

Preparation During Pregnancy

It is our goal to improve infant health, parent/child attachment, and the quality of life for future children during the first critical year of life. Maternal/Child Health Education Services offers a variety of education programs. Course are offered to any parent regardless of where they choose to deliver.

The following courses are offered at Redlands Community Hospital:

- **Getting to Know Us — Free Maternity Orientation Tour** offered twice a month.
- **Ready or Not — Childbirth Preparation Course:**
A four-week series that consists of practical and useful tools that will help you in preparing for birth.
- **Quick & Painless Weekend Childbirth Preparation Course:**
This two-day accelerated course is designed for those participants who are unable to attend the four-week course.
- **The Brush Up — Childbirth Preparation Refresher Course:**
A one-evening course to couples who have previous childbirth training and wish to update their birthing skills.
- **Let's Do Latch — Breastfeeding:**
Participants learn about the benefits, techniques and problem-solving solutions needed for successful breastfeeding.

Additional Support and Support Groups:

- **Comprehensive Perinatal Education**
This program is designed for pregnant women from low-income or at-risk families, or women having problems obtaining perinatal care throughout pregnancy. Participants are able to receive nutritional counseling, pre/post natal counseling, psycho/social counseling, and perinatal education. This is a Medi-Cal funded program.
For an appointment, please call (909) 793-6330.
- **Breastfeeding Education**
If you are interested or having difficulty with breastfeeding, we have trained Lactation Consultants available to assist you. We offer a group education session on Mondays from 10 a.m.-2 p.m. Please call ahead to reserve your spot in the class. Insurance, Medi-Cal or cash payments are accepted at the time of service.
Please call (909) 793-6110.
- **Diabetes and Pregnancy Education**
Designed to help women experiencing blood-sugar control problems or other effects and complications related to pregnancy and diabetes. A referral from your medical provider is necessary.
For an appointment, please call (909) 793-6330.

Class sizes are limited and registration is required for all classes. For more information you can visit www.redlandshospital.org or call our message line at (909) 335-6403.



COMMUNITY BASED (OUTREACH) PROGRAMS AND SERVICES



802 W. Colton Avenue, Suite E, Redlands, CA 92374
Telephone (909) 793-6330

CHILDBIRTH EDUCATION CLASSES - JULY through SEPTEMBER 2010

Classes are held at the Maternity/Surgery building at Redlands Community Hospital, 350 Terracina Blvd., Redlands, CA 92373. Please meet the class instructor at the 3rd Floor conference room of the Maternity/Surgery building.

<p>“Getting to Know Us” Maternity Orientation Tour at the Hospital Cost: No Charge Hours: 5:30-7:00pm & 7:30-9:00pm : July 16 or 30 August 12 or 19 September 16 or 22</p>	<p>“Ready or Not” Childbirth Preparation Class – Series of four 4-hour classes (Includes the “Getting to Know Us” Maternity Orientation Tour) Cost: \$100.00 Hours: 6:00-9:00pm 4-Tuesdays: July 6, 13, 20, 27 August 3, 10, 17, 24 August 31, & Sept. 7, 14, 21 4-Wednesdays: June 30, & July 7, 14, 21 July 28, & August 4, 11, 18 August 25, & Sept 1, 8, 15 4-Thursdays: July 1, 8, 15, 22 4-Fridays: September 3, 10, 17, 24</p>
<p>“Quick and Painless” Accelerated Childbirth Preparation Weekend Class Cost: \$100.00 Hours: 10:00am-5:30pm for 2 days Sundays: July 25 and Aug 1 Aug 22 and 29 Sept 19 and 26</p>	<p>“The Brush-Up’ Childbirth Preparation Refresher Cost: \$35.00 /Hours: 6:00- 10:00pm Friday: August 20</p>
<p>“Let’s Do Latch” Breastfeeding Preparation Class (prior to delivery) Cost: \$25.00 Hours: 6:00- 9:00pm Friday: July 23 Friday: Aug 13 Thursday: Sept 9</p>	<p>For all of the classes, please bring the following items: Two pillows for breathing and relaxation exercises A blanket for breathing and relaxation exercises (floor mats are provided)</p>

Please complete the registration form, include your payment, and mail to Perinatal Services, Attn: Childbirth Education, PO Box 3391, Redlands, CA 92374 or drop off with payment at the Perinatal Services Office. Your registration will be processed when payment is received. Please make checks payable to Redlands Community Hospital.

Last Name:		First Name:		Telephone # ()	
Mailing Address:			City:		Zip Code:
Estimated delivery date:			OB/GYN’s Provider’s Name:		
Are you delivering at Redlands Community Hospital?				If not, where?	
Select the class(es) you want – place a √				Desired Dates	
				Cost	
Getting to Know Us” Maternity Orientation Tour				No Charge.	
“Ready or Not” Childbirth Preparation Class/Maternity Orientation Tour				\$100.00	
“The Brush-Up” Childbirth Preparation Refresher Class				\$35.00	
“Quick and Painless” Accelerated Childbirth Preparation Weekend Class				\$100.00	
“Let’s Do Latch” Breastfeeding Preparation Class				\$25.00	