## Maternity and Family-Centered Education

### 2020 Schedule of Classes

The community is invited to attend perinatal classes at Queen of the Valley Medical Center; you do not need to deliver at Queen of the Valley to attend classes. Our goal is to help you feel supported along your journey and ease your way. Prenatal classes are recommended to be taken in your second trimester and childbirth classes six to eight weeks before your due date. Please register for classes, by calling the call center, or sign up online (please see below). Registration is required for all classes unless otherwise noted. Occasionally a class will need to be cancelled, additional dates added, and some dates may vary due to holidays. If you have questions, please call (707) 251-2050 or email berta.delgado@stjoe.org

Classes are held at: Community Outreach, 3448 Villa Lane, Suite 102, Napa; Synergy Health Club, 3421 Villa Lane, Napa; or Queen of the Valley Medical Center, 1000 Trancas St, Napa.

### Classes Are Free

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 from this flyer. For more information, call (707) 251-2050.

### PREGNANT, NOW WHAT?

**Your first prenatal class - bring a support person!**

| 2nd Wednesday of odd months; 6:30 - 7:30 pm | Class dates: 1/15, 3/11, 5/13, 7/8, 9/9, 11/11 |
| Where: Community Outreach | Take this class in your first or second trimester and get the roadmap through your pregnancy. Topics include hormonal changes, nutrition needs, and resources for pregnant couples. Free gift: “Understanding Your Pregnancy” |

### BREASTFEEDING

| 1st Monday of every month; 6:30 - 8:30 pm | Class dates: 1/6, 2/3, 3/2, 4/6, 5/4, 6/1, 7/6, 8/3, No class in Sept.; 10/5, 11/2, 12/7 |
| 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 (IBCLC) |

### PUMPING AND STORING BREASTMILK

| 1st Wednesday of every month; 1:00 - 2:00 pm | Class dates: 1/8, 2/5, 3/4, 4/1, 5/6, 6/3, 7/1, 8/5, 9/2, 10/7, 11/4, 12/2 |
| 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. |

### MOMS’ GROUP - Feeding Your Baby with Love

| Every Thursday; 10:00 - 11:00 am | Drop-in moms and babies - No registration required |
| Where: Community Outreach | Join with new moms to share the joys and challenges of a caring for a new baby. Support is available for all types of feeding. Please check with your baby’s pediatrician when it is okay to attend group. Lactation consultant (IBCLC) available. Cancelled week of Christmas, New Years, and holidays |

### NEWBORN CARE

**Surviving the First Weeks with a New Baby**

| 2nd Monday of every month; 6:30 - 8:45 pm | Class dates: 1/13, 2/10, 3/9, 4/13, 5/11, 6/8, 7/13, 8/10, 9/14, 10/12, 11/9, 12/14 |
| 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 months listed below; 6:30 - 8:45 pm | Class dates: 3/16, 4/20, 6/15, 8/17, 10/19, 11/16 |
| 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. Class can be taken at any time in pregnancy; recommend 2nd trimester. |

### PARTNERS TO PARENTS

| 4th Monday of months listed below; 6:30 - 8:45 pm | Class dates: 2/24, 4/27, 6/22, 8/24, 11/23 |
| Where: Community Outreach | A class for couples that explores the transition from partner 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 at any time in pregnancy; recommend 2nd trimester. |

### MATERNITY CENTER TOUR

| 1st Saturday of every month; 9:30 - 10:30 am | Class dates: 1/11*, 2/1, 3/7, 4/11, 5/5, 6/6, 7/11* 8/1, 9/5, 10/3, 11/7, 12/5 *Note date change |
| Where: QVMC; Maternal and Infant Care Lobby | Tour of the Maternity Center includes your pre-admission paperwork. Please note: Childcare is not available. |
CHILDBIRTH PREPARATION CLASSES 2020

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 scarf. Pashmina to class. Instructors are certified Childbirth Educators.

