

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
- Much more...

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

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



**About our Labor and Delivery,
Baby Friendly Unit**

Baby Friendly usa
The gold standard of care

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).

 **Riverside
University
HEALTH SYSTEM**
Medical Center

www.RUHealth.org

For Registration Information call 951-486-4742

2020 Maternity Orientation and Tour

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

Time:

5:00 - 7:30 p.m.

Location:

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