



babywise education

2012 SCHEDULE OF CLASSES



- 1 Providence Holy Cross Medical Center**
15031 Rinaldi St. | Mission Hills, CA 91346
(818) 365-8051
- 2 Providence Saint Joseph Medical Center**
501 S. Buena Vista St. | Burbank, CA 91505
(818) 843-5111
- 3 Providence Tarzana Medical Center**
18321 Clark St. | Tarzana, CA 91356
(818) 881-0800
- 4 Providence Saint Joseph Health Center**
3413 W. Pacific Ave. | Burbank, CA 91505
- 5 Providence Holy Cross Health Center, Porter Ranch**
19950 Rinaldi St., Suite 100 | Porter Ranch, CA 91326
- 6 Providence Holy Cross Health Center, Santa Clarita**
26357 McBean Parkway | Santa Clarita, CA 91355
- ★ **Santa Clarita Sunday Intensive Childbirth Preparation**
Westfield Valencia Towne Center Mall
24201 West Valencia Blvd. | Valencia, CA 91355

Llame para clases en español.

providence women's services

health, hope and healing for every stage of life

At Providence Medical Centers, we understand how important your newborn is to you. Through our Babywise Education Program, our childbirth educators are here to guide and help you through your journey. As you enter this new stage of life, you will learn how important your role is and the joys of motherhood.

At Providence Saint Joseph, Providence Holy Cross and Providence Tarzana Medical Centers, we're committed to your health and wellness. Our doctors and nurses are among the best. Recognized nationally for their clinical excellence, they can help you along your life's journey.

In today's health care environment, wellness and prevention have become major focal points. That's why Providence offers a full range of health care, educational, and support services, acting as a woman's health partner throughout her life.

Our multidisciplinary services include prenatal and postnatal care and education programs, maternity services, including our renowned Neonatal Intensive Care Units and perinatology specialists, our Breast Health Center and Outpatient Diagnostic Center, and health and wellness education programs.

Visit www.providence.org/california to use our interactive pregnancy tools including a due date calculator, weight tracker, pre-registration and much more.

For more information on Providence Women's Services or for a free physician referral, please call 1-888-HEALING (1-888-432-5464) or visit us on the web at www.providence.org/california.



babywise education

The following pages provide class descriptions for our Babywise Education Program; however **NOT all classes are available at each hospital campus. Please refer to the back pages for a complete class schedule offered at each Providence Medical Center.**

Note: Some classes may be rescheduled due to low class registration.

BABYWISE MATERNITY TOUR

We'll open our maternity unit to you and your birth partner for a free, short presentation followed by a walking tour. Please call during your fourth month of pregnancy to schedule. This class is free, but advance registration is required for attendance.

BIG KIDS AND BABIES SIBLING TOUR

This class, for children 3-10 years of age, emphasizes the importance of being a big brother or sister. The class includes hands-on fun with life-sized dolls, a special video and a walking tour of "mom's" room and the nursery area. This class is free, but advance registration is required for attendance.

CHILDBIRTH PREPARATION

Prepare yourself physically and emotionally for the birth process. Certified childbirth educators will help you and your partner prepare for labor and delivery by explaining special exercises, relaxation techniques and other important information. You'll also learn about signals prior to the onset of labor, how to recognize symptoms of labor, what to expect throughout labor and delivery, possible pain relief options, physical changes during recovery and the emotional demands of a new baby. Call during your fourth month of pregnancy to schedule your classes—they fill up quickly!

CHILDBIRTH INTENSIVE PREPARATION

This extensive class covers all of the topics presented in our regular childbirth series in a fast-paced format. Participants should provide their own lunch and refreshments during the day.

REFRESHER CHILDBIRTH

Designed for the mother who has already experienced childbirth, this two-to-three week program covers the labor process in detail, along with the delivery and recovery phases. There's also an optional session on anesthesia and Cesarean section. Certified childbirth educators help you and your coach with controlled breathing and relaxation techniques and emphasize the coach's role in your childbirth. *(Providence Tarzana Medical Center only)*

PREPARING FOR YOUR NEWBORN

This 4-part series teaches proper bathing, diapering and feeding techniques, as well as normal infant activity and other aspects of basic infant care. Additional discussion focuses on what it really means to be a parent, communicating love, building self esteem and time management.

