

PRENATAL**Childbirth preparation**

This three-week series offers a comprehensive review of pregnancy, labor and birth, and post-delivery recovery. Using many styles of childbirth curriculum, the anatomy and physiology of all stages of labor and birth will be discussed. A review of medical interventions, such as inductions, augmentation, and cesarean sections (C-sections), are presented. Medications and anesthesia options are also covered.

Classes are taught by certified childbirth instructors, with presentations including videos, handouts, and a workbook on the stages of labor. A guest pediatrician will also come and speak in your class. A tour of the maternity unit is included with all registrations.

This class is for expecting parents and should be taken in the last trimester of pregnancy, finishing approximately four weeks before the baby's due date.

Childbirth preparation express

This one-day class offers the same class material provided during the three-week session, excluding the pediatrician guest speaker. (A tour of El Camino Hospital Los Gatos maternity area is not included. Please call to schedule a free tour separately.)

About El Camino Hospital

As an independent, nonprofit hospital with campuses in Mountain View and Los Gatos, we are empowered to do whatever it takes to bring you the finest quality care. Our administrative leadership helps foster a dynamic, collaborative environment. Our world-class physicians actively seek out the latest treatments and technologies to benefit our patients. And all of our nurses, staff and volunteers share our commitment to excellence. Together, we do our utmost to bring you compassionate, comprehensive medical care that is truly state-of-the-art. Our key medical specialties include cancer care, heart and vascular services, neuroscience, genomic medicine, urology, ophthalmology, orthopedic and spine surgery, weight loss surgery, and women's health.

For a more detailed look at our capabilities, please visit our Web site at www.elcaminohospital.org.

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Classes for Expectant and New Parents



MATERNAL CHILD HEALTH SERVICES

Need a doctor referral? Visit our
Web site or call the El Camino Hospital
Health Line at 800-216-5556.



Breastfeeding preparation

This two-and-a-half-hour class, suggested for couples planning to breast-feed, provides an introduction to breastfeeding and an overview of common challenges parents may encounter in the early weeks, with the goal of getting off to a good start. This class is taught by a board-certified lactation consultant.

Topics include:

- Positioning and latch-on techniques based on current research
- Understanding the infant's behavior related to breastfeeding
- Common breastfeeding concerns and myths
- The role of the father in the breastfeeding family
- Building and protecting your milk supply
- Anatomy and physiology of lactation
- Breast care
- Community resources
- Information on complimentary breast pump consultations and nursing bra fittings offered through the Maternal Network

Baby care

This class is designed with first-time parents in mind. Expecting parents learn about numerous baby care topics. This three-hour class covers colic, crying, sleep patterns, development, bathing, feeding, diapering, and illnesses.

Sibling preparation

Children ages 3 to 8 prepare for the new baby by discussing their feelings and learning about newborns and safety issues. The class includes role-playing

with dolls and a tour of the El Camino Hospital Los Gatos nursery. At least one parent is required to attend. Each child will receive a "Big Brother" or "Big Sister" T-shirt.

Infant/child CPR

Certified instructors teach techniques to save the life of an infant or child. Parents and other caregivers learn to recognize unconsciousness, respiratory arrest, cardiac arrest, and choking; perform effective CPR; and correctly activate the emergency medical services (911) system. Participants practice techniques on mannequins. This class is recommended for parents, grandparents, and child care providers. No certification is given.

Home and car seat safety for infants

This class covers basic car seat safety, sleep environment safety, poison control, pool safety, and general environmental safety. A wonderful complement to the infant/child CPR class, this class is recommended for parents, grandparents, and child care providers.

"Journey to Family" maternity orientation tour

This tour provides information about what to expect during your stay at Maternal Child Health Services at El Camino Hospital Los Gatos. Extended family members are welcome to attend. This free tour is offered several times per month. Registration is required. Call 408-866-3905 for scheduled dates and times.

POSTNATAL

Infant massage

Join our infant massage therapist for this informative four-week class. Infant massage helps improve baby's sleep and lessen tension, fussiness, and irritability. Infant massage also can aid baby's digestion, providing relief from gas and colic. This class is open to parents and their newborns and infants (not yet crawling).



New mothers group

This drop-in support group addresses a variety of newborn topics, including postpartum adjustment and newborn care and development. Questions and concerns are addressed by an experienced Maternal Network staff member. Guest speakers are scheduled on a variety of topics especially of interest to mothers of young babies. This is a time to share experiences with other new mothers from the community, and form friendships that can last a lifetime! Group meets on Thursdays, 10:30 a.m.–12:00 p.m. (except holidays).

Drop-in lactation consultation

A board-certified lactation consultant is available in a group setting for quick assessment of urgent concerns related to latch-on technique, effective feeding, and breast/nipple problems. Wednesdays, 1:00–2:00 p.m.

Breastfeeding support group

Wouldn't you like to get off to a good start with breastfeeding? Meet other breastfeeding mothers, ask questions, and get support from a board-certified lactation consultant, by joining the Maternal Network's breastfeeding support group. Mothers and their babies gather for this support group every Tuesday from 3:00–4:30 p.m. in the El Camino Hospital Los Gatos conference center.

Unless otherwise noted, classes and support groups are held in room 101A at 555 Knowles Drive. For information on schedules and fees, please call Maternal Child Education at 408-866-3905 or visit El Camino Hospital's Web site, www.elcaminohospital.org. Register by phone.

To register for classes, please call Maternal Child Education at 408-866-3905.