



**Banner Baywood**  
Medical Center

## Childbirth and newborn classes

Having a baby can be an overwhelming experience. But at Banner Baywood Medical Center, we'll be right beside you every step of the way. We offer a variety of classes for moms, dads and siblings to help ensure a successful pregnancy, delivery and transition home from the hospital.

### **Breastfeeding Class**

This prenatal class offers breast feeding techniques, including proper latch-on and release, pumping and storing, nutrition, breast milk production and going back to work. Meets the second Saturday of each month in the Copper Room.

### **Childbirth Preparation Class**

Prepare yourself for body changes, stages of labor, breathing techniques, positions for labor and delivery, as well as medical options and practices in this two-week course that meets the first two Wednesdays every month from 6:30 to 9:30 p.m. in the Copper Room. A \$70 fee per couple is required. If you plan on attending the Thursday class, please (480) 321-4455.

### **Newborn Parenting Group**

Share your experiences and meet other parents. Learn more about breastfeeding, pumping, returning to work, caring for a newborn, growth, development, nutrition, baby massage and healthy baby weight. Meets on the second Tuesday of every month from 2 to 3:30 p.m. in the Copper Room. Free. Call (480) 321-4455.

### **Sibling Adjustment Class**

Prepare your child(ren) for a new brother/sister, keeping the baby safe, a fun video sharing what it's like to have a new brother or sister, learning to diaper and swaddle a baby, and a birthday party to celebrate the new baby's arrival. Meets from 10 a.m. to noon on one Saturday each month in the Copper Room.

### **Baywood Babies/Pregnancy, Parenting and Play**

Free to young mothers in their first six months of pregnancy. Includes healthy snacks, prenatal/childbirth education and support. Meets every Thursday from 7 to 9 p.m. in the Women's Center lobby.

### **OB Orientation and Tour**

For mothers-to-be and their support person who plan to deliver at Banner Baywood. A one-on-one tour and explanation of services is available from 9 a.m. to 7 p.m. seven days per week.

For more information or to register, call Banner Health's Resource and Physician Referral Line at (602) 230-CARE.

