

Maternity and Family-Centered Education



2018 SCHEDULE OF CLASSES

ALL CLASSES ARE FREE

CLASSES ARE FREE; BUT REGISTRATION IS REQUIRED FOR ALL CLASSES UNLESS OTHERWISE NOTED. Please, no walk-ins. **To REGISTER FOR CLASSES, CALL THE CALL CENTER, or SIGN UP ONLINE (SEE BELOW).** If you have questions, please call (707) 251-2050 or email QVMCPerinatalEducation@stjoe.org. Occasionally a class will need to be cancelled, additional dates added, and some dates may vary due to holidays. It is recommended you start taking prenatal classes in your second trimester and childbirth classes six to eight weeks before your due date. Check with your baby's provider when to take your newborn to classes (Breastfeeding Support Group, Infant Massage, Yoga). Classes are held at: **Community Outreach, 3448 Villa Lane, Suite 102; Synergy Health Club, corner of Trancas and Villa Lane; and Queen of the Valley Medical Center, 1000 Trancas St., Napa, CA** Moms, please bring a support person to class. **PLEASE NOTE: Parents in the Community are invited to attend all classes!**

PREGNANT, NOW WHAT?

Your first prenatal class - bring a support person! Free gift!

2nd Wednesday of odd month; 6:30 - 7:30 pm

Class dates: 1/10, 3/14, 5/9, 7/11, 9/12, 11/14

Where: Community Outreach

Take this class in your first or second trimester and get the road map through your pregnancy. Topics include hormonal changes, nutrition needs and resources for pregnant couples. Pick up your free gift: "Understanding Your Pregnancy."

BREASTFEEDING

1st Monday of every month; 6:30 - 8:30 pm

Class dates: No class in Jan., 2/5, 3/5, 4/2, 5/7, 6/4, 7/2, 8/6, No class in Sept.; 10/1, 11/5, 12/3

Where: Community Outreach

A class for moms and dads, or other support persons. Breastfeeding is natural, but preparation is recommended. Class covers the benefits of breastfeeding, the basics, and how dad can support mom. Taught by a Lactation Consultant.

BREASTMILK: PUMPING AND STORING

1st Wednesday of every month; 1:00 - 2:00 pm

Class dates: 1/3, 2/7, 3/7, 4/4, 5/2, 6/6, No class in July, 8/1, 9/5, 10/3, 11/7, 12/5

Where: Community Outreach

With advanced planning, family and workplace support, moms can successfully pump and store breast milk. How to assemble a breast pump will be demonstrated.

BREASTFEEDING AND NEW MOM SUPPORT

Open to the community, all moms invited!

Drop-in moms and babies - NO REGISTRATION REQUIRED

Every Thursday; 10:00 - 11:00 am

Where: Community Outreach

Group is facilitated by a Lactation Consultant.

Cancelled the week of Christmas, New Year's, and holidays

Baby Boxes - A Safe Sleep Space. Make an appointment to receive your free Baby Box. (707) 251-2050.

NEWBORN CARE

Surviving the First Weeks with a New Baby

2nd Monday of every month; 6:30 - 8:45 pm

Class dates: 1/8, 2/12, 3/12, 4/9, 5/14, 6/11, 7/9, 8/13, 9/10, 10/8, 11/12, 12/10

Where: Community Outreach

Class covers the basics of baby care: sleeping, crying, newborn appearance, signs and symptoms of illness, diapering, bathing, and postpartum care for mom.

UNDERSTANDING YOUR BABY

Understanding the Emotional Needs of a New Baby

3rd Monday of every month; 6:30 - 8:45 pm

Class dates: No class in Jan, or Feb., 3/19, 4/16, 5/21, No class in June, 7/16, 8/20, 9/17, 11/19

Where: Community Outreach

Learn to understand baby's behavior and cues as their language, and how to meet baby's emotional needs through responsive parenting. Becoming a mindful parent, and taking care of yourself in your new role will be explored.

PARTNERS TO PARENTS

4th Monday of months listed below: 6:30 - 8:45 pm

Class dates: 1/22, 2/26, 3/26, 4/23, 7/23, 8/27, 9/24, 11/26

Where: Community Outreach

A class for couples that explores the transition from partners to parents. Practical strategies includes avoiding common pitfalls and supporting each other as the relationship evolves in pregnancy and with the arrival of a new baby.

Class can be taken in second trimester.

MATERNITY CENTER TOUR

1st Saturday of every month; 9:30 - 10:30 am

Class dates: 1/6, 2/3, 3/3, 4/7, 5/5, 6/2, 7/7, 8/4, 9/1, 10/6, 11/3, 12/1

Where: QVMC; Center for Maternal and Infant Care Lobby

Tour of the Maternity Center includes your pre-admission paperwork. Please note: **Childcare is not available.**

To REGISTER for classes, call (877) 449-3627 or visit: TheQueen.org. Click: Community Outreach; Click: Maternity and Family Centered Education. Click "Search Calendar for Classes" and enter the class name. For more information, call 251-2050.

CHILDBIRTH PREPARATION CLASSES

Why take childbirth classes? Couples who take childbirth preparation classes report greater satisfaction in creating their birth experience. Knowledge gained through evidence-based research helps alleviate pain and empowers couples to understand their options. Please bring a support person(s), two pillows, **and a large scarf or pashima** to class. Instructors are Lamaze or ICEA-certified Educators.

