

Getting ready for a new baby is a thrilling time. At Community Memorial Hospital we offer classes to help you, your coach and your family prepare for the arrival of your baby and parenthood. Our goal is to offer services that promote healthy individuals and strong families.

Maternal Child Health

BabyLine/Class Information

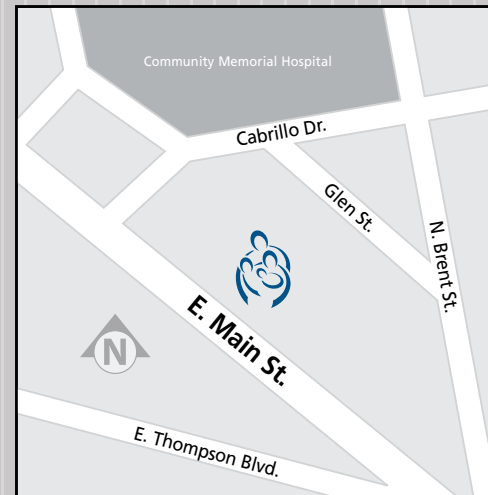
For questions and current class schedules and information please call the Babyline at 658-BABY (2229) or visit our website at www.cmhshealth.org/mch.

Class Registration

Unless otherwise specified, pre-registration (with payment) is required. Please plan ahead and register by your fifth month of pregnancy for Prepared Childbirth Classes. You may register by phone with a credit card or debit card. If registering by mail, please visit our website for dates and mailing information. Please note classes are subject to change or cancellation if enrollment does not meet minimum requirements. Refund Policy: Refund will be provided if notification for class cancellation is received no later than three days prior to the class date.

Class Location

All of our classes, excluding the Maternity Orientation, are held at our New Parent Resource Center located at 2809 E. Main St. Ventura.



Parking is available in the front or rear. For classes and support groups please park and enter in the back. We accept credit cards, checks or cash.

If you deliver at Community Memorial Hospital you will receive a \$10.00 gift certificate which can be applied toward any of our Baby & Me classes!!!

MATERNAL CHILD HEALTH



New Parent Resource Center



Preparation Classes

Maternity Orientation

Get to know us better by joining us for a tour of the Maternal Child Health Department! See where your baby will be born, discover our philosophy of care, get pre-admitting information and learn what to expect during your stay. The English speaking orientations are held every Tuesday evening at 6:00 p.m. and 7:00 p.m. in the 2nd floor classroom. The Spanish speaking orientations are held on the fourth Monday of each month at 7:00 p.m., meeting in the 2nd floor classroom. **No reservation is required and the tour is free.**

Prenatal Yoga

In this class we will focus on prenatal yoga, one of the most effective ways to prepare you for a relaxed labor and birth. Fees are accepted at class and no preregistration is required.

Classes are every Friday from 10:00 a.m. - 11:15 a.m. All supplies will be provided and no previous experience is necessary. The cost is \$10.00 per class or \$40.00 for five classes.

Childbirth Refresher Course

This class is an ideal class for those who have previously had a baby, but would like to review the childbirthing process including coping techniques, pushing, breathing and relaxation. This class is a two hour course. You will need to pre-register to attend the class. The cost is \$25.00 per class. Please visit our website for class dates and times.

Evening Prepared Childbirth Course

We offer Prepared Childbirth classes that help you and your coach prepare for the birth of your baby. Classes are held one evening a week for six consecutive weeks, from 6:00 p.m.

- 8:00 p.m. or 7:00 p.m. - 9:00 p.m. Our highly trained registered nurses provide insight into pregnancy, the birthing process, coach's role, coping techniques and recovery. This course also includes information on pain management, unexpected labor situations, newborn care and breastfeeding. You must preregister to attend class. Because our classes fill up quickly we recommend that you pre-register in your fifth month of pregnancy. Cost is \$100.00 per couple. Please visit our website or call for class dates and times.

Weekend Prepared Childbirth Course

This class is a great way to learn how to prepare for the birth of your baby when you have a busy week schedule. The information provided in this course is the same as in the evening course series, but condensed into one Saturday from 9:00 a.m. - 4:30 p.m. and one Sunday from 9:00 a.m. - 12:30 p.m. You must pre-register to attend class. Because our classes fill up quickly we recommend that you pre-register in your fifth month of pregnancy. Cost is \$100.00 per couple. Please visit our website or call for class dates and times.

Natural Childbirth Class

Our Natural Childbirth Class helps you to prepare for the birth you desire through the use of education and alternative therapies. The knowledge you will receive is designed to

help you to be less fearful, trust your body, be less likely to have unnecessary interventions, and be more satisfied with your birth experience. The class also includes newborn care and breastfeeding. Classes are held one afternoon a week for six weeks on Sundays from 4:30 p.m. - 6:30 p.m. You must preregister to attend class. Because our classes fill up quickly we recommend that you pre-register in your fifth month of pregnancy. Cost is \$100.00 per couple. Please visit our website or call for class dates and times.

Sibling Class

The idea that mom will be bringing a new baby home soon may be difficult for a small child to comprehend. This class helps prepare siblings ages two to eight for the arrival of a new baby brother or sister. We end the class with a tour of our postpartum area, along with a special stop at the nursery. Classes are held on a Sunday afternoon from 1:30 p.m. - 2:30 p.m. Cost is \$15.00 for the first child and \$5.00 per child in the same family thereafter. Please visit our website or call for class dates and times.

New Parent Support

Baby and Me: Birth - 8 Months

The role of being a new parent can be overwhelming at times. Become part of a caring group for parents with babies up to eight months of age. Learn up-to-date recommen-

dations about infant care, infant development and ways to cope with the emotional, social and physical transitions into parenthood. The classes are \$40.00 for each group of six classes, you may renew every six weeks. Fees are accepted in class. Classes are offered on Thursdays from 10:00 a.m. - 11:30 a.m.

Breastfeeding Supplies and Support

Mother's milk is the best nutrition for babies. To help make nursing successful, we offer expert lactation care services, supplies and support. Our program is provided by registered nurses who are certified lactation counselors. We offer individualized consultations to assess you and your baby's feeding style and to provide education and support. Private consultations by appointment. Fees: no charge if you delivered at CMH, \$50.00 if you delivered elsewhere. Visit our on-site breastfeeding boutique where you can purchase or rent breast pumps along with nursing bras and other breastfeeding supplies. Please call 805/667-2838 for questions and support.

Breastfeeding Support Group

Research shows that women breastfeed longer when they have group support, and we offer this support. Led by a registered nurse and certified lactation counselor, you may

ask questions, share advice, or just listen in a relaxed and welcoming environment. The group is drop-in format and is free of charge. Join us for coffee, tea, snacks, and support. Groups meet every Wednesday from 10:00 a.m. - 11:30 a.m. For more information or help breastfeeding please call 805/667-2838.

Safety

Infant/Pediatric CPR

The number one cause of death for children under the age of five is preventable accidents. Learn how to make your child's environment safe, how to prevent the most common childhood accidents, and infant/child CPR and choking techniques. No babies or children should attend this class, please. Classes are offered on Saturday mornings from 9:00 a.m. - 11:00 a.m. Cost is \$25.00 per person. Please visit our website or call for class dates and times.

Babysitting 101

This class is for children eleven years old and older who want to learn how to be a responsible babysitter and gain insight on infant and pediatric CPR techniques. A Pediatric CPR participation card is provided to all participants. Classes are offered on Saturday from 1:00 p.m. - 4:00 p.m. Cost is \$30.00 per child. Please visit our website or call for class dates and times.