

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.

2010 Winter Childbirth Classes

'Getting To Know Us' Maternity Orientation Tour

Cost: Free

5:30 to 7:00 pm and 7:30 to 9:00 pm

Two tours available on the following dates

Thursday, January 7
 Thursday, January 21
 Thursday, February 18
 Thursday, March 18

'Quick and Painless'

Accelerated Childbirth Preparation Weekend Class

Two 8-hour classes

\$100.00 per team

10:00 am-6:00 pm

Sundays, January 24, 31
 Sundays, February 21, 28
 Sundays, March 21, 28

'Ready or Not' Childbirth Preparation Classes

Four 4-hour classes

\$100.00 per team

6:00-10:00 pm

Four consecutive Tuesdays, January 5, 12, 19, 26
 Four consecutive Wednesdays, January 6, 13, 20, 27
 Four consecutive Fridays, January 8, 15, 22, 29
 Four consecutive Tuesdays, February 2, 9, 16, 23
 Four consecutive Wednesdays, February 3, 10, 17, 24
 Four consecutive Fridays, February 5, 12, 19, 26
 Four consecutive Tuesdays, March 2, 9, 16, 23
 Four consecutive Wednesdays, March 10, 17, 24, 31
 Four consecutive Fridays, March 5, 12, 19, 26

'Let's Do Latch' Breastfeeding Class

\$25.00 per team

6:00-10:00 pm

Thursday, January 14
 Thursday, February 11
 Thursday, March 25

If you have any questions, please call our
 message line at (909) 335-6403,
 or E-mail: baby@redlandshospital.org



Caring for Generations.

'The Brush Up' Childbirth Preparation Refresher

\$35.00 per team

6:00-10:00 pm

Thursday, March 11

Class Registration Form

To register, simply complete this form indicating which class you are interested in (1st and 2nd choice please).

We will do our best to honor your first request.

Mail registration form and check to:

Redlands Community Hospital
 Attention: Baby Services
 P.O. Box 3391
 Redlands CA 92373-0742

Registration forms will be processed upon receipt of payment only (sorry no phone payments).

A confirmation letter and map will be mailed to you confirming your enrollment and where your class will be held. Make-up dates will be accommodated as available. Refunds will not be granted after attendance of one class.

Last Name:	First Name:
Address:	City / ZIP:
Daytime Phone:	Evening Phone:
OB/GYN Provider Name:	Estimated Delivery Date:
Where do you plan to deliver?	
Place a checkmark by the class(es) you want:	Desired Dates:
<input type="checkbox"/> "Getting to Know Us" Maternity Orientation Tour	_____
<input type="checkbox"/> "Ready or Not" Childbirth Preparation	_____
<input type="checkbox"/> "The Brush-Up" Childbirth Preparation Refresher	_____
<input type="checkbox"/> "Quick & Painless" Accelerated Childbirth Preparation Weekend	_____
<input type="checkbox"/> "Let's Do Latch" Breastfeeding Preparation	_____
Make check payable to Redlands Community Hospital.	