

2010 Maternity Classes

Prepared Childbirth

Four-week courses are offered year-round. Plan to begin the course during your sixth month of pregnancy. Bring two pillows with you to the first two classes. Space is limited, so register early.

<p>Mondays: Jan. 25 through Feb. 22 Mar. 22 through April 12 June 7 through July 5 Aug. 2 through Aug. 30 Sept. 13 through Oct. 11 November 8 through Dec. 6</p>	<p>Wednesdays: Jan. 6 through Jan.27 Feb. 10 through Mar. 3 Mar. 10 through Mar. 31 Apr. 7 through Apr. 28 May 5 through May 26 June 2 through June 23</p>	<p>July 7 through July 28 Aug. 4 through Aug. 25 Sept. 8 through Sept. 29 Oct. 6 through Oct. 27 Nov. 10 through Dec. 8</p>
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6 p.m. to 8 p.m. (week four until 9 p.m.) Basement level of main building. \$50 per couple; \$25 per couple for refresher course (weeks two and three); \$12 per couple for C-section class only (week three)

Baby Care Basics

Learn all about the care of your soon-to-arrive newborn, including bathing, diapering, feeding, burping, comforting and car seat safety. This one-session class is also part of the prepared childbirth curriculum. Space is limited, so register early.

<p>Mondays: Feb. 22, Apr. 12, July 5, Aug. 30, Sept. 11, Dec. 6</p>	<p>Wednesdays: Jan. 27, Mar. 3 & 31, Apr. 28, May 26, June 23, July 28 Aug. 25, Sept. 29, Oct. 27 Dec. 8</p>
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6 p.m. to 9 p.m. Basement level of main building \$10 per couple.


Breastfeeding Class

There's no better way to nourish your baby than through breastfeeding, and it's good for you, too. This class will prepare you for breastfeeding and help you make it a positive experience for both you and your baby. Taught by an internationally board-certified lactation consultant.

Thursdays: January 28, February 25, March 25, April 29
May 27, June 24, July 29, Aug. 26, Sept. 30
Oct. 28, Nov. 18, Dec. 30

Continued on Back 

6 p.m. to 8:30 p.m. Basement level of main building. \$35 per couple

MATERNITY CLASSES ARE HELD IN THE MAIN HOSPITAL. Pre-registration is **required** for all classes. You are not officially enrolled in a class until the Education Department has processed your full fee and completed registration form. You will receive a confirmation card in the mail. Payment of check can be made by mail. **Please make check payable to Simi Valley Hospital.** If you have any questions or would like further information, please contact the Women's Department at (805) 955-6304. 

Name: _____ Phone: () _____

Address: _____

Email Address (if you would like us to email your confirmation): _____

Class Name/Date/Session: _____ Due Date: _____

2010 Maternity Classes (continued)

Maternity Tour

Expectant parents tour the labor and delivery area; learn how to pre-register at the hospital; and receive free gifts, information and coupons at this single session. Pre-registration required.

Tuesdays: Jan. 5 & 26, Feb. 2, Mar. 2 & 23
Apr. 27, May 4, June 1 & 22
July 13, Aug. 3 & 24, Sept. 28,
Oct. 5, Nov. 2 & 30, Dec. 28

Thursdays: Jan. 14 & 21, Feb. 4 & 18, Mar. 4 & 18,
Apr. 15 & 22, May 6 & 20, June 17,
July 1 & 15 Aug. 5 & 19, Sept. 2 & 16
Oct. 14 & 21, Nov. 4, Dec. 2 & 9

7 p.m. to 8:30 p.m. Basement level of main building.

Sibling Relations

Your older children will learn about the changes that will take place when you bring home a new baby. A tour of the maternity unit is included. Children must be at least 2½ years old, in good health and accompanied by a parent. Please bring a doll or teddy bear with you to class for practice.

Tuesdays: Jan. 12, Feb. 23, Mar. 30, April 13, May 25, June 29
July 27, Aug. 31, Sept. 14, Oct. 26, Nov. 9, Dec. 7

6 p.m. to 7:30 p.m. Basement level of main building.