

PRENATAL EDUCATION CLASSES • 2012

Clases de Educación Prenatal

產前教育課程



*Women's Pavilion*  
at San Gabriel Valley Medical Center

*Pabellon de Mujeres*  
en San Gabriel Valley Medical Center



**SAN GABRIEL VALLEY**

Medical Center, AHMC

626.289.5454

438 West Las Tunas Drive • San Gabriel, CA 91776

[www.sgvmc.com](http://www.sgvmc.com)

## HELPING YOU PREPARE FOR THE BIG EVENT...

The Women's Pavilion at San Gabriel Valley Medical Center is committed to providing the compassionate care and family-centered environment needed to help you prepare for one of the most exciting events in life, your child's birth.

We want you to feel welcomed, comfortable and prepared. That is why we offer an extensive selection of prenatal education classes for expectant parents taught by our certified prenatal educators and physicians who can help prepare you for pregnancy, birth and parenting. We do recommend you participate in as many of the prenatal classes as possible so you will be ready when the big day arrives.

For more information and to register for prenatal classes, please call 626-457-3277 or visit [www.sgvmc.com](http://www.sgvmc.com). For classes in Chinese, please call 626-457-4747. For classes in Spanish, please call 626-457-4748.



*LDR Suite*

### FREE MATERNITY-TEA OPEN HOUSE

Our Open House is designed for parents-to-be to get acquainted with the hospital before the delivery. Information about the hospital stay, admission and billing procedures as well as newborn car seat safety is presented. A tour of the maternity unit, refreshments and free prizes make this a fun and informative evening.

#### Time & Dates

7:00 – 9:30 p.m.  
Tuesdays  
Jan 3, 10, 24, 31  
Feb 7, 14, 28  
Mar 6, 13, 27  
April 3, 10, 24  
May 1, 8, 22, 29  
June 5, 12, 26

#### Location

San Gabriel Valley Medical Center Boardroom

**Fee**  
Complimentary

**Reservations:**  
Preferred, but not required. Please call 626-457-3277

### Baby Care

This class provides information to prepare parents for the care of their newborn. Topics discussed include feeding, bathing, swaddling, diapering and tips for comforting a “fussy” baby and much more.

#### Time & Dates

7:00 – 9:30 p.m.  
Thursdays  
Jan 12  
Feb 9  
Mar 8  
April 12  
May 10  
June 14

#### Location

San Gabriel Valley Medical Center Boardroom

#### Fee

\$30 or included in Childbirth Class Package

#### Reservations:

Required, please call 626-457-3277

### Breastfeeding Class— Off To A Good Start!

This class offers information on breastfeeding including techniques and positioning, correct latch on, skin-to-skin benefits, common myths, special circumstances, importance of dad's support, pumping & storing, returning to work, weaning and much more.

#### Time & Dates

7:00 – 9:30 p.m.  
Thursdays  
Jan 26  
Feb 23  
Mar 22  
April 26  
May 24  
June 28

#### Location

San Gabriel Valley Medical Center Boardroom

#### Fee

\$30 or included in Childbirth Class Package

#### Reservations:

Required, please call 626-457-3277

# EDUCATION CLASSES • 2012

## Childbirth Classes

This four-class course focuses on discomforts in the third trimester, signs of labor, breathing & relaxation techniques, stages of labor, possible laboring positions, medical procedures and options, cesarean birth, the postpartum mother's experience, and much more.

