STEP 1

Babies First
Maternity Tour

Welcome to our all-inclusive **Babies First** program. Expectant parents will tour our state-of-the-art medical facility and learn why Northridge Hospital is the best place to have your baby.

FREE! (select one date)

Wednesdays, 7 – 9 p.m.

- ❑ Jan. 11
- ❑ Feb. 8
- ❑ March 14
- ❑ April 11
- ❑ May 9
- ❑ June 13
- ❑ July 11
- ❑ Aug. 8
- ❑ Sept. 12
- ❑ Oct. 10
- ❑ Nov. 14
- ❑ Dec. 12

Tiny Tots Tour

Siblings, ages 3 to 10 are invited to discuss their new roles, visit the newborn nursery and see where mom will be in the hospital.

FREE! (select one date)

Thursdays, 4 – 5 p.m.

- ❑ Jan. 19
- ❑ March 1
- ❑ May 3
- ❑ July 12
- ❑ Sept. 6
- ❑ Nov. 1

STEP 2

Breastfeeding Workshop

Taught by a Certified Lactation Consultant, this class provides pregnant women and new mothers with information to encourage a successful breastfeeding experience. It is recommended to take this class prior to having your baby.

$40 per couple (select one date)

Mondays, 7 – 9:15 p.m.

- ❑ Jan. 9
- ❑ Feb. 6
- ❑ March 5
- ❑ April 2
- ❑ May 7
- ❑ June 4
- ❑ July 9
- ❑ Aug. 13
- ❑ Sept. 10
- ❑ Oct. 8
- ❑ Nov. 5
- ❑ Dec. 3

Childbirth Education Series

Prepare for your child's birth. Class topics include physical and emotional changes, what to expect during pregnancy and birth, techniques for relaxation and breathing, cesarean birth, pain relief options and more. Registration is recommended by the sixth month of pregnancy. This is a three-class series, plus a Pain Management for Labor/Cesarean Birth class that is held on Thursdays.

7 – 9:30 p.m. *$100 per couple (select one series)*

January / February

- ❑ Series 1 Tuesdays, Jan. 10, 17, 31
- ❑ Series 2 Thursdays, Jan. 12, 19, Feb. 2

February / March

- ❑ Series 3 Tuesdays, Feb. 21, 28, March 13
- ❑ Series 4 Thursdays, Feb. 23, March 1, 15

April

- ❑ Series 5 Tuesdays, April 3, 10, 24
- ❑ Series 6 Thursdays, April 5, 12, 26

May / June

- ❑ Series 7 Tuesdays, May 15, 22, June 5
- ❑ Series 8 Thursdays, May 17, 24, June 7

June / July

- ❑ Series 9 Tuesdays, June 19, 26, July 10
- ❑ Series 10 Thursdays, June 21, 28, July 12

September / October

- ❑ Series 11 Tuesdays, Sept. 18, 25, Oct. 9
- ❑ Series 12 Thursdays, Sept. 20, 27, Oct. 11

November / December

- ❑ Series 13 Tuesdays, Nov. 13, 20, Dec. 11
- ❑ Series 14 Thursdays, Nov. 15, 29, Dec. 13

Weekend Express Classes

Saturdays, 10 a.m. – 2 p.m. *(select one series) $125 per couple*

- ❑ Jan. 14, 21
- ❑ March 24, 31
- ❑ May 12, 19
- ❑ July 14, 21
- ❑ Sept. 15, 22
- ❑ Nov. 10, 17

Pain Management During Labor/Cesarean Childbirth

Today's expectant parents may need to be prepared for a surgical birth. This class reviews surgical procedures, techniques for decreasing pain, recovery strategies and medication options.

FREE for Childbirth Education series participants.
$30 per couple for non-participants. (select one date)

Thursdays, 7 – 9:30 p.m.

- ❑ Jan. 26
- ❑ March 8
- ❑ April 19
- ❑ May 31
- ❑ July 12
- ❑ Oct. 11
- ❑ Dec. 6

STEP 3

Breastfeeding Support Group

Breastfeeding is one of the best things that only you can do for your baby. Every mom has the potential to succeed, but this can sometimes be challenging. Join us to exchange information and experiences from other new moms. Taught by a bilingual Lactation Educator.