BREASTFEEDING

Whether you have decided on breastfeeding or you're still exploring the option, this class can help. Our lactation educator teaches infant nutrition and successful breastfeeding techniques. You'll also learn the advantages of breastfeeding, difficulties and common problems, anatomy and physiology, how to pump and store breast milk, feeding guidelines and proper positioning.



babywise education

INFANT SAFETY & CPR

For expectant and new parents. As you prepare for your baby's homecoming, don't forget to make safety a priority. Our certified instructors will discuss a variety of ways to baby proof your home and teach you invaluable CPR and obstructed airway (choking) management techniques. Lecture includes a slide presentation, demonstration and practice. This course is designed for baby's first year of life only.

INFANT/CHILD SAFETY & CPR

For parents who have children from newborn to eight years of age, this course offers a thorough discussion of "child-proofing" your home, including safety measures for the pool, car and other areas. A presentation of CPR and obstructed airway (choking) management includes lecture, slide show, film, demonstration of techniques and practice. *(Providence Tarzana Medical Center only)*

BABY CARE

Parents will learn about the normal appearances of the newborn, feeding, coping with a crying baby and when to call the doctor. You will also learn the best ways to hold, burp, bathe and diaper your newborn, as well as circumcision and umbilical cord care. Included is time for hands-on practice.

ANESTHESIA AND CESAREAN SECTION

Prepare yourself and your partner for the possibility of a surgical birth so you will be able to make this alternative a positive and family orientated experience. This class teaches you the possible indications for a Cesarean section, as well as the surgery and recovery process. You will also explore the different types of anesthesia commonly used for the labor process, as well as for vaginal and Cesarean deliveries. This class is part of the Childbirth Preparation series, but is open to any parent interested solely in this topic.

TRANSITION TO PARENTHOOD

Led by a licensed therapist, this class focuses on dispelling the myths about postpartum, what to expect with your new baby the first year, how your relationship as a couple will change and how to know if you're at risk for postpartum depression.

THE AMAZING NEWBORN

Your new baby will bring you lots of surprises—and in this class, a pediatrician will tell you what to expect from day one, beginning with the procedures following delivery and the newborn transition period. A developmental therapist will discuss normal infant growth and development, and help you understand your baby's cues. You'll also learn innovative techniques to enhance your baby's learning environment, games to play, soothing a cranky baby and infant massage.



babywise education

PARENTS EXPECTING MULTIPLES

Having multiples is a phenomenon that dramatically changes lives. In this informative program, expectant parents will learn about preparing for the new arrivals as well as causes of stress, survival suggestions, the psychology of parenting multiples, preparing older siblings and identifying resources.

BABY SIGNS BASICS (BABY SIGN LANGUAGE FOR HEARING BABIES)

Babies have so much to say, but without words communication can be frustrating. This class will teach parents simple hand gestures to show their infants that allow babies and toddlers to communicate what they see, need and even how they feel. Baby Signs® helps babies to speak sooner and jumpstarts their intellectual development. This program includes a class for expectant parents, as well as a continuing program for children up to 24 months of age.

SIGN, SAY AND PLAY CONTINUING PROGRAM

Sign, Say and Play is a 6-week baby sign language program designed especially for parents and their babies. Fun games, songs and activities highlight important developmental skills and introduce families to many of the most popular signs.

SAFE SITTERS

Taught by trained Safe Sitter Instructors, this program is medically accurate and teaches young adolescents how to handle emergencies when caring for younger children. *\$75 fee includes one and a half day of Safe Sitter instruction, student manual, continental breakfast and afternoon snack.*

SPECIALTY CLASSES, SUPPORT GROUPS & REFERRALS

Please call **(818) 847-4143** for information regarding breast pump rentals and lactation consultations. While some classes are ongoing, others are offered periodically throughout the year.

MOMMYWISE SUPPORT GROUP

MommyWise is an ongoing, weekly support group for new mothers and their infants. Groups meet weekday mornings and afternoons.