### Time & Dates

7:00 – 9:30 p.m.  
Mondays  
Jan 9, 16, 23, 30  
Feb 6, 13, 20, 27  
Mar 5, 12, 19, 26  
Apr 2, 9, 16, 23  
Apr 30, May 7, 14, 21  
Jun 4, 11, 18, 25

### Location

San Gabriel Valley  
Medical Center  
Boardroom

### Fee

\$85 (if delivering at SGVMC)  
\$105 (if delivering at another hospital)  
Package Includes:  
4-week Prepared Childbirth Course, as well as Baby Care, Breastfeeding, and Happiest Baby on the Block Classes

### Reservations:

Required, please call 626-457-3277

## The Happiest Baby on the Block™

Learn the 5 simple ways to turn on your baby's calming reflex (the 5 S's) and become the best baby calmer on the block! This class is based on the highly effective, new hands-on approach to babies pioneered by the worldwide, renowned pediatrician, Dr. Harvey Karp, and taught by our certified instructors. This extraordinary parenting class is designed for expectant parents and parents with babies under three months old.

You will learn step-by-step how to help your baby sleep longer as well as calm and soothe even the fussiest baby in minutes... even seconds! New babies are such a blessing, but they can also bring with them sleepless nights, crying and sometimes a bit of extra stress. Parents will learn:

- Why the idea of colic is mostly an old wives tale
- Why keeping the house quiet may actually be upsetting to many newborns
- Why most babies get more upset in the evening
- Why it is impossible to spoil young babies
- An easy way to help infants sleep for a few hours more at night
- Why fathers are often the best baby calmers in the family

Participants will also have the opportunity to purchase the Parent's DVD for only \$15.

### Time & Dates

7:00 – 9:30 p.m. • Thursdays  
Jan 19    April 19  
Feb 16    May 17  
Mar 15    June 21

### Location

San Gabriel Valley Medical Center  
Boardroom

**Fee:** \$30 per couple or included in Childbirth Class Package

### Reservations:

Required, please call 626-457-3277

## Breastfeeding Support Group

To help support you along your breastfeeding journey, join other breastfeeding moms in a casual and relaxed setting to discuss topics such as the emotional ups and downs of breastfeeding, what happens when your milk supply is weak, and how to juggle breastfeeding and work. Participants will gain support around feeding issues and share information and resources. Other open discussion topics to include: nutrition, common concerns, pumping & storing, introducing solids, weaning, etc.

### Time & Dates

1:00 – 2:30 p.m.  
Fridays  
Jan 13, 27  
Feb 10, 24  
Mar 9, 23  
April 13, 27  
May 11, 25  
June 8, 22

### Location

San Gabriel Valley Medical Center  
5th Floor Conference Room

**Fee:** Complimentary

### Reservations:

Preferred, but not required.  
Please call 626-457-3277

## Con gusto le invitamos a un recorrido de nuestro Pabellon de Maternidad

Cada mes tenemos varios giras y refrescos en honor de las futuras madres. Le daremos un tour del centro para darle la oportunidad de que vea nuestras hermosas suites de maternidad, conozca a los miembros del personal médico y para ayudarla a que complete los formularios necesarios para su admisión previa a su parto. Es tan fácil como llamar al (626) 457-4748.

Miercoles a  
10:00 a.m. – 12:00 p.m.  
18 de enero  
22 de febrero  
21 de marzo  
18 de abril  
16 de mayo  
20 de junio

### Clases

Ofrecemos muchas clases para prepararla para su parto y atención del bebé. Nos dará gusto ayudarla a que se matricule en las clases. Para más información llame al (626) 457-4748.

### Educación sobre el

**parto** Es una forma excepcional de prepararse para el parto. Frecuentemente, la necesidad de anestesia se reduce cuando las mujeres están familiarizadas con el proceso del parto. Recuerde que cada persona siente el dolor o incomodidad en grados diferentes.

**Atencion afectuosa para cada mama. Un inicio afectuoso para cada bebe. Ese es nuestro compromiso.**

For more information and reservations, contact the hospital for further information and reservations.

