



METHODIST HOSPITAL
of Southern California

PROVIDING HIGH-QUALITY HEALING SERVICES

MATERNITY CLASSES

2017 MATERNAL CHILD HEALTH EDUCATION SERIES



Maternity Tours

2017

Methodist Hospital offers a number of exciting educational programs that help families prepare for the arrival of a new baby and make important decisions. Each class offers unique information, so we encourage you to participate in as many classes as possible. For more information, please call our maternity education class line at 1-800-950-BABY. For the most up-to-date listing of all our classes, please visit www.methodisthospital.org/babyclasses.

MATERNITY ORIENTATION AND TOUR

You are invited to attend our maternity orientation and tour that will acquaint you with our services and staff. A brief presentation and tour will provide information needed as you prepare for your delivery and stay with us at Methodist Hospital. Please plan to attend early in your pregnancy. **Children are not permitted on the tour.**

FEE: No charge. *Registration is not necessary. Tours are held on most Thursdays.*

Tour times: 7 - 8:30 p.m. (Please arrive early to park and find location.)

January 5	April 6	July 6	October 5
January 12	April 13	July 20	October 12
January 19	April 20	July 27	October 19
February 2	May 4	August 3	November 2
February 9	May 11	August 10	November 9
February 16	May 18	August 17	November 16
March 2	June 1	August 24	November 30
March 9	June 8	September 7	December 7
March 16	June 15	September 14	December 14
March 23	June 22	September 21	December 21

MATERNITY ORIENTATION AND TOUR (CHINESE)

This tour is held in Mandarin. Please plan to attend early in your pregnancy. **Children are not permitted on the tour.**

FEE: No charge. *Registration is not necessary. All tours are held on Wednesdays.*

Tour times: 10 - 11:30 a.m.

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

Maternity Education Series

BREASTFEEDING

You will learn all the benefits of breastfeeding for baby and mom, and techniques for success: pumping and storage of milk, weaning and preventing problems are all discussed with a lactation professional. Your support person is encouraged to come with you.

FEE: \$40 for couples delivering at Methodist Hospital; \$50 for others

Monday classes: 6:30 - 9:30 p.m.

January 23	July 31
February 27	August 28
March 27	September 25
April 24	October 30
May 29	November 27
June 26	December 11

Saturday classes: 1:30 - 4:30 p.m.

March 18	September 16
May 20	November 18
July 22	

Sunday classes: 1:30 - 4:30 p.m.

April 23	October 22
June 18	December 17
August 20	

BABY-CARE BASICS

This class will explain to expectant parents and caregivers the basics of newborn care. Topics will include bathing, diapering, holding, when to call the doctor, immunizations, baby-care needs and transitioning to your new role as a parent.

FEE: \$40 for couples delivering at Methodist Hospital; \$50 for others

Monday classes: 6:30 - 9:30 p.m.

January 9	July 10
February 6	August 7
March 13	September 11
April 10	October 9
May 8	November 6
June 12	December 4

Saturday classes: 1:30 - 4:30 p.m.

January 21	August 19
February 18	October 21
April 22	December 16
June 17	

Sunday classes: 1:30 - 4:30 p.m.

March 19	September 17
May 21	November 18
July 23	

HAPPIEST BABY ON THE BLOCK

New babies are such a blessing, but they can also bring with them sleepless nights, crying and sometimes quite a bit of extra stress. Learn an extraordinary approach to keeping your baby happy. In our Happiest Baby class, new parents will learn step-by-step how to help their babies sleep better and how to soothe even the fussiest baby in minutes—even seconds!

A parent kit, which includes “The Happiest Baby on the Block” DVD, along with a Soothing Sounds CD, will be available for an additional \$20.

FEE: \$40 for couples delivering at Methodist Hospital; \$50 for others

Wednesday classes: 6:30 - 9:30 p.m.

January 18	July 19
February 15	August 16
March 22	September 20
April 19	October 18
May 17	November 15
June 21	December 20

TOT CPR FOR FAMILY AND FRIENDS (ENGLISH)

This CPR class is for parents and caregivers of infants. It teaches the basic principles of CPR and obstructed airway procedures for infants and discusses safety issues for inside and outside the home. (No information on adult CPR or CPR card will be provided.)

FEE: \$40 per person

Wednesday classes at 6:30 to 9:30 p.m.

January 4	July 5
February 1	August 2
March 8	September 6
April 5	October 4
May 3	November 1
June 7	December 6

TOT CPR FOR FAMILY AND FRIENDS (CHINESE)

This CPR class is for parents and caregivers of infants. It teaches the basic principles of CPR and obstructed airway procedures for infants and discusses safety issues for inside and outside the home. (No information on adult CPR or CPR card will be provided.)

This class will be taught in Mandarin.

FEE: \$40 per person

Monday classes at 6:30 to 9:30 p.m.

January 9
March 13
May 8
July 10
September 11
November 13

PREPARED CHILDBIRTH – WEEK DAY (ENGLISH)

This four-week series is essential for all first-time expectant mothers and their partners. These classes will prepare you and your partner for labor and delivery by covering topics including: the anatomy and physiology of labor and birth; breathing techniques, relaxation and massage; common medical procedures, along with explanations of epidurals and cesarean birth; and the hospital and postpartum experience for both you and baby. You should come dressed in comfortable clothing such as leggings or sweats, bring a blanket, two pillows, a notebook and pen. Register early in your pregnancy, as classes may fill up quickly. You may bring one support person. The fee for each additional support person is \$20.

FEE: \$100 for couples delivering at Methodist Hospital; \$110 for others. *All classes are on Tuesdays, 6:30 - 9:30 p.m.*

January 3 - January 24

January 3
January 10
January 17
January 24

April 4 - April 25

April 4
April 11
April 18
April 25

July 11 - August 1

July 11
July 18
July 25
August 1

October 3 - October 24

October 3
October 10
October 17
October 24

February 7 - February 28

February 7
February 14
February 21
February 28

May 2 - May 23

May 2
May 9
May 16
May 23

August 8 - August 29

August 8
August 15
August 22
August 29

November 7 - November 28

November 7
November 14
November 21
November 28

March 7 - March 28

March 7
March 14
March 21
March 28

June 6 - June 27

June 6
June 13
June 20
June 27

September 5 - September 26

September 5
September 12
September 19
September 26

CESAREAN PREPARATION

This topic is discussed during the **third session** of the regular four-session lamaze series.

FEE: \$30 per couple

6:30 to 9:30 p.m.

January 17
February 21
March 21
April 18
May 16
June 20
July 25
August 22
September 19
October 17
November 21

PREPARED CHILDBIRTH WEEKEND – ENGLISH

This two-day class covers exactly the same material as the English weekday series. You may bring one support person. The fee for each additional support person is \$20.

FEE: \$100 for couples delivering at Methodist Hospital; \$110 for others

Weekend classes: 9 a.m. - 4 p.m.

January 14 - 15	July 8 - 9
February 25 - 26	August 12 - 13
March 11 - 12	September 9 - 10
April 8 - 9	October 14 - 15
May 6 - 7	November 11 - 12
June 10 - 11	December 9 - 10

PREPARED CHILDBIRTH WEEKEND – CHINESE

This one-day class is taught in *Mandarin* and covers all of the same material as the weekday English series. You may bring one support person. The fee for each additional support person is \$20.

FEE: \$100 for couples delivering at Methodist Hospital; \$110 for others

Saturdays - 9 a.m. to 4 p.m.

February 18
April 1
June 3
August 5
October 7
December 2