



Banner Desert
Medical Center

Prenatal Education



The Prenatal Education Program at Banner Desert Medical Center provides families professional instruction, guidance and support in facilitating choices regarding labor and delivery, your hospital stay and early parenting. There are many classes each month, offered various days and times. Classes fill up quickly and babies are unpredictable, so we recommend you register in your sixth month and complete your classes in your seventh or eighth month of pregnancy.

Class Registration

All classes are held in the Rosati Education Center on the Banner Desert campus.

Registration is required for all classes before start of class.

There are two ways to register for classes.

1) Call (602) 230-CARE or (602) 230-2273.

2) Register online at:

www.BannerHealth.com

Keyword: Desert Childbirth

Fees vary depending on class.

Questions:

Suzanne Clinton
Program Coordinator
(480) 412-5292

Suzanne.Clinton@bannerhealth.com

OB Childbirth Prep Class

We recommend this class to all mothers. The class will help expectant mothers and their coaches feel more prepared, relaxed and knowledgeable about childbirth. You will learn what to expect during the late stages of pregnancy; how to detect preterm labor; what to do when labor begins; breathing and relaxation exercises; comfort measures; the choices available to you; how your coach can help; what will happen during and following birth; postpartum physical changes; newborn appearance and procedures. *NOTE: OB Childbirth Prep Classes are available as a full day or half-day class on Saturday and Sunday, a two-evening weekday class, a three-evening weekday class or an e-Learning online class.*

Baby Care Class

Learn “survival” skills for the new parent. Receive information on parenting skills, baby care and safety. Baby care basics are practiced on dolls in class. Topics include feeding, diapering, bathing and comforting your baby. You also will learn about signs and symptoms of illness and when to call the Pediatrician.



Just for Dads

Our Just for Dads class is a must for all first-time dads! The class is led by men for men, taught by a physician who is, himself, an experienced father. Topics include how to be supportive to the mother through labor, creating a Dad’s tool box, what to do when the baby cries, what to expect postpartum, how to bond with baby and balancing work and family.

Refresher Childbirth Class

Designed for expectant mothers and their coaches who have been through childbirth. You'll practice general birthing techniques, plus receive updates on labor and baby care. Topics include labor and delivery, breathing techniques, relaxation, and the coach's role.

Safe Babysitter Class

This class will give you the skills and confidence you need to be a wonderful babysitter! Taught by a Registered Nurse who is a CPR-certified instructor, this class is a must for all babysitters! This four-hour class will provide basic information about infant and child care, safety, what to do in case of an emergency, CPR for infants and children, first aid, activity planning and behavior. *NOTE: Recommended for pre-teens and teens, ages 11 and older.*

OB Orientation

If you are planning on or considering delivering at Banner Desert, you and your support partner are invited to join us and view a slide show presentation of Women and Infant Services including OB triage, labor and delivery rooms, recovery area, couplet care, Kerr's Kottage (our nursery), and our neonatal intensive care unit. This free presentation will help you know what to expect in the hospital. Our goal is to make you feel as comfortable as possible. Offered the 3rd Tuesday of every month. *NOTE: This is not a physical tour of the facility. No walking is required.*

Epidural Class

This free class is for expectant mothers who are planning to have an epidural during labor. Support partners are encouraged to attend. An OB anesthesiologist will explain what an epidural is, discuss the procedure, medications, benefits and risks. Offered the 3rd Tuesday of every month following OB Orientation.

OB Tours

Mothers and support partners will receive a walking tour of the Women and Infants Services areas at Banner Desert. Personalized for each family's needs, the tour is conducted by a Registered Nurse who can answer questions and address concerns regarding delivery options and opportunities. *NOTE: Tours are scheduled only through Suzanne Clinton, RN educator, at (480) 412-5292 or by email at Suzanne.Clinton@bannerhealth.com.*



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Sibling Adjustment Class



This interactive class is designed to help older siblings prepare for the arrival of a new baby in the household. Recommended for families with one or more older siblings, the class is developed to help ease children into the idea of becoming a helpmate for the new baby. In the class, children and parents will read a story, sing a song and make a craft. In addition, children will learn, with the help of a doll, about holding, gentle touch, feeding, diapering and safety.

NOTE: Offered on select Saturdays, an adult must attend the Sibling Adjustment Class with the child or children; This class is recommended for children ages 3-9.

Infant/Child CPR and First Aid Class

Recommended for parents, grandparents, and caregivers, in this class participants will learn current Cardio Pulmonary Resuscitation (CPR) techniques for both infants and children, what to do if a child is choking and basic first aid. You will learn through instruction and hands on practice with infant and child mannequins. This class is taught by an Registered Nurse who is a certified CPR instructor. *Note: A CPR course completion card is not issued for this class.*



Breastfeeding Class

This class features a lecture, videos, and discussion with a board-certified lactation consultant, who is also a registered nurse. This class includes:

- how to handle challenges of the early weeks
- positioning and successful latch
- how to know if your baby is getting enough
- information on breast milk production
- returning to work while continuing breastfeeding.

Mother and partner are encouraged to attend together.