CLASES EN ESPAÑOL

PREPARACIÓN PARA EL PARTO

Curso de 6 semanas diseñado para las futuras mamás y sus parejas. En este curso, usted aprenderá cómo sucede el milagro del nacimiento de su bebé, y cómo participar al máximo durante esta etapa tan especial. Le enseñaré técnicas de relajamiento y respiración, al igual que información en general del parto y nacimiento, además, habrá una clase de lactancia y otra del cuidado del recién nacido. *El costo de este curso es \$95 por pareja. Providence Saint Joseph and Providence Holy Cross.*

CLASE DE SEGURIDAD INFANTIL Y RESUCITACIÓN CARDIOPULMONAR

Esta clase ofrece a los padres de familia y a las personas que cuidan niños, la oportunidad de aprender sobre las causas principales de accidente durante la infancia y cómo prevenirlas. La clase de Resucitación Cardiopulmonar, impartida por instructores certificados, proporcionará las destrezas necesarias para salvar a un niño en estado de asfixia o que haya dejado de respirar. Esta clase se recomienda a los padres nuevos, abuelos y a las personas que cuidan niños. *El costo de esta clase es \$45 por persona. Providence Holy Cross.*

FOR MORE INFORMATION OR RESERVATIONS:

Call: **1-888-HEALING** (432-5464) or log on to:
www.providence.org/california

providence saint joseph class schedule

For more information or to make a reservation,
call 1-888-HEALING.

MATERNITY TOUR

Wednesdays from 7:00 p.m.-8:30 p.m.

Jan. 4, 11, 25	May 2, 16, 30	Sept. 12, 19, 26
Feb. 1, 15, 29	June 6, 20, 27	Oct. 3, 17, 24
March 14, 21, 28	July 11, 18, 25	Nov. 7, 14, 28
April 11, 18, 25	Aug. 1, 15, 29	Dec. 5, 12, 19

MATERNITY TOUR IN SPANISH

Fridays from 9:30 a.m.-11 a.m., meet in front lobby of hospital

Jan. 6, 20	May 4	Sept. 14
Feb. 10	June 1, 15	Oct. 5, 26
March 2, 23	July 13, 27	Nov. 30
April 20	Aug. 24	Dec. 14

BIG KIDS AND BABIES MATERNITY TOUR

Wednesdays from 5:30 p.m.- 6:30 p.m.

Jan. 11	May 16	Sept. 19
Feb. 15	June 20	Oct. 17
March 21	July 18	Nov. 14
April 18	Aug. 15	Dec. 12

BREASTFEEDING

Weekdays from 7:00 p.m.-9:30 p.m.

Jan. 9 (Mon.)	May 17 (Thurs.)	Sept. 18 (Tues.)
Feb. 2 (Thurs.)	June 5 (Tues.)	Oct. 30 (Tues.)
March 6 (Tues.)	July 30 (Mon.)	Nov. 19 (Mon.)
April 12 (Thurs.)	Aug. 9 (Thurs.)	Dec. 13 (Thurs.)

INFANT SAFETY & CPR

Weekdays from 7:00 p.m.-9:30 p.m.

Jan. 10, 30	May 7, 24	Sept. 5, 17
Feb. 8, 27	June 4, 25	Oct. 8, 25
March 5, 22	July 9, 17	Nov. 1, 27
April 2, 16	Aug. 6, 27	Dec. 6, 17

PREPARING FOR YOUR NEWBORN

Four-part series weekdays from 7:00 p.m.-9:30 p.m.;

Saturday one-day class 9:00 a.m.-5:00 p.m.

Jan. 5, 12, 19, 26	April 19, 26, May 3, 10	Aug. 16, 23, 30, Sept. 6
Jan. 14 (Sat.)	April 21 (Sat.)	Aug. 18 (Sat.)
Feb. 9, 16, 23, March 1	June 7, 14, 21, 28	Sept. 20, 27, Oct. 4, 11
Feb. 4 (Sat.)	June 23 (Sat.)	Sept. 15 (Sat.)
March 15, 22, 29, Apr. 5	July 12, 19, 26, Aug. 2	Oct. 13 (Sat.)
March 3 (Sat.)	July 28 (Sat.)	Nov. 8, 15, 29, Dec. 6
		Dec. 15 (Sat.)

