

# The Family Birth Center

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

## 2021 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: **7:00 p.m. – 9:00 p.m.**

Location: **Cafeteria**

Dates: **First Thursdays of the month**

- |          |           |
|----------|-----------|
| – May. 6 | – Sept. 2 |
| – Jun. 3 | – Oct. 7  |
| – Jul. 1 | – Nov. 4  |
| – Aug. 5 | – Dec. 2  |

### 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**

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|-----------------|-----------------|
| – May. 13       | – Sept. 16      |
| – Jun. 10       | – Oct. 14       |
| – Jul. 22       | – Nov. 11       |
| – Aug. No Class | – Dec. No Class |

### 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 **both classes** within the month you select.

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

Location: **Main Conference Room**

- Dates:
- |                 |                 |
|-----------------|-----------------|
| – May. 11 & 18  | – Sept. 14 & 21 |
| – Jun. 8 & 15   | – Oct. 12 & 19  |
| – Jul. 20 & 27  | – Nov. 9 & 16   |
| – Aug. No Class | – Dec. No Class |

Enroll **online** or contact us at: **909.599.6811 ext. 2311** • We also offer individual tours  
**Sandimashospital.com** 1350 W. Covina Boulevard, San Dimas, CA 91773 909.599.6811