

# Prepared Childbirth Classes 2007

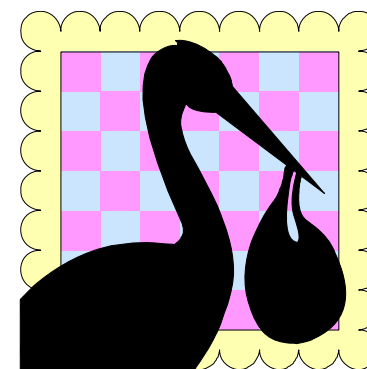
(class series begins on the first date in each block)

\*class covers c-section info

Monday 7-9PM	Tuesday 7-9PM	Wednesday 7-9PM	Thursday 7-9PM	Saturday 9AM-12PM
1/22, 1/29, 2/5, 2/12, 2/26	1/16, 1/30, 2/6, 2/20, 2/27	1/10, 1/17, 1/24, 1/31, 2/7, 2/14*	1/18, 1/25, 2/1, 2/8, 2/15, 2/22*	1/27, 2/3, 2/10, 2/17,
3/5, 3/12, 3/19, 3/26, 4/2	3/20, 3/27, 4/3, 4/17, 5/1	2/28, 3/7, 3/14, 3/21, 3/28, 4/4*	3/8, 3/15, 3/22, 3/29, 4/5, 4/12*	3/24, 3/31, 4/7, 4/14
4/23, 4/30, 5/7, 5/14, 5/21	5/15, 5/22, 5/29, 6/5, 6/12	4/18, 4/25, 5/2, 5/9, 5/16, 5/23*	4/26, 5/3, 5/10, 5/17, 5/24, 5/31*	
	6/26, 7/3, 7/10, 7/17, 7/24	6/6, 6/13, 6/20, 6/27, 7/11, 7/18*	6/21, 6/28, 7/5, 7/12, 7/19*	5/19, 6/2, 6/9, 6/16
	8/7, 8/14, 8/21, 8/28, 9/4	8/1, 8/8, 8/15, 8/22, 8/29, 9/5*	8/2, 8/9, 8/16, 8/23, 8/30, 9/6*	
	9/18, 10/2, 10/16, 10/23, 10/30	9/19, 9/26, 10/3, 10/10, 10/17, 10/24*	9/20, 9/27, 10/4, 10/11, 10/18	
	11/6, 11/20, 11/27, 12/4, 12/11	11/7, 11/14, 11/28, 12/5, 12/12, 12/19*	11/1, 11/8, 11/15, 11/29, 12/6, 12/13*	

# 2007

## Maternal Child Education at Mercy Medical Center Redding



For information or to  
register, call  
**24-MERCY (246-3729)**  
Registration required for  
all classes.



Mercy Medical Center Redding

A member of CHW

### Infant Safety (0 to 1 Year of Age)

This class is designed to teach parents about home safety, safety with animals, swimming pools, crib safety, proper newborn care and bathing your baby. Dads/partners are welcome.

Dates: 1/18, 2/15, 3/15, 4/19, 5/17, 6/21, 7/19, 8/16, 9/20, 10/18, 11/15, 12/20  
Time: 7-9 pm  
Place: Auditoriums C&D Cost: Free

### 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

### 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: 1/8, 3/6, 4/9, 6/7, 9/17, 11/5, 12/20  
Time: 7-9 pm  
Place: Auditorium A  
Cost: \$25

### 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-Thu  
Place: Auditoriums A&B  
Cost: \$50

## Maternal Child Education Services 2007



### 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: \$25

Pre-registration is required for all classes.

Call 24-MERCY (246-3729)  
You can also look at these classes  
on our website: [www.mercy.org](http://www.mercy.org)

### Car Seat Safety

Although the majority of parents use a child passenger safety seat for their infants and toddlers, **4 out of 5** use them incorrectly. This class will offer valuable information about appropriate seat selection and installation.

Dates: 1/11, 2/21, 3/14\*, 4/11, 5/30, 6/19, 7/25, 8/22\*, 10/8, 11/20\*, 12/18  
Time: 7-9 pm  
Place: Auditoriums A&B Auditoriums C&D\* Cost: \$25

### Breastfeeding Basics

Recommended for the 2nd & 3rd trimester of pregnancy and **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.

Mon. **10a-12** 2/5, 4/2, 6/4, 8/6, 10/1, 12/3  
Mon. **7-9p** 1/8, 3/5, 5/7, 7/9, 9/10, 11/5  
Wed. **7-9p** 1/17, 2/21, 3/21, 4/18, 5/16, 6/20, 7/18, 8/15, 9/19, 10/17, 11/14, 12/20  
Place: Auditorium D  
Cost: Free

We will be adding some new classes soon- Please see new classes in our monthly ads in the Record Searchlight.