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## 2012 Maternity Classes

### Prepared Childbirth

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

#### **Monday**

January 23 through February 13  
March 5 through March 26  
April 23 through May 14  
June 4 through June 25  
July 23 through August 13  
September 10 through October 1  
October 15 through November 5  
November 26 through December 17

#### **Wednesday**

January 4 through January 25  
February 8 through February 29  
March 7 through March 28  
April 4 through April 25  
May 2 through May 23  
June 6 through June 27  
July 11 through August 1  
August 8 through August 29  
September 5 through September 26  
October 3 through October 24  
November 28 through December 19

6 p.m. to 8:30 p.m. Garden Conference Room 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)

**Note\* Baby Care Basic classes on last date of each session**

**Baby Care Basics only \$10.00**

### **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. Please bring one pillow and your support person to class.

#### **Thursdays:**

January 26, February 23, March 22, April 19, May 31, June 21, July 26,  
August 23, September 20, October 18, November 15, December 20  
6 p.m. to 8:30 p.m. Garden Conference Room. \$35 per couple.

Simi Valley Hospital  
Adventist Health  
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## Maternity Tour

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

Tuesdays: January 3, 10  
February 7  
March 6, 27  
April 3, 10  
May 1, 8  
June 5, 12  
July 3, 10, 31  
August 7, 28  
September 4, 25  
October 2, 9, 30  
November 6  
December 4

Thursdays: January 5, 19  
February 2, 16  
March 1, 15  
April 5, 26  
May 3, 24  
June 7, 28  
July 5, 19  
August 16, 30  
September 6, 27  
October 4, 25  
November 1, 29  
December 6, 27

**7 p.m. to 8:30 p.m. Garden Conference Room - Free**

## 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.

January 24, February 28, March 13, April 24, May 29, June 26

July 24, August 14, September 11, October 23, November 13, December 11

**6 p.m. to 7:30 p.m. Garden Conference Room - Free**

**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 Maternity Education Department has processed your full fee and completed registration form. You will receive a confirmation e-mail or phone call. 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: \_\_\_\_\_

Simi Valley Hospital - ATTN: Maternity Education Department - 2975 N. Sycamore Drive, Simi Valley CA 93065  
Telephone: (805) 955-6304 - Fax: (805) 955-6541 - Website: [SimiValleyHospital.com](http://SimiValleyHospital.com)