2020 Child Birthing Classes

Prepare yourself for a joyful birthing experience by enrolling in one of our Child Birthing Classes where you will learn about:

- The Labor and Delivery process
- Relaxation and breathing techniques
- Medication / Anesthesia
- Cesarean Section
- Breastfeeding, Skin to Skin
- Muchmore…

Please bring a partner, two (2) pillows and a blanket or mat to place on the floor.

A morning snack will be provided. There will be a 30 minute break, you are encouraged to bring a sack lunch or money to purchase items from the Cafeteria.

Dates: Saturdays
January 18, 2020               July 18, 2020
February 15, 2020              August 15, 2020
March 14, 2020                 September 12, 2020
April 11, 2020                 October 10, 2020
May 09, 2020                   November 7, 2020
June 20, 2020                  December 5, 2020

Time:
10:00 a.m. to 4:00 p.m.

Location:
Conference Rooms C & D
Riverside University Health System - Medical Center
26520 Cactus Avenue
Moreno Valley, CA 92555

About our Labor and Delivery, Baby Friendly Unit

Your birthing experience at Riverside University Health System – Medical Center begins with the warm and welcoming environment of our Labor and Delivery Unit. The Birthing Center has 12 Labor/Delivery/Recovery suites, as well as two C-Section suites which are right next door to the Neonatal Intensive Care Unit (NICU).

Classes are offered in English with language interpreting services available in Spanish and American Sign Language.

For Registration Information call 951-486-4742
Join Us!

Prepare yourself for a joyful birthing experience by enrolling in Riverside University Health System’s Maternity Orientation and Tour. Please plan on attending during your 7th or 8th month of pregnancy.

Education:
- Tour the Labor and Delivery and Post-Partum Units
- What to expect during your stay
- Skin to Skin – the Golden Hour
- Breastfeeding
- Nutrition
- Infant Security
- What to bring to the hospital
- Visitations and Photography
- Car Seat Safety

Dates: Saturdays
- January 11, 2020
- February 8, 2020
- March 21, 2020
- April 18, 2020
- May 16, 2020
- June 13, 2020
- July 11, 2020
- August 8, 2020
- September 19, 2020
- October 17, 2020
- November 14, 2020
- December 12, 2020

Time:
5:00 - 7:30 p.m.

Location:
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www.RUHealth.org