



Childbirth Preparation Classes

Partners in Parenting Education

January – May 2012

Preparing for Childbirth

This all day class is designed to prepare expectant parents for labor and birth. Topics include practice of breathing and relaxation techniques, positions for comfort, pain management options, advocacy, role of support person and what to expect before, during and after delivery. Recommended time to take this class is the last trimester of pregnancy.

Preparing for Childbirth - \$80/couple

Location: Mission College

1 Day, 7 Hours class Time: 9:00am-5:00pm

Section	Date	Day	Room
19316	1/14	Sat	Main Bldg. - Rm W2-502
19317	3/10	Sat	Main Bldg. - Rm W2-502
19319	4/28	Sat	Main Bldg. - Rm W2-502
19320	5/19	Sat	Main Bldg. - Rm W2-502

Extended Practice & Refresher- \$35/couple

Location: Mission College

1 Day, 2 Hours class Time: 11am-1pm; 1:30-3:30pm

Section	Date	Day	Room
19322	1/14	Sat	Main Bldg. – Rm. W2-502
19324	3/24	Sat	Main Bldg. – Rm. W2-502
19326	5/19	Sat	Main Bldg. – Rm. W2-502



Infant CPR- \$60/couple

New and expectant parents learn skills in this two hour class that will enable them to recognize basic infant emergencies such as sudden respiratory/cardiac arrest and choking, and how to respond to them. Students participate in hands on practice using infant manikins. No certification is given.

Location: Kaiser Santa Clara- \$60.00/ couple

1 Day, 2 Hours Time: 6:00-8:00pm

Section	Date	Day	Room
19391	1/12	Thurs	Kaiser C1/C2
19393	2/9	Thurs	Kaiser C1/C2
19394	3/8	Thurs	Kaiser C1/C2

Classes are held at three locations:
*Mission College, 3000 Mission College Blvd.
Santa Clara, CA 95054
*Kaiser Hospital, 710 Lawrence Expressway,
Santa Clara, CA, 95051

- **All classes are presented by certified Childbirth Educators or Pediatric RN's.**
- All classes are available to public.
- Choose a class that concludes no later than three weeks prior to your delivery date.
- Please no children.
- Bring 2 pillows and a mat to your childbirth prep classes.
- Bring enough water bottles to avoid dehydration.

For more information call our Office at
(408) 855-5106 or (408) 855-5105