CHILDBIRTH PREPARATION TUESDAY
Series begins 1st Tuesday of every other month: 6:30 - 8:30 pm
Dates: January 7, 14, 21; March 3, 10, 17; May 5, 12, 19; July 7, 14, 21; September 1, 8, 15; November 3, 10, 17
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, flexible birth plan and medication are discussed.

CHILDBIRTH PREPARATION SATURDAY
2nd Saturday of every months listed below: 9:00 am - 3:00 pm
Dates: 2/8, 4/4*, 6/13, 8/8, 10/10 *note date change
Where: Community Outreach
Saturday’s class includes same material as the Tuesday series. See above for class description.

EPI DURAL, CESAREAN BIRTH, AND VBAC
3rd Thursday of months listed below:
Dates: 1/16, 3/19, 5/21, 7/16, 9/17, 11/19
Epidural Class: 5:30-6:30 pm; Cesarean Birth, VBAC 6:30-7:30 pm
Where: Community Outreach
A class for moms who will have a planned cesarean, VBAC, or to get more in-depth information about cesareans, epidurals, and VBACs. Epidurals are discussed in the first hour, with cesarean delivery and VBAC’s presented during the second hour. Feel free to choose one or both sessions.

SIBLING PREPARATION
1st Friday of odd months; 5:30 - 6:30 pm
Dates: 1/10*, 3/6, 5/1, 7/3, 9/4, 11/6 *note date change
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.

DADDY BOOT CAMP
3rd Saturday of odd months; 9:00 - 10:30 am
Dates: 1/18, 3/21, 5/16, 7/18, 9/19, 11/21
Where: Community Outreach
A Dads-only class to take during pregnancy. Learn to be confident about becoming a father. A “Best Practice” trade-marked curriculum. Taught by trained facilitators.

GRANDPARENT / CAREGIVER CLASS
2nd Wednesday of even months; 10:00 - 11:00 am
Dates: 2/12, 4/8, 6/10, 8/12, 10/14, 12/9
Where: Community Outreach
New evidence-based practices in caring for a newborn will be discussed. Class is for Grandparents, new parents, interested parents, and others that will care for new babies.

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. Call 251-2050. Also available for purchase at the childbirth classes.

CAR SEAT INSTRUCTION BY APPOINTMENT
Please call 251-2017 to schedule appointment
Where: Community Outreach
Three out of four car seats are installed incorrectly. Correct use of car seats can reduce risk of death by 71%*. Car seat education and inspection will be provided by a Certified Car Seat Technician. Mom, bring your own car seat and a support person to help install your car seat. *Safe Kids Worldwide

WARM WATER FITNESS
Dates: Visit www.synergyhealthclub.org for times and dates
NO REGISTRATION REQUIRED - Drop In
Where: Synergy Health Club
According to The American College of Obstetricians and Gynecologists (ACOG) a pregnant mom may start a regular physical activity if she is healthy and pregnancy is normal*. Water fitness is a great way to stay active for pregnant moms. Please check with your medical provider if you would like to attend Warm Water Fitness class. Through a partnership with Synergy Health Club, the charge is $4 per class or 8 classes for $30. If you have Medi-Cal or Partnership Health Insurance, obtain free passes at: Community Outreach, OLE Health, or your provider. *www.acog.org

INFANT MASSAGE
Series begins the 1st Friday of every month; 10:00 - 11:30 am
Dates: 1/3, 2/7, 3/6, 4/3, 5/1, 6/5, 7/3, 8/7, 9/4, 10/2, 11/6, 12/4
Where: Community Outreach
This is a 3-week series that begins the first Friday of every month. Infant massage provides a demonstration of respectful communication, gentle touch and stroke techniques used by generations of parents all over the world. Parents bring baby, blanket, and an edible oil. Please call (707) 252-4411 x 2602 and leave your name and phone number; or please email Kathleen.McBride@stjoe.org. Please check with your baby’s pediatrician when it is okay to attend class.

COUNSELING SERVICES

PERINATAL EMOTIONAL WELLNESS
Free counseling available (707) 251-2051
For a caring, nonjudgmental 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” and enter the class name from this flyer. For more information, call (707) 251-2050.