聖蓋博醫院  
2011 年產前教育課程

### 免費產房開放參觀

我們開放產房讓為人父母的人士參觀，以便在產前熟悉醫院環境。我們會介紹住院、入院、收款程序以及新生兒汽車座椅安全資料。參觀產房、茶點招待及免費贈品會讓當天晚上既有趣又富知性。

時間：星期五晚上，7 點到 9 點半

1 月 6 日、20 日 ◆ 2 月 3 日、17 日 ◆ 3 月 2 日、16 日 ◆ 4 月 6 日、20 日 ◆ 5 月 4 日、18 日 ◆  
6 月 1 日、15 日

地點：聖蓋博醫院，會議室

費用：免費

預約：較佳，但非必要。請撥打 626-457-4747

### 嬰兒看護

本課程提供資料教導父母親如何照顧新生兒。討論的題材包括餵奶、洗澡、襪襪、換尿布以及「愛鬧」嬰兒的安撫妙招等等。

時間：星期三晚上，7 點到 9 點半

2 月 1 日、3 月 21 日、5 月 9 日、6 月 27 日

地點：聖蓋博醫院，會議室

費用：\$30 或包含在分娩課程套件內

預約：必須，請撥打 626-457-4747

### 哺乳課程 – 提供一個好的開始！

本課程提供在頭幾天如何哺餵母乳的資訊，包括技巧與姿勢、正確的吸乳方式、肌膚相親的益處、常見迷思、特殊狀況、人父支持的重要性、擠乳及存放、復工及斷奶等項目。

時間：星期三晚上，7 點到 9 點半

2 月 15 日、4 月 4 日、5 月 23 日

地點：聖蓋博醫院，會議室

費用：\$30 或包含在分娩課程套件內

預約：必須，請撥打 626-457-4747

### 分娩課程

為期四次課程的重點在於懷孕第三期的不適、開始分娩的徵兆、呼吸及放鬆之技巧、待產過程、可能的分娩姿勢、醫藥程序及選項、剖腹開刀、產後母親經驗談等。

時間：星期三晚上，7 點到 9 點半

1 月 4 日、11 日、18 日、25 日 ◆ 2 月 22 日、29 日、3 月 7 日、14 日 ◆ 4 月 11 日、18 日、25 日  
5 月 2 日 ◆ 5 月 30 日、6 月 6 日、13 日、20 日

地點：聖蓋博醫院，會議室

套件費用：\$85 – 如果在聖蓋博醫院生產

\$105 – 如果在其他醫院生產

套件包括：4 週的預備分娩課程以及嬰兒看護、哺乳和最快樂的寶寶課程

預約：必須，請撥打 626-457-4747

### 最快樂的寶寶 (The Happiest Baby on the Block™) 課程

來學習五種簡單的方法，啟動寶寶的安撫反射（5 個 S），成為最佳的安撫寶寶高手！這據世界知名的小兒科醫生 Harvey Karp 首創的育嬰法，深具效果又新穎，並由我們的認證授。這堂非凡的養育課程是為準父母和寶寶未滿三個月的父母開設的。

您會按部就班學習如何幫助寶寶睡得更久，並在短短幾分鐘，或甚至幾秒之內讓最煩躁的靜下來！新生兒是如此令人喜悅，但是也會帶來無眠的夜晚、哭鬧，以及更多的壓力。父會學習：

- 為什麼腸絞痛的觀念其實是無稽之談
- 為什麼讓房子安靜反而會使很多新生兒煩躁
- 為什麼大部份的嬰兒在晚上比較煩躁
- 為什麼不會寵壞小嬰兒
- 幫助嬰兒在晚上多睡幾小時的簡單方法
- 為什麼父親通常是家裡最能安撫嬰兒的人

參與者也有機會購買父母 DVD，只要 \$15。

時間：星期三晚上，7 點到 9 點半

2 月 8 日 ◆ 3 月 28 日 ◆ 5 月 16 日

地點：聖蓋博醫院學習中心 (San Gabriel Valley Medical Center Learning Center)

費用：每對配偶 \$30 或包含在分娩課程套件內

預約：需要預約，請致電 626-457-4747

日期可能有所變動，請進一步向醫院洽詢。如欲索取更多詳情，請撥打 626-457-4747。