



# FREE Classes for New and Expectant Mothers

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

## VIRTUAL CLASSES

### STAGES OF LABOR

1

- Signs and symptoms of early labor
- Birth Plans and possible options for labor
- Vaginal & C-section deliveries
- The role of the support person (Coach)
- Overview of the pain control options, including natural pain relief
- When an emergency happens

**When:** 1<sup>st</sup> Tuesday of each month

**Time:** 5:30-7:00 PM

**Where:** VIRTUAL via ZOOM

### 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:** 2<sup>nd</sup> Tuesday of each month

**Time:** 5:30-7:00 PM

**Where:** VIRTUAL via ZOOM

### NEWBORN & MOMMY CARE

3

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

**When:** 3<sup>rd</sup> Tuesday of each month

**Time:** 5:30-7:00 PM

**Where:** VIRTUAL via ZOOM

**SPANISH PRENATAL EDUCATION:** Offered every 3<sup>rd</sup> Thursday of the month, at 5-8 PM, VIRTUAL via ZOOM, 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.*



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