive
San Bernardino, CA 92411
(909) 887-6333
dignityhealth.org/san-bernardino

Physician referral call (888) 933-2472

Directions to the Health Education Center at Community Hospital of San Bernardino

- From the 210 Freeway, exit State Street and head north
- Turn right on Highland Avenue
- Turn right on Western Avenue
- The Health Education Center is located on the left at 1725 Western Ave, San Bernardino, CA 92411



chsbBABY.org

Maternal Education



Dignity Health™
Community Hospital of
San Bernardino

Maternal Child Services



Dignity Health™
Community Hospital of
San Bernardino

Maternal Child Services

Health Education Center at Community Hospital of San Bernardino

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: Thursdays, 6 pm - 9 pm
Location: Health Education Center
Fee: \$20 per couple

January 5, 12, 19, 26
February 9, 16, 23, March 2
March 16, 23, 30, April 6
April 20, 27, May 4, 11
May 25, June 1, 8, 15
July 6, 13, 20, 27
August 10, 17, 24, 31
September 14, 21, 28, October 5
October 19, 26, November 2, 9

Infant & Child CPR

When: Call 909.806.1816
Location: Health Education Center
Fee: \$10 per couple

February 2	May 18	September 7
March 9	June 22	October 12
April 13	August 3	November 16

Childbirth Refresher Class

This condensed two-class series is for those who have previously attended the Prepared Childbirth four-class series.

When: Call 909.806.1816 for class dates and times
Location: Health Education Center
Fee: \$10

Cesarean Birth Class

This two-hour 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. If a support person wishes to be present during the delivery, they must obtain approval from the physician and attend this class.

When: Call 909.806.1816
Location: Health Education Center
Fee: \$10 per couple

Maternity Tea & 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.

When: Second Tuesday of each month, 6 pm - 7:30 pm
Location: Meet in the hospital's main entrance/lobby
No Fee: Complimentary and includes dinner

2017 Tour Dates

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

Class Registration

To register for any of the Maternal-Child Education classes, mail the enclosed class registration form, along with related fees, to the Health Education Center as indicated on the form. Or, you may register in person at the Health Education Center between 9 am - 4:00 pm, Monday - Friday.

For additional information, please contact the Health Education Center at 909.806.1816



Breast-feeding & Newborn Class

This three-hour class is recommended if you are considering breast-feeding your baby. Included in the breast-feeding portion of this class is a discussion of the advantages of breast-feeding, anatomy of the breast and how breast milk is produced, proper positioning of the infant while nursing, preparation for breast-feeding, challenges and common concerns of breast-feeding if you go back to work.

The newborn portion of the class will give you the opportunity to practice diapering, bathing and dressing your newborn on life-like dolls. Infant safety and normal growth and development will also be discussed.

When: Thursdays, 6 pm - 9 pm
Location: Health Education Center
Fee: \$10

2017 Class Dates

January 26	May 11	August 31
March 2	June 15	October 5
April 6	July 27	November 9

