

聖蓋博醫院
產前教育課程
2019年1月至6月

免費產房開放參觀

我們開放產房讓將為人父母的人士參觀，以便在產前熟悉醫院環境。活動包括介紹我們產科服務、入院手續、攜帶物品及住院期間何種預期以及參觀我們的 Women's Pavilion 產房。蛋糕招待。如果您選擇此項，您需要完成住院的預先註冊。

時間：星期五晚上，7點到9點半

1月25日 ◆ 2月22日 ◆ 3月8日 ◆ 4月5日 ◆ 5月3日 ◆ 6月14、28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

嬰兒看護課程

這堂課專注於如何照顧剛出生幾個月的寶寶。題材包括嬰兒日常的基本照顧、新生嬰兒的特性、睡眠及飲食模式、更換尿布、安撫「愛哭」寶寶及嬰兒安全。

時間：星期四晚上，7點到9點半

1月17日 ◆ 2月14日 ◆ 3月14日 ◆ 4月11日（嬰兒爬行技巧合併）◆ 5月9日 ◆ 6月20日

地點：聖蓋博醫院會議室

費用：單獨上\$30或包含在分娩課程套件內

預約：必要，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：星期四晚上，7點到9點半

1月24日 ◆ 2月21日 ◆ 3月21日 ◆ 4月12日 ◆ 5月16日 ◆ 6月27日

地點：聖蓋博醫院會議室

費用：單獨上\$30或包含在分娩課程套件內

預約：必要，請撥打626-457-4747

分娩課程

為期三週的課程是為懷孕第三期的準母親設計的。題材包括生產的面面觀，包括分娩與生產（自然生產及剖腹生產）、疼痛管理、放鬆及呼吸之技巧、產後護理、新生兒看護、安全及其他。

時間：星期一晚上，7點到9點半

1月14、21、28日 ◆ 2月11及18日（二週系列）◆ 3月4、11、18日 ◆ 4月1及8（二週系列）

5月6、13、20日 ◆ 6月10、17、24日

地點：聖蓋博醫院會議室

套件費用：\$90 – 如果在聖蓋博醫院生產

\$130 – 如果在其他醫院生產

套件包括：3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：必要，請撥打626-457-4747

嬰兒爬行技巧課程 (BABY CALMING TECHNIQUES) (嬰兒看護課程合併)

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！這堂課是根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，並由我們的認證講師教授。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寶寶安靜下來！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。父母親將會學習：

- 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

時間：星期五晚上，7點到9點半

1月18日 ◆ 2月15日 ◆ 3月15日 ◆ 4月11日（嬰兒看護課程合併）◆ 5月10日 ◆ 6月21日

地點：聖蓋博醫院會議室

費用：單獨上\$30

預約：必要，請撥打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。



PRENATAL EDUCATION CLASSES
產前教育課程 • Clases de Educación Prenatal
January – June 2019



Women's Pavilion
at San Gabriel Valley Medical Center

婦女中心
聖蓋博醫院

Pabellon de Mujeres
en San Gabriel Valley Medical Center



San Gabriel Valley Medical Center

AHMC Healthcare

438 West Las Tunas Drive • San Gabriel, CA 91776
626.289.5454
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 believe that the best beginning starts with the bond between mother and baby (and family). Our commitment to bonding and breastfeeding has earned us the designation as a Baby-Friendly Hospital. This prestigious international award, sponsored by the World Health Organization, UNICEF and Baby-Friendly USA, Inc., recognizes San Gabriel Valley Medical Center for the optimal care provided to mothers and babies.

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 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 us on the web at sgvmc.com.

For classes in Chinese, please call **626-457-4747**.



LDR Suite

FREE WOMEN'S PAVILION MATERNITY OPEN HOUSE

Our Open House is designed for expectant parents to get acquainted with the hospital before the delivery.

Program includes information about our maternity services, admission procedures, what to bring to the hospital and what to expect during your hospital stay, as well as a tour of the Women's Pavilion.

Refreshments will be provided. If you choose to do so, you may complete pre-registration for the hospital.

Time:

Tuesdays

7:00 – 9:30 p.m.

January 15, 29

February 26

March 12

April 9, 30

May 14

June 11, 25

Place:

Boardroom

Fee:

Complimentary

Reservations:

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

PRE-NATAL EDUCATION CLASSES JANUARY – JUNE 2019

BABY CARE (COMBINED WITH BABY CALMING TECHNIQUES)

This class focuses on caring for the baby during the first few months of life.

Topics include basic infant daily care, newborn characteristics, sleep and feeding patterns, diapering, comforting a "fussy" baby and baby safety.

Time:

Saturdays

9:00 – 11:30 a.m.

January 5

February 2

March 2

April 6

May 4

June 1

Place:

Boardroom

Fee:

\$30 if taken separately or included in the Childbirth Class Package Fee

Reservations:

Required, please call 626-457-3277

BREASTFEEDING CLASS – OFF TO A GREAT 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:

Wednesdays

7:00 – 9:30 p.m.

January 30

February 27

March 27

April 24

May 22

June 26

Place:

Boardroom

Fee:

\$30 if taken separately or included in the Childbirth Class Package Fee

Reservations:

Required, please call 626-457-3277

CHILDBIRTH CLASSES

This three-class course is designed for expectant mothers in the third trimester. Topics include all aspects of childbirth, including labor and delivery (both vaginal and cesarean), pain management, relaxation and breathing methods, postpartum care, newborn care, safety and much more.

Time:

Wednesdays

7:00 – 9:30 p.m.

January 9, 16, 23

February 6, 13, 20

March 6, 13, 20

April 3, 10, 17

May 1, 8, 15

June 5, 12, 19

Place:

Boardroom

Package Fee:

\$90 – if delivering at SGVMC
\$130 – if delivering at another hospital

Package Includes:

Three-week Prepared Childbirth Course, as well as Baby Care, Breastfeeding, and Baby Calming Techniques

Reservations:

Required, please call 626-457-3277

BABY CALMING TECHNIQUES (COMBINED WITH BABY CARE)

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

Time:

Saturdays

9:00 – 11:30 a.m.

January 5

February 2

March 2

April 6

May 4

June 1

Place:

Boardroom

Fee:

\$30 if taken separately or included in the Childbirth Package Fee

Reservations:

Required, please call 626-457-3277

Dates are subject to change; contact the hospital for further information and reservations.