CHILDBIRTH PREPARATION (LAMAZE)

Weekdays 7:00 p.m.-9:30 p.m.; Weekends one-day intensive course 9:00 a.m.-5:00 p.m.

Tuesdays

Jan. 3 - Jan. 31	April 24 - May 22	Sept. 18 - Oct. 16
Feb. 7 - March 13 (skipping Feb. 14)	May 29 - June 26	Nov. 6 - Dec. 11 (skipping Nov. 20)
March 20 - April 17	July 10 - Aug. 7	
	Aug. 14 - Sept. 11	

Wednesdays

Jan. 4 - Feb. 1	May 30 - June 27	Sept. 19 - Oct. 17
Feb. 8 - March 7	July 11 - Aug. 8	Nov. 7 - Dec. 12 (skipping Nov. 21)
March 21 - April 18	Aug. 15 - Sept. 12	
April 25 - May 23		

Thursdays

Jan. 19 - Feb. 16	June 21 - July 26	Oct. 4 - Nov. 1
Feb. 23 - March 22	Aug. 9 - Sept. 13 (skipping Aug. 30)	
April 19 - May 17		

One-Day Intensive Course

Jan. 21 (Sat.)	May 12 (Sat.)	Sept. 22 (Sat.)
Feb. 25 (Sat.)	June 16 (Sat.)	Oct. 7 (Sun.)
March 24 (Sat.)	July 21 (Sat.)	Nov. 17 (Sat.)
April 28 (Sat.)	Aug. 11 (Sat.)	Dec. 8 (Sat.)

SAFE SITTER

Two-day class, Friday 9:00 a.m.-4:00 p.m. and Saturday 9 a.m.- 12:00 p.m.

June 29 and 30	July 20 and 21
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BREASTFEEDING SUPPORT GROUP

Wednesdays: 10:00 a.m.- 12:00 p.m. in the Babywise Classroom at Providence Saint Joseph Medical Center

MOMMYWISE SUPPORT GROUPS

Tuesdays: 10:00 a.m.- 1:00 p.m. for babies birth to 1 year (discussion and play time)

providence **holy cross** class schedule

For more information or to make a reservation,
call 1-888-HEALING.

MATERNITY TOUR

Tuesdays from 7:00 p.m.-8:30 p.m.

Jan. 10, 24	May 8, 22	Sept. 11, 18
Feb. 14, 28	June 12, 16	Oct. 9, 23
March 13, 27	July 10, 24	Nov. 13, 27
April 10, 24	Aug. 14, 28	Dec. 11, 18

MATERNITY TOUR IN SPANISH

Fridays 2:00 p.m.-3:00 p.m., meet in main lobby of hospital

Jan. 13	May 18	Sept. 28
Feb. 24	June 29	Nov. 2
April 6	Aug. 10	Dec. 7

BIG KIDS AND BABIES MATERNITY TOUR

Tuesdays from 5:30 p.m. - 6:30 p.m.

Jan. 24	May 22	Sept. 18
March 27	July 24	Nov. 27

BREASTFEEDING

Tuesdays from 7:00 p.m.-9:30 p.m. at Porter Ranch facility

Jan. 17	May 15	Sept. 4
Feb. 21	June 19	Oct. 16
March 20	July 17	Nov. 6
April 17	Aug. 21	Dec. 4

INFANT SAFETY & CPR

Weekdays from 7:00 p.m.-9:30 p.m. at Porter Ranch Facility

Jan. 4 (Wed.)	May 14 (Mon.)	Sept. 24 (Mon.)
Feb. 22 (Wed.)	June 13 (Wed.)	Oct. 29 (Mon.)
March 26 (Mon.)	July 30 (Mon.)	Nov. 12 (Mon.)
April 25 (Wed.)	Aug. 15 (Wed.)	Dec. 12 (Wed.)