FREE

Thursdays, 10 – 11:30 a.m.

Call for more information 818-885-8500, ext. 2289

Ready, Set, Let's Parent!

Parenthood has its challenges and sometimes we all need a little advice from the professionals. Our innovative three-part series offers tips for coping as new parents, baby safety, reducing hazards and Pediatric CPR (non-certified CPR).

$95 per couple (select one series)

Tuesdays, 7 – 9:30 p.m.

- ❑ Jan. 10, 17, 24
- ❑ Feb. 7, 14, 21
- ❑ March 6, 13, 20
- ❑ April 3, 10, 17
- ❑ May 1, 8, 15
- ❑ June 5, 12, 19
- ❑ July 10, 17, 24
- ❑ Sept. 11, 18, 25
- ❑ Oct. 2, 9, 16
- ❑ Nov. 6, 13, 20

CPR for Family & Friends (Infant & Child CPR / Safety & Injury Prevention for the Lay Rescuer)

An American Heart Association trained instructor will teach you how to reduce hazards that cause injuries and the emergency measures needed to clear the airway and perform CPR for infants and children up to age 8 (non-certified CPR).

$40 per person (select one date)

Saturdays, 9 a.m. – 12:30 p.m. *or*
Thursdays, 6:30 – 10 p.m.

- ❑ Saturday, Feb. 11
- ❑ Saturday, Sept. 8
- ❑ Thursday, May 3
- ❑ Thursday, Nov. 15

HeartSaver CPR (Certified CPR)

Learn the lifesaving skills of CPR. Taught by an American Heart Association (AHA) trained instructor, this class will teach participants how to recognize four life-threatening emergencies in adults, infants and children. Participants will receive one AHA textbook per family and everyone receives a certification card.

$65 per person
(select one date)

Saturdays, 9 a.m. – 1 p.m.

- ❑ March 3
- ❑ June 2
- ❑ Oct. 6

Babies First Information Line **818-885-5434**

Registration

Registration is required to attend all **Babies First** classes or tours. Space is limited, so please register early to ensure your class choices. You may email or mail in your registration.

EMAIL: Elizabeth.Garcia1@chw.edu
Email the following:
1) Your class choices
2) Your name, phone number, physician name & due date
3) Your email address
4) Mail your check to the address below

A confirmation letter will be sent to you noting class location.

MAIL
Please write your choices on the reverse side, cut this registration card at the dotted line and mail with a check or money order payable to:

Northridge Hospital Medical Center
Attn: **Babies First**
18300 Roscoe Blvd.
Northridge, CA 91328

Keep the rest of the brochure for your records after marking your choices on it.

A confirmation letter will be sent to you noting class location.

Please print

Name _____

Address _____

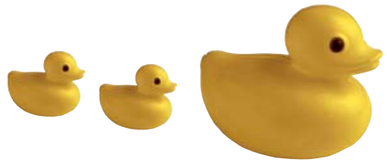
City _____ Zip _____

Home Telephone ( ) _____

Physician Name _____

Due Date ___ / ___ / ___

(over)



Registration

(see instructions on reverse)

I would like to register for the following **Babies First** classes. A check/money order for the total fees due is enclosed in the amount of $ _____ .

1. Class Title:_____
   Dates:_____
   Cost: $ _____
2. Class Title:_____
   Dates:_____
   Cost: $ _____
3. Class Title:_____
   Dates:_____
   Cost: $ _____
4. Class Title:_____
   Dates:_____
   Cost: $ _____
5. Class Title:_____
   Dates:_____
   Cost: $ _____
6. Class Title:_____
   Dates:_____
   Cost: $ _____
7. Class Title:_____
   Dates:_____
   Cost: $ _____

Babies First

As a mother-to-be, "peace of mind" is what you need most! During this time, you are making many decisions, and the most important is selecting a physician and hospital that meets your individual needs. The **Babies First** program at Northridge Hospital Medical Center offers state-of-the-art technology and experienced, professional nursing care in a comforting and caring environment. Expectant parents can rest assured that, should any complications arise, we have the staff, training and equipment to address their baby's needs. Our Level II Neonatal Intensive Care Unit (NICU) offers the most sophisticated care for our tiniest of patients.

