

# The Family Birth Center

Your pregnancy is a special time, and your health is our top priority.

## 2022 EDUCATION CLASSES

*Classes are complimentary and held in the Conference Room or Cafeteria*

### Maternity Center Tour & Open House

Each month, expectant parents can pre-register to attend this **Maternity Open House**. You will receive information, tour the facility, and may pre-register with Admitting for your delivery. A fun evening complete with refreshments and a gift for parents-to-be!



Time: **6:00 p.m. – 8:00 p.m.**

Location: **Cafeteria**

Dates: **Second Thursdays of the month**

- Jun. 9
- Jul. 14
- Aug. 11
- Sept. 8
- Oct. 13
- Nov. 10
- Dec. 8

### Breastfeeding + Baby Basics

Breastfeeding is best for your baby, and it's good for your health, too. Join us before you have your baby to start, solve and succeed in safe breastfeeding techniques for mom. You will also learn about:

- Bathing
- Swaddling
- Feeding
- Safety
- Diaper Change
- Jaundice



Time: **6:00 p.m. – 8:00 p.m.**

Location: **Main Conference Room**

Dates: **Third Thursdays of the month**

- Jun. 16
- Jul. 21
- Aug. 18
- Sept. 15
- Oct. 20
- Nov. 17
- Dec. 15

### Childbirth Education

A childbirth class is a great way to prepare for your baby's birth. This is a two-day, two-hour (each day) workshop for a total of four hours of instruction including:

- Techniques for pain management
- Signs of labor – true and false symptoms
- Medical procedures and your options
- And so much more!



Schedule your classes during the third trimester, but book early, as classes are popular and fill up quickly.

Register for the **first class** in the pair and please remember to attend the second class.

Time: **6:00 p.m. – 8:00 p.m. both days**

Location: **Main Conference Room**

Date Pairs:

- Jun. 21 & 23
- Jul. 26 & 28
- Aug. 23 & 25
- Sept. 20 & 22
- Oct. 25 & 27
- Nov. 21 & 23
- Dec. 20 & 22

To register, please call the Family Birth Center at: **909.599.6811 ext. 2314** or register online at: **www.sandimashospital.com**

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