

Prepared Childbirth Classes 2009

Tuesday 7-9PM	Wednesday 7-9PM	Thursday 7-9PM
1/6, 1/20, 2/3, 2/10, 2/17	1/14, 1/21, 1/28, 2/4, 2/11, 2/18*	1/22, 1/29, 2/05, 2/12, 2/19, 2/26*
3/3, 3/17, 3/24, 3/31, 4/7	3/4, 3/11, 3/18, 3/25, 4/1, 4/8*	3/12, 3/19, 3/26, 4/02, 4/09, 4/16*
4/21, 5/5, 5/19, 5/26, 6/02	4/22, 4/29, 5/6, 5/13, 5/20, 5/27*	4/30, 5/07, 5/14, 5/21, 5/28, 6/04*
6/16, 6/23, 6/30, 7/7, 7/14	6/10, 6/17, 6/24, 7/1, 7/8, 7/15*	6/18, 6/25, 7/02, 7/09, 7/16, 7/23*
7/28, 8/4, 8/11, 8/18, 8/25	7/29, 8/5, 8/12, 8/19, 8/26, 9/2*	8/06, 8/13, 8/20, 8/27, 9/03, 9/10*
9/15, 9/29, 10/06, 10/13, 10/20	9/16, 9/23, 9/30, 10/07, 10/14, 10/21*	9/24, 10/01, 10/08, 10/15, 10/22, 10/29*
11/3, 11/17, 11/24, 12/01, 12/08	11/04, 11/11, 11/18, 12/02, 12/09, 12/16*	11/12, 11/19, 12/03, 12/10, 12/17

Class series begins on the first date in each block

*class covers c-section info

Notes:

2009 Maternal Child Education @ Mercy Medical Center Redding



For Information or to register, call
24-MERCY (246-3729)
Or register online
@ redding.mercy.org
Registration required for all classes

Let's Talk Parenting

Shasta Union High School District & Shasta Adult School, in collaboration with Mercy Medical Center are offering this 8 week class series. This series is designed not only as a class but as a support group and an interactive parent discussion group.

Dates: Spring classes start in February and Fall classes start in October

Time: 6-8 pm

Place: Spring class @ Monte Vista School ** and Fall class @ Mercy Medical Center

Cost: ** Free Day Care at Monte Vista classes

Maternity Tour

This tour of the Maternity Center at Mercy Medical Center will give you the opportunity to see first-hand our labor and delivery rooms, nursery and postpartum areas and to ask any questions about obstetric services and programs we offer. The Childbirth Preparation class includes a tour of the Labor and Delivery, Post Partum and Nursery areas.

Day: 3rd Sunday of each month

Time: 2:00 pm-3:pm

Place: Front Lobby

Cost: Free

Newborn Care

This class is designed to teach new and expectant parents proper newborn care, how to bathe your baby, how to recognize when your baby is not getting adequate nourishment, and many more things to increase the comfort level for new parents .

Dads/partners and grandparents are welcome. Dates: 1/12, 2/9, 3/9, 4/13, 5/11, 6/08, 7/13, 8/10, 9/14, 10/12, 11/09, 12/14 (2nd Monday of the month)

Time: 7-9 pm

Place: Auditoriums C&D

Cost: Free

Call 24-MERCY (246-3729)
You can also register for these classes on our website: redding.mercy.org

Maternal Child Education

Services
2009

Child Passenger Safety Seat

Learn how to place a child in a seat correctly, the safest place in a car for the seat to be, the proper installation of the seat, and the latest car seat laws.

This class is a collaboration of Shasta County Public Health, Mercy Medical Center and the Injury Prevention Coalition of Shasta County. Low cost car seats are available for those who qualify. If you are taking other childbirth classes at Mercy Medical Center call 24-MERCY to learn how you can receive a car seat.

Space is limited-Pre registration required

Call **245-6357** for class location and dates.
Cost: FREE

Childbirth Refresher

This class is designed for women and their partners who would like a review of relaxation and breathing techniques and current standards of medical care.

Dates: 1/20 & 2/3, 3/17 & 3/24, 5/5 & 5/19, 6/23 & 6/30, 8/4 & 8/11, 9/29 & 10/06, 11/17 & 11/24

Time: 7-9 pm

Place: Auditorium A

Cost: FREE

Infant/Toddler Safety (0 to 2 Years of Age)

This class is designed to teach new and expectant parents about home safety, swimming pools, and crib safety. Dads/partners and grandparents are welcome.

Dates: 1/15, 2/19, 3/19, 4/16, 5/21, 6/18, 7/16, 8/20, 9/17, 10/15, 11/19, 12/17 (3rd Thursday of the month)

Time: 7-9 pm

Place: Auditoriums C&D

Cost: Free

Pre-registration is required for all classes.

Breastfeeding Basics

Recommended for the 2nd & 3rd trimester of pregnancy and for **new moms**. This class will discuss breast changes during pregnancy, how to establish an abundant supply of milk, how often to nurse your baby, and how to tell if your baby is getting enough milk. Common issues about latch-on techniques, avoiding sore nipples, returning to work or school, and expressing and storing breast milk will also be addressed. If you are a new mom you are encouraged to bring your newborn to the class. Dads/partners are welcome.

1/15, 2/25, 3/18*, 4/15, 5/20*, 6/11, 7/22, 8/19*, 9/9, 10/28, 11/18* 12/23

Time: 7-9PM

Place: Aud. A&B and if * class is Aud C&D

Cost: Free

Prepared Childbirth

This 6-week series of 2-hour classes helps prepare women and their partners for the labor and birth experience. The class covers topics from pregnancy to birth and postpartum with an emphasis on options for labor & delivery and coping strategies for pain management. Dates: Please see reverse side

Time: 7-9PM Tues, Weds, & Thurs

Place: Auditoriums A&B

Cost: FREE

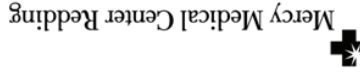
Cesarean Preparation

This 1-night, 2-hour course emphasizes choices, procedures, anesthesia and postpartum recovery. Dates: dates marked with * on other side of schedule

Time: 7-9 pm

Place: Auditoriums A&B

Cost: FREE



Maternity Services
A member of CHW