

CHILDBIRTH & PARENTING

Washington Maternal Child Education

Washington West, 2500 Mowry Ave., suite 215B, Fremont
Please visit whhs.com/childbirth or call (510) 818-5040
for class dates and locations



With a Baby-Friendly designation, Washington Hospital is one of few U.S. hospitals recognized by the World Health Organization and the United Nations Children's Fund for exceptional support for breastfeeding moms and babies.

Prenatal Smart Start

Through our online video, you can learn: how pregnancy affects your body; about healthy nutrition during pregnancy; exercises to help prepare your body for labor. Also learn about common discomforts and their remedies versus danger signs that would indicate alerting your obstetrician. See Prenatal & Parenting Classes under whhs.com/childbirth.

Prenatal Massage

Pregnancy can be a wonderful experience, though it can also cause some discomfort. Washington's Wellness Center offers prenatal massage which can reduce discomforts such as fatigue, headaches, lower back pain, swelling of hands and feet, leg cramps, anxiety and much more. An appointment is required.

When: Tuesday through Saturday, 9 a.m. to 5 p.m.

Location: Women's Center, 2500 Mowry Ave., suite 150, Fremont

Call: (510) 818-7301 for fees and scheduling information

Prepared Childbirth

Intended for couples in the last trimester of pregnancy, classes offer detailed information about many labor preparation topics. Subjects include: signs and symptoms of labor, stages of labor, relaxation and breathing techniques, the coach's role, variations in labor, analgesics and anesthetics, cesarean birth, the basics of breastfeeding and postpartum recovery tips.

• Prepared Childbirth/Refresher Class

This class is intended for the mother and coach who have taken Prepared Childbirth classes within the last three to five years. Information about sibling adjustment is also discussed. Fee: \$90

• Prepared Childbirth/Comprehensive Class

Once a week for five weeks, each class is 2½ hours in duration. One full class period will be devoted to the basics of breastfeeding. Fee: \$150

• Prepared Childbirth/Intensive Class

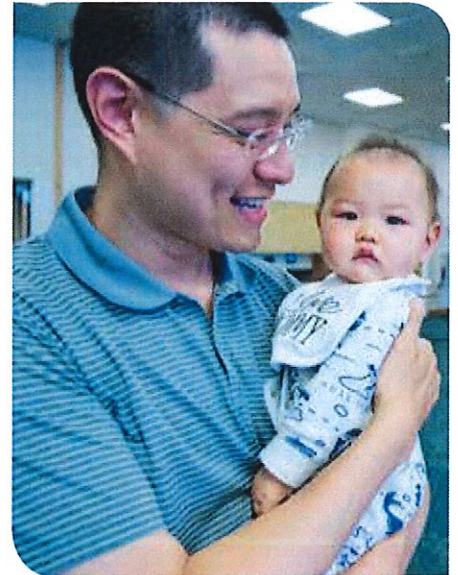
Two all-day Sunday sessions that also include the basics of breastfeeding. Fee: \$150

• Prepared Childbirth/Saturday Express

This is an all-day session that does not include breastfeeding. A separate breastfeeding class is recommended. Fee: \$150

Becoming New Parents

Want to feel more confident when taking your new baby home? This one-time, three-hour workshop offers sensible tips, demonstrations, and information on caring for your infant in those first important months. Fee: \$50 or \$25 when combined with Prepared Childbirth registration.



Mastering Multiples

Expecting twins or more? With this two-hour class we'll help you master multiples from delivery to breastfeeding. Call for an appointment. Fee: \$50

Birthing Center Tour

Scheduled about a month before the due date, this tour introduces expectant parents delivering at Washington Hospital to our Birthing Center. Family members are welcome, but please, only children 3 years and older. Registration is required. Free.

Big Brother/Big Sister

Help children 3 years or older prepare for the arrival of their sibling. Through fun activities, a story and games, they will explore what it's like to have a new brother or sister. An adult family member must accompany the child. Fee: \$35

Breastfeeding Support

• Prenatal Breastfeeding

Learn the basics for successful breastfeeding in this one time, 2½-hour class. Fee: \$45

• **Lactation Support**

While in the Hospital, lactation support will be available to you during your postpartum stay. At home, we have a free advice line and also offer private visits with internationally board-certified lactation consultants.

• **Washington Breast Pump Rental Center**

At our center, we rent and sell breast pumps and breastfeeding accessories.

Hours: Monday through Friday, 9 a.m. to 4:30 p.m.; closed 1 to 2 p.m.

Baby ‘n’ Me Support Group



Discussing the joys and trials of living with your new baby in this relaxed support group is an excellent way to enhance your transition into parenthood. Come as you are, as often as you like (for moms and babies from birth to walking). Free.

When: Group meets on Mondays, Wednesdays and Fridays, 11 a.m. to 1 p.m.

Babysitting Workshop

This workshop teaches 12- to 17-year-olds the skills to be safe and effective babysitters. The class is taught by a trained instructor and covers a variety of babysitting topics, including safety strategies, how to entertain children of different ages, how to deal with injuries and emergencies, and more. Free.

Infant Massage

Our hands-on method ensures that you will learn the art of interactive massage to suit your baby’s needs and developmental level. Infant massage can relieve stress for you and your baby, deepen bonding, contribute to baby’s development, and help baby sleep better. This four-week class is designed for you with your baby, from birth to pre-crawling. Fee: \$75

CPR for Family and Friends

This is an American Heart Association course teaching adults rescue breathing (cardiopulmonary resuscitation) and how to relieve choking in infants and children. This is not a certification class. Fee: \$30

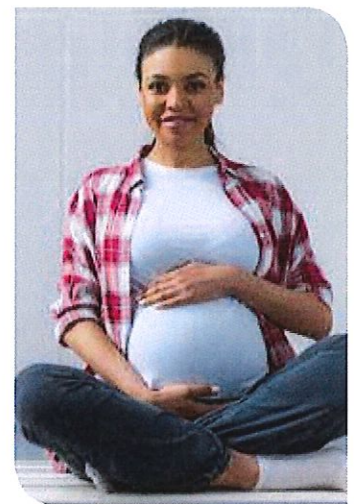
The American Heart Association strongly promotes knowledge and proficiency in all AHA courses and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the AHA. Any fees charged for such a course, except for a portion of fees needed to cover AHA course materials, do not represent income to the AHA.

Prenatal Yoga

Developed for pregnant women, this class promotes flexibility, strength, improved posture and balance. A statement of medical clearance for prenatal exercise participation is required prior to registration. Fee: \$65 per month or \$10 per session

Prenatal Fitness

Benefits of exercise during pregnancy include reduction in Cesarean section rates, appropriate maternal and fetal weight gain, and managing gestational diabetes in addition to reducing pregnancy discomfort such as backaches, constipation, bloating, and swelling. A statement of medical clearance for prenatal exercise participation is required prior to registration.



• **Prenatal Yoga**

Designed to promote flexibility, strength, improved posture and balance.

• **Bollywood**

Designed to promote fitness during pregnancy to tone muscles, build endurance and teach relaxation techniques.

Fee: \$65 per month, limited to 3 interchangeable classes per week or \$10 drop-in fee per class