

# Mission College Community Education Presents Expectant and New Parent Series

## ***Preparation for Childbirth \$80***

One Saturday: 9am-5pm or \$45 per person (Per person registration not available on-line, call our office)



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.

## ***Refresher Childbirth Practice \$35***

Mission College - One Saturday: 1:00pm -3:00pm

This two hour class will provide additional instruction and practice of positions, breathing, relaxation, massage and comfort techniques especially for couples expecting their second child and those who may be considering a natural labor. Expectant parents are required to have previously attended a Childbirth Preparation class.



## ***Infant CPR Kaiser Santa Clara***

\$60 per couple . \$45 per person (Per person registration not available on-line, call our office) One Thursday 6pm-8pm



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.

**(408) 855 5106**

[www.communityed.missioncollege.org](http://www.communityed.missioncollege.org)

3000 Mission College Blvd. Santa Clara, CA 95054



*\*Classes are held at various locations. Please check the website or call us for details*

*\*\*All classes are presented by certified Childbirth Educators or Pediatric RN's and can be taken anytime during third trimester.*