Our maternity suites are beautifully furnished and decorated for a "homelike" feel. Soft colors, wood floors and coordinating bedding offer a comfortable, yet highly functional and nurturing room for your stay.

- **Private Birth Suites–** The Labor-Delivery-Recovery (LDR) suites allow you to remain in one room during all phases of your labor and delivery. Specialized birthing beds convert to an upright position to allow the forces of gravity to help mom with an easier delivery. Your room has a private bathroom with a shower and is fully equipped with everything you may need for delivery, including an advanced monitoring system that allows you the freedom to walk around during labor.
- **Surgical Suites –** Fully-equipped for cesarean sections, this suite is located very close to our LDR suites.
- **Couplet Care –** Our suites are designed to give you special time with your baby who will remain with your during your stay.
- **Perinatology Program –** Care for complicated high-risk pregnancies.
- **Infant Security –** A comprehensive security system ensures the safety of your baby.
- **Education –** Our Mother-Baby trained nurses offer round-the-clock breastfeeding support so that all moms feel secure before leaving the hospital. We believe breastfeeding is the best food for baby, unless medically indicated. While you are at the Hospital, our **Certified Lactation Consultant** is also available for additional support. She is experienced in counseling, teaching and problem solving with breastfeeding mothers.

Share Baby News with Family & Friends Online

Baby CarePages are FREE, customized, secure webpages that allow you to share information, photos and even ultrasound images with friends and family. CarePages are created from any computer and managed by the patient, family member or friend. For more information or to create a CarePage, log onto **www.NorthridgeHospital.org/CarePages**.

Baby Portraits and Online Nursery

A professional photographer can take photos of your newborn from the comfort of your hospital room. Should you choose to purchase your baby's portrait, use our on-site printing station and immediately take home your photo package.

You can also create your baby's first webpage with our online nursery service. Use our Kiosk to upload your baby's photo and birth information. Then, friends and family can post messages or order baby photos. For more information, visit **www.NorthridgeHospital.org.**

Children's Services

As your baby grows, Northridge Hospital continues providing compassionate services and care.

Pediatric Trauma Center – Northridge Hospital's **Level II Richie Pediatric Trauma Center** is the first and only one in the San Fernando Valley. Equipped with a helipad, we provide immediate care to infants, children and adolescents with life-threatening injuries in trauma suites outfitted with equipment sized just for them.

Neonatal Intensive Care Unit (NICU) – The NICU is certified by California Children's Services as a Level II Neonatal Center and offers the highest level of equipment, technology and neonatal professionals to address your baby's needs.

Pediatric Unit – Advanced medical care for children featuring cheerfully decorated rooms, a playroom and a sleeping chair for a parent.

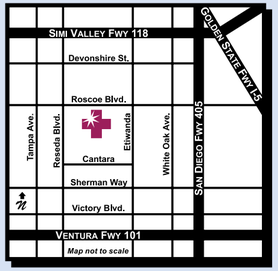
Pediatric Intensive Care Unit (PICU) – Specially trained staff provide an extra measure of critical care.

Children's Center – Nationally accredited daycare for children ages 6 weeks to 5 years. 818-885-5498

Northridge Hospital Medical Center is a 411-bed facility serving the San Fernando Valley for more than 55 years. As a nonprofit, community based hospital, Northridge Hospital offers a full spectrum of healthcare programs and Centers of Excellence.

Northridge Hospital is affiliated with Catholic Healthcare West (CHW) and shares with them a long and rich legacy of caring and compassion.

18300 Roscoe Blvd. • Northridge, CA 91328
www.NorthridgeHospital.org/BabiesFirst



Main Hospital.....818-885-8500
Babies First Information Line 818-885-5434
FREE Find-A-Doctor.....*toll free* 855-A-DOC-4-ME
Admitting.....818-885-5354
Lactation Educator..... 818-885-8500, ext. 2289

Northridge Hospital Medical Center
A member of CHW

Babies First©

Childbirth and Parenting Education 2012

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