CHILDBIRTH PREPARATION TUESDAY

Series begins the first Tuesday of every month; 6:30 - 8:30 pm

Dates: Jan 2,9,16; Feb. 6,13,20; March 6,13,20; April 3,10,17;

May 1,8,15; June 5,12,19; July 3,10,17; August 7,14,21;

Sept. 4,11,18; Oct. 2,9,16; Nov. 6,13,20; Dec. 4,11,18

Where: Community Outreach

Take 6-8 weeks before your due date. This is a 3-week series.

Class includes an overview of labor and pain management techniques, cesarean deliveries, and what to expect on the big day. Options, including a flexible birth plan and medications will be discussed.

CHILDBIRTH PREPARATION SATURDAY

2nd Saturday of months listed below: 9:00 am - 3:00 pm

Dates: 1/13, 3/10, 5/12, 7/14, 8/11, 10/13, 11/10

Where: Community Outreach

Saturday's class includes same material as the Tuesday series.

Class includes an overview of labor and pain management techniques, cesarean deliveries, and what to expect on the big day. Options, including a flexible birth plan and medication will be discussed. **Take 6-8 weeks before your due date.**

EPIDURAL, CESAREAN BIRTH, AND VBAC

3rd Thursday of months listed below:

Dates: 1/18, 3/15, 5/17, 7/19, 9/20, 11/15

Epidural Class: 5:30 - 6:30 pm; A Cesarean Birth: 6:30 - 7:30 pm

Where: Community Outreach

A class for moms and partners who will have a planned cesarean; or to get more in-depth information about cesareans, epidurals, and VBAC's. Epidurals are discussed in the first hour; with cesarean and VBAC delivery presented during the second hour. Feel free to attend both, or the class of your choice

SIBLING PREPARATION

1st Friday of months listed below: 5:30 - 6:30 pm

Dates: 1/5, 3/2, 5/4, 7/6, 9/7, 11/2

Where: Community Outreach

A class for children ages 3-10. Parents stay with their child during the class. *Please, no child under three years of age.*

GRANDPARENT, CAREGIVER CLASS - *new!*

Grandparent in the 21st Century!

New evidence-based practices in caring for a newborn will be discussed. Class is for Grandparents, as well as others that will care for new babies.

2nd Wednesday of even months listed below: 10:00 - 11:00 am

Dates: 2/14, 4/11, 6/13, 8/8, 10/10, 12/1

Where: Community Outreach

DADDY BOOT CAMP ®

new!

A Dad's-only class to take during pregnancy. Learn to be confident about becoming a father. A "Best Practice" trademarked curriculum.

3rd Saturday of every even month; 9:00 - 10:30 am

Where: Community Outreach; 8/18; 10/20; 12/15.

ONLINE CHILDBIRTH EDUCATION

\$10

An interactive web program that features more than 50 short video clips and useful pages for the mom unable to attend class. Also available for purchase at the childbirth classes. Call 707-251-2050.

BUCKLE UP NAPA VALLEY COLLABORATIVE

Please CALL 251-2017 FOR APPOINTMENT

Donation

Where: Community Outreach

(no walk-ins please)

Three out of four car seats are installed incorrectly. Correct use of car seats can reduce risk of death by 71%*. Car seat inspection, installation, and education will be provided. Mom, bring your own car seat and a support person to help.

Installed by a Certified Car Seat Technician. *Safe Kids Worldwide

INFANT MASSAGE for parents and baby

Series begins the 1st Friday of every month; 10:00 - 11:30 am

Dates: 1/5, 2/2, 3/2, 4/6, 5/4, 6/1, 7/6, 8/3, 9/7, 10/5, 11/2, 12/7

Where: Community Outreach - open to the community

This is a 3-week series that begins the first Friday of every month.

Infant massage provides a demonstration in respectful communication, gentle touch and stroke techniques used by generations of parents all over the world. Bring baby, blanket, and pillow. Also bring an edible oil. Please call (707)-252-4411x2602 or e-mail kathleen.mcbride@stjoe.org and leave your name, and number. **Parents in the community are invited to participate.**

WATER FITNESS & YOGA - OPEN TO THE COMMUNITY

We also offer classes for pregnant and postpartum moms through a partnership with Synergy Health Club, on the corner of Trancas Street and Villa Lane. \$4 per class, or buy 8 classes for \$30. Visit website for times and dates.

- **PREGNANCY WATER FITNESS**
- **PERINATAL YOGA - for pregnant and new moms**

Babies are welcome to attend the perinatal yoga class.

Drop in - NO REGISTRATION REQUIRED

If you have Medi-Cal or Partnership Insurance, please obtain free passes at: Community Outreach, Olé Health, or your provider.

All others pay \$4 fee per class. For times and dates of classes,

Please visit: **WellnessCenterNapa.com**

Cancelled the week of Christmas, New Year's and major holidays

COUNSELING SERVICES

PERINATAL EMOTIONAL WELLNESS

Free counseling available (707) 251-2051

For a caring, non-judgmental sounding-board for any thoughts or feelings that concern you in pregnancy or postpartum. Please call or email:

QVMCPerinatalEducation@stjoe.org

A licensed therapist will return your message.

All calls or visits are free and confidential.

To REGISTER for classes, call (877) 449-3627. OR visit: TheQueen.org
Click: Community Outreach. Click: Maternity and Family Centered Education.
Click "Search Calendar for Classes" to sign up online.
For more information, call (707)251-2050.

St. Joseph Health 
Queen of the Valley