PREPARING FOR YOUR NEWBORN INTENSIVE CLASS

*Weekend days from
9:00 a.m.-5:00 p.m.
at Porter Ranch Facility*

Feb. 11 (Sat.)
June 2 (Sat.)
Oct. 14 (Sun.)
Dec. 9 (Sun.)



CHILDBIRTH PREPARATION (LAMAZE)

Weekdays 7:30 p.m.-9:30 p.m.; Saturdays 10:00 a.m.-1:00 p.m. at Porter Ranch facility; Weekends one-day intensive course 7:00 a.m.-7:30 p.m. at Porter Ranch facility and in Santa Clarita

Wednesdays

Jan. 18 - Feb. 15	July 11 - Aug. 8	Oct. 10 - Nov. 14
March 14 - April 11	Aug. 22 - Sept. 19	(skipping Oct. 31)
May 2 - May 30		

Thursdays

Feb. 9 - March 8	July 12 - Aug. 9	Oct. 18 - Nov. 15
April 12 - May 10	Sept. 13 - Oct. 11	

Saturdays

Jan. 14 - Feb. 4	June 16 - July 7	Sept. 8 - Sept. 29
March 3 - March 24	July 28 - Aug. 18	Dec. 1 - Dec. 22
April 21 - May 12		

One-Day Intensive Course - Porter Ranch

Jan. 7 (Sat.)	May 19 (Sat.)	Sept. 23 (Sun.)
Feb. 18 (Sat.)	June 9 (Sat.)	Oct. 6 (Sat.)
March 31 (Sat.)	July 14 (Sat.)	Nov. 3 (Sat.)
April 14 (Sat.)	Aug. 25 (Sat.)	Dec. 2 (Sun.)

One-Day Intensive Course - Santa Clarita

Jan. 15 (Sun.)	May 20 (Sun.)	Sept. 16 (Sun.)
Feb. 12 (Sun.)	June 10 (Sun.)	Oct. 14 (Sun.)
March 11 (Sun.)	July 15 (Sun.)	Nov. 11 (Sun.)
April 15 (Sun.)	Aug. 12 (Sun.)	Dec. 9 (Sun.)

PREPARACIÓN PARA EL PARTO (LAMAZE)

Sábados 1:30 p.m.-4:30 p.m. at Porter Ranch facility

Jan. 14 - Feb. 4	July 14 - Aug. 4
April 21 - May 12	Sept. 8 - Sept. 29

CLASE DE SEGURIDAD INFANTIL Y RESUCITACIÓN CARDIOPULMONAR

7:30 p.m.-9:00 p.m. at Porter Ranch facility

Jan. 11 (Tues.)	May 21 (Mon.)	Sept. 10 (Mon.)
March 6 (Wed.)	July 23 (Mon.)	Nov. 5 (Mon.)

BREASTFEEDING SUPPORT GROUP

*Mondays: 1:00 p.m.-3:00 p.m. Porter Ranch
Fridays: 10:00 a.m. - 12:00 p.m. Santa Clarita*

MOMMYWISE SUPPORT GROUP

Wednesdays: 10:00 a.m.-1:00 p.m. Porter Ranch

providence tarzana class schedule

For more information or to make a reservation,
call 1-888-HEALING.

MATERNITY TOUR

Thursdays from 7:00 p.m.-9:00 p.m.

Jan. 12, 26	May 10, 24	Sept. 13, 27
Feb. 9, 23	June 14, 28	Oct. 11, 25
March 8, 22	July 12, 26	Nov. 8
April 12, 26	Aug. 9, 23	Dec. 13, 27

BIG KIDS AND BABIES MATERNITY TOUR

Thursdays from 3:30 p.m.-5:00 p.m.

Jan. 12, 26	May 10, 24	Sept. 13, 27
Feb. 9, 23	June 14, 28	Oct. 11, 25
March 8, 22	July 12, 26	Nov. 8
April 12, 26	Aug. 9, 23	Dec. 13, 27

BREASTFEEDING

Mondays and Tuesdays from 6:30 p.m.-9:30 p.m.

