

Preparation During Pregnancy

It is our goal to improve infant health, parent/child attachment, and the quality of life for future children during the first critical year of life. Maternal/Child Health Education Services offers a variety of education programs. Course are offered to any parent regardless of where they choose to deliver.

The following courses are offered at Redlands Community Hospital:

- **Getting to Know Us — Free Maternity Orientation Tour** offered twice a month.

- **Ready or Not — Childbirth Preparation Course:**

A four-week series that consists of practical and useful tools that will help you in preparing for birth.

- **Quick & Painless Weekend Childbirth Preparation Course:**

This two-day accelerated course is designed for those participants who are unable to attend the four-week course.

- **The Brush Up — Childbirth Preparation Refresher Course:**

A one-evening course to couples who have previous childbirth training and wish to update their birthing skills.

- **Let's Do Latch — Breastfeeding:**

Participants learn about the benefits, techniques and problem-solving solutions needed for successful breastfeeding.

Additional Support and Support Groups:

- **Comprehensive Perinatal Education**

This program is designed for pregnant women from low-income or at-risk families, or women having problems obtaining perinatal care throughout pregnancy. Participants are able to receive nutritional counseling, pre/post natal counseling, psycho/social counseling, and perinatal education. This is a Medi-Cal funded program.

For an appointment, please call (909) 793-6330.

- **Breastfeeding Education**

If you are interested or having difficulty with breastfeeding, we have trained Lactation Consultants available to assist you. We offer a group education session on Mondays from 10 a.m.-2 p.m. Please call ahead to reserve your spot in the class. Insurance, Medi-Cal or cash payments are accepted at the time of service.

Please call (909) 793-6110.

- **Diabetes and Pregnancy Education**

Designed to help women experiencing blood-sugar control problems or other effects and complications related to pregnancy and diabetes. A referral from your medical provider is necessary.

For an appointment, please call (909) 793-6330.

Class sizes are limited and registration is required for all classes. For more information you can visit www.redlandshospital.org or call our message line at (909) 335-6403.



COMMUNITY BASED (OUTREACH) PROGRAMS AND SERVICES



802 W. Colton Avenue, Suite E, Redlands, CA 92374
Telephone (909) 793-6330

CHILDBIRTH EDUCATION CLASSES (APRIL through JUNE 2010)
(Classes are held at Redlands Community Hospital, 350 Terracina Blvd., Redlands, CA 92373)

<p align="center">“Getting to Know Us” Maternity Orientation Tour at the Hospital Cost: No Charge Hours: 5:30-7:00pm & 7:30-9:00pm</p> <p>Thursdays April 8 or 15 May 13 or 27 June 10 or 24</p>	<p align="center">“Ready or Not” Childbirth Preparation Class – Series of four 4-hour classes Cost: \$100.00 Hours: 6:00-10:00pm</p> <p>4-Tuesdays: April 13, 20, 27 and May 4 May 11, 18, 25 and June 1 June 8, 15, 22, 29</p> <p align="right">4-Wednesdays: April 7, 14, 21, 28 May 5, 12, 19, 26 June 2, 9, 16, 23</p> <p>4-Fridays: April 16, 23 and May, 7 14 June 11, 18, 25 and July 2</p>
<p align="center">“Quick and Painless” Accelerated Childbirth Preparation Weekend Class Cost: \$100.00 Hours: 10:00am-6:00pm for 2 days</p> <p>Sundays: April 18 & 25 May 16 & 23</p>	<p align="center">“Let’s Do Latch” Breastfeeding Preparation Class (prior to delivery) Cost: \$25.00 Hours: 6:00- 9:00pm</p> <p>Friday: April 9 Thursday: May 6 Thursday: June 17</p>

Please complete the registration form and mail to Perinatal Services, Attn: Childbirth Education, PO Box 3391, Redlands, CA 92374 or drop off with payment at the Perinatal Services Office.

Last Name:		First Name:		Telephone#		
Mailing Address:			City:		Zip Code:	
Estimated delivery date:			OB/GYN’s Provider’s Name:			
Are you delivering at Redlands Community Hospital? Yes If not, where?						
Select the class(es) you want – place a √				Desired Dates		Cost
Getting to Know Us” Maternity Orientation Tour						No Charge.
“Ready or Not” Childbirth Preparation Class						\$100.00
“The Brush-Up” Childbirth Preparation Refresher Class						\$35.00
“Quick and Painless” Accelerated Childbirth Preparation Weekend Class						\$100.00
“Let’s Do Latch” Breastfeeding Preparation Class						\$25.00