



Banner Gateway
Medical Center



Women and Infants Class Schedule

Banner Gateway Medical Center offers a wide variety of classes to prepare families for the birth of a new baby and support the family after the baby is born. Registration for all classes can be made by calling (602) 230-CARE (2273) or visiting our website at www.bannerhealth.com.

OB Orientation

This free one hour class is for mothers-to-be and their support person who plan to deliver at Banner Gateway Medical Center. The hour includes a tour of Triage, Labor & Delivery, Nurseries, and Postpartum. Staff are available to answer questions about registration and hospital information.

Childbirth Preparation

This class is open to all couples planning to deliver at Banner Gateway Medical Center or Banner Baywood Medical Center. Topics include preparing for labor and delivery, stages of labor, breathing techniques, body changes, positions for labor and c-sections. Participants also learn about the benefits of Banner Gateway's Japanese Soaking Tub during labor.

Please bring four bed-sized pillows to each class. Classes meet for three consecutive Wednesdays or Thursdays from 6:30 p.m. to 9:00 p.m. A Friday/Saturday class is also available. Cost is \$70.

Baby Care

Prepare for the arrival of your new baby by attending this Baby Care Class. Open to expectant mothers and their support person, this class focuses on parenting skills, baby care and safety. Topics include feeding, diapering, bathing and comforting baby. Baby development, growth and symptoms of illness are also discussed. Bring a baby doll or stuffed animal. Cost is \$25.

Daddy Boot Camp

This class is just for fathers and grandfathers. This is your time to discuss your thoughts about fatherhood with other men. The course reviews the pros and cons of breastfeeding and how fathers can assist. Fathers also learn diapering, swaddling and tips for the care of a newborn. Participants should bring a doll or stuffed animal to class. The class is open to all new fathers and grandfathers. Cost is \$25.



Breastfeeding Class

This one day prenatal class covers all information new mothers need to get started breastfeeding. Topics include breastfeeding techniques, nutrition, breast milk production and going back to work. Participants are asked to bring a doll or stuffed animal to class. Classes meet on Tuesday evenings. Cost is \$25.

Sibling Adjustment

This class is designed to help young children prepare to welcome a new brother or sister. Children learn how to keep a baby safe and how to diaper and swaddle a newborn. The class includes songs and learning games, a tour of the hospital and a birthday party to celebrate the new baby's arrival. Students receive a Big Brother or Big Sister Graduation Certificate and activity papers to use at home. Students should bring a doll or stuffed animal to class. Children should be three to 10 years of age and must be accompanied by an adult. Class is held on Saturday mornings. Cost is \$20 for the first child, \$5 for each additional child.

Infant Massage

Learn the benefits of infant massage for both baby and parents. This class focuses on the history, theory and practice of infant massage. Parents learn massage strokes, relaxation techniques for baby and how to respond to baby cues. The class also includes discussion about parenting issues, bonding and dealing with special challenges. This is a hands-on class for parents and babies ages three to six months. Dress yourself and your baby in comfortable clothes. Bring extra diapers and wipes, a soft blanket or comforter and a favorite toy. Parents receive special massage oil and a massage book. Cost is \$65 for the three-class series.

Breastfeeding Support Group

New mothers are invited to bring their newborns and join other moms to share their experiences of motherhood. Meet new friends while learning about breastfeeding, pumping, returning to work, newborn care, growth and development, and nutrition. A baby scale is available at every class to record the latest weight of your new baby. This free support group meets weekly on Thursday mornings from 10 a.m. to 11:30 a.m.



Register on line at

www.bannerhealth.com

Or call

(602) 230-CARE