Jan. 9, 24	May 14, 29	Sept. 11, 24
Feb. 13, 28	June 11, 26	Oct. 8, 23
March 12, 27	July 2, 24	Nov. 5, 27
April 9, 24	Aug. 13, 28	Dec. 4, 17

INFANT CPR

Weekdays from 6:30 p.m.-9:30 p.m.

Jan. 2, 25	May 7, 30	Sept. 10, 27
Feb. 6, 22	June 4, 27	Oct. 15, 30
March 5, 28	July 9, 26	Nov. 12, 29
April 2, 25	Aug. 6, 22	Dec. 3

INFANT & CHILD CPR (up to 8 years old)

Mondays/Thursdays from 6:30 p.m.-10:00 p.m.

Jan. 30	May 21	Sept. 20
March 19	July 30	Nov. 19

BABY SIGNS® BASICS

Mondays and Wednesdays from 6:30 p.m.-8:30 p.m.

Feb. 29	June 18	Oct. 22
April 23	Aug. 20	Dec. 10

BABY CARE *Wednesdays from 6:30 p.m.-9:30 p.m.*

Jan. 4, 18	May 2, 16	Sept. 5, 19
Feb. 1, 15	June 6, 20	Oct. 3, 17
March 7, 21	July 11, 25	Nov. 7, 28
April 4, 18	Aug. 1, 15	Dec. 5, 19

AMAZING NEWBORN

Wednesdays from 7:00 p.m.-9:00 p.m.

Jan. 11	May 9	Sept. 12
March 14	July 18	Nov. 14

TRANSITIONS TO PARENTHOOD

Mondays from 6:30 p.m.-9:00 p.m.

Feb. 27	June 25	Oct. 29
April 30	Aug. 27	Dec. 17

CHILDBIRTH PREPARATION (LAMAZE)

Weekdays 6:30 p.m.-9:00 p.m. plus one C-Section class date

Mondays

Jan. 9 - Jan. 30	May 7 - June 4	Sept. 10 - Oct. 8
Feb. 6 - March 5 (skipping Feb. 20)	(skipping May 28) June 11 - July 2	(skipping Sept. 17) Oct. 15 - Nov. 5
March 12 - April 2	July 9 - Jul. 30	Nov. 12 - Dec. 3
April 9 - April 30	Aug. 6 - Aug. 27	

Wednesdays

Jan. 4 - Jan. 25	June 13 - July 11	Sept. 12 - Oct. 10
Feb. 1 - Feb. 22	(skipping July 4)	(skipping Sept. 26)
March 7 - March 28	July 18 - Aug. 8	Oct. 17 - Nov. 14
April 11 - May 2	Aug. 15 - Sept. 5	(skipping Oct. 31)
May 16 - June 6		Nov. 28 - Dec. 19

CHILDBIRTH PREPARATION EXPRESS

Saturdays 9:00 a.m.-1:00 p.m. plus one C-Section class date

Jan. 14 - Jan. 21	March 3 - March 10	other dates TBD
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CHILDBIRTH REFRESHER COURSE

Weekdays 6:30 p.m.-9:00 p.m. plus one C-Section class date

Mondays

Jan. 16 - Jan. 23	April 16 - April 23	Aug. 13 - Aug. 20
Feb. 13 - Feb. 27 (skipping Feb. 20)	May 14 - May 21	Sept. 24 - Oct. 1
March 19 - March 26	June 18 - June 25	Oct. 22 - Oct. 29
	July 16 - July 23	Nov. 19 - Nov. 26

Wednesdays

Jan. 11 - Jan. 18	April 18 - April 25	July 25 - Aug. 1
Feb. 8 - Feb. 15	May 23 - May 30	Aug. 22 - Aug. 29
March 14 - March 21	June 20 - June 27	Dec. 5 - Dec. 12

ANESTHESIA AND C-SECTION

Thursdays from 7:00 p.m.-9:30 p.m.

Jan. 5, 19	May 3, 17	Sept. 6, 20
Feb. 2, 16	June 7, 21	Oct. 4, 18
March 1, 15	July 5, 19	Nov. 1, 15
April 5, 19	Aug. 2, 16	Dec. 6, 20

BREASTFEEDING SUPPORT GROUP

Fridays: 10:00 a.m. - 11:00 a.m.