

Becoming a family:

Gottman's "Bringing Baby Home"

This class is taught by a certified Gottman educator. The "Bring Baby Home" workshop's goals include:

- Learn what to expect during the transition to parenthood
- Learn how to strengthen friendship, intimacy and conflict regulation skills
- Learn about child development and how to co-parent with your partner

Grandparents seminar

A seminar designed just for expectant and new grandparents! Learn about "Back to Sleep," swaddling, giving a relief bottle, car seats and more. In addition, this class will examine your unique role as grandparents and offer tips on how to support your own children as they step into parenthood.

Mother-baby mornings

Join us every Tuesday morning at 10:30 a.m. to share, discuss and connect with other moms and caregivers who have babies from birth to 6 months old.

Movers & shakers

Join us every Monday morning at 10:30 a.m. to share, discuss and connect with other moms and caregivers who have babies from 6 to 11 months old.

Prenatal yoga

This graceful program emphasizes using stretching, toning, posture and body mechanics to create energy and harmony in both the body and mind.

Infant massage

Our certified infant massage instructor will give parents tips on how to use massage to relieve their baby's temporary discomfort from gas and soreness at vaccination sites. Ideal for parents of young babies from 1 month of age to before crawling.



Johnson Center
for Pregnancy and
Newborn Services



Prenatal and Infant Classes

For more information about our programs and online registration:

classes.stanfordchildrens.org

(650) 724-4601

LPCHCommunityClass@stanfordchildrens.org

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The **Perinatal Education Program** at Lucile Packard Children's Hospital Stanford is designed to help every member of your family prepare from before the birth of the baby to after. We offer a broad spectrum of classes taught by our skilled and certified instructors, such as:

Childbirth prep

Our childbirth prep class focuses on labor and delivery of the baby, providing an overview of the many variations of normal birth.

Breastfeeding seminar

The prenatal breastfeeding seminar gives an orientation to successful breastfeeding and provides tips on dealing with breastfeeding challenges in the early weeks, how both partners can participate in feeding the baby even though only one may be breastfeeding, pumping and storage of breast milk, and more.

Cesarean birth

The cesarean birth class gives an overview of birth by cesarean section (C-section), including discussions of the reasons for such procedures, how they are done, the partner's role and the mother's recovery.

Comfort techniques for labor

This two-hour class focuses on more practice time on relaxation, breathing and comfort techniques of labor. Designed to be taken alongside our childbirth prep class, this class gives practical ideas on dealing with discomfort during labor, including the use of massage, focal points, aromatherapy and much more.

Preparing for multiples

Designed for couples who are expecting more than one baby. This class tells you everything you want and need to know about pregnancy and delivery of multiples, including bed rest and cesarean births, premature birth and life in the NICU, breastfeeding and supplementing, additional resources, and managing a home with two or more new infants.

Newborn care 101

Often touted as our "most fun" class, this interactive program covers the specifics of newborn care, including bathing, temperature-taking, newborn reflexes and behavior, common newborn appearances, diapering, swaddling, soothing, feeding techniques and more.

CPR

We offer CPR instruction in three different formats:

- Infant only
- Infant and child
- Child CPR and first aid

Infant safety

Our infant safety class prepares new parents, grandparents and other childcare providers for various aspects of newborn safety, including:

- Car seats
- Cribs and sleeping arrangements
- Poison prevention
- Environmental safety in the home

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