



# FREE Classes for New and Expectant Mothers

*Tour of The Birthing Center offered at the end of each class!*

## 2019 CLASSES

### STAGES OF LABOR

1

- Signs and symptoms of early labor
- Birth Plans and possible options for labor
- What to expect for vaginal delivery and C-Section delivery
- The role of the support person (Coach)
- Overview of the pain control options, including natural pain relief
- When an emergency happens

**When:** 1st Tuesday of each month

**Time:** 7:00-8:30 PM

**Where:** Second Floor in Lactation Center

### BREASTFEEDING MOTHER

2

- Skin to skin instruction and early breastfeeding
- Breastfeeding positions
- Pumping and storage of milk
- Hand expression of milk
- Getting ready to go to back to work/school
- Troubleshooting common breastfeeding struggles

**When:** 2nd Tuesday of each month

**Time:** 7:00-8:30 PM

**Where:** Second Floor in Lactation Center

### NEWBORN & MOMMY CARE

3

- What to expect after you go home
- Reasons to call the doctor
- Body changes after delivery and self-care for Mom
- Bathing, feeding, and caring for your infant
- Babyproofing your house
- Safe sleep recommendations

**When:** 3rd Tuesday of each month

**Time:** 7:00-8:30 PM

**Where:** Second Floor in Lactation Center

**SPANISH PRENATAL EDUCATION:** Offered every 3rd Thursday of the month, at 5-8 PM, in the Lactation Center on the second floor, and includes all 3 classes combined. Please register at 831-763-6019. Thank you.

*\*Please Note: You must register for classes, as a class without any received registrations will be canceled for that month.*

**Baby-Friendly USA**  
*The gold standard of care*

**WATSONVILLE**  
COMMUNITY HOSPITAL

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To register for a class or for more information, please call 831-763-6019.