



The Family Birth Center

EDUCATION CLASSES—2017

San Dimas Community Hospital offers several classes and presentations to help you prepare for the newest addition to your family. Families are encouraged to participate in these opportunities to learn about children, newborn care and maternal care.



MATERNITY OPEN HOUSE

Our Open House, designed for parents-to-be, includes information about hospital stay, admission and billing procedures, as well as newborn car seat safety are presented. A tour of the Family Birth Center, refreshments and free prizes make this a fun and informative evening. Since child care is not available during this event, please do not bring children.

Time: 7:00-9:00 p.m.

Date: First Thursday of each month

Place: SDCH Conference Room

Fee: Complimentary

BABY CARE PLUS AND BREASTFEEDING CLASS

This class is designed for mothers-to-be and presents information on breastfeeding techniques and breast care. Other topics are covered also, such as bathing, feeding, diapering, swaddling and tips for comforting a “fussy” baby. Mothers-to-be should schedule to take this class during their third trimester. Partners are welcome and encouraged to attend.

Time: 7:00-9:00 p.m.

Date: Third Thursday of each month

***Note:** April class will be on second Thursday

Place: SDCH Conference Room

Fee: Complimentary

CHILDBIRTH EDUCATION CLASS

This class is designed for mothers-to-be and their support person. This two-class course focuses on discomforts in the third trimester, signs of labor, true vs. false labor, medical procedures and options, stages of labor, cesarean birth, postpartum mothers, breastfeeding, a number of laboring positions, breathing, pain management options and much more. Mothers-to-be and their support persons should schedule to take this class during the third trimester. Schedule early as classes fill quickly.

Time: 6:00-8:00 p.m.

Date: Third and fourth Tuesday of each month.

***Note:** December is Dark.

Place: SDCH Conference Room

Fee: All classes and materials are provided free of charge.

Compliments of San Dimas Community Hospital.

Special Deliveries Are Our Specialty!

 **San Dimas Community Hospital**

To enroll for classes please contact the OB Department at
(909) 599-6811 ext. 2311

1350 W. Covina Blvd. San Dimas, CA

www.sandimashospital.com