

Childbirth Preparation Classes

PARTNERS IN HEALTH

Kaiser Santa Clara 710 Lawrence Expressway, Santa Clara, CA 95051

<http://www.kaisersantaclara.org>

Mission College 3000 Mission College Blvd., Santa Clara, CA 95054

http://www.missioncollege.org/community/comm_ed

November- December 2009

Preparing for Childbirth - \$ 80 couple

- * All Childbirth 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 every class.
- * Bring enough water bottles to avoid dehydration.

Preparing for Childbirth - Week Nights

8 hrs, Four Weeks - Facility: Kaiser (KAIS)
7:00pm - 9:00 pm

Section	Dates	Day	Room
87647	10/19 - 11/9	Mon	C1&C2
87669	11/11 - 12/2	Wed	B1&B2
87670	11/16 - 12/7	Mon	C1&C2
87671	11/18 - 12/9	Wed	C1&C2

Preparation for Childbirth - One Day

8 hrs. One Saturday or Sunday 9:00 am - 6:00 pm
Facility: Facility: Kaiser (KAIS) or Mission (MISS)

Section	Date	Day	Room
87676	Nov 7	Sat	KAIS - B1&B2
87678	Nov 8	Sun	KAIS - B1&B2
87680	Nov 14	Sat	KAIS - B1&B2
87681	Nov 15	Sun	KAIS - C1&C2 **
87682	Nov 21	Sat	KAIS - C1&C2
87803	Dec 5	Sat	KAIS - B1&B2
87805	Dec 12	Sat	KAIS - B&B2
87809	Dec 13	Sun	KAIS - B1&B2 **

** These classes are designed to provide additional information for parents expecting multiples. However, all parents are welcome as the core childbirth information will still be presented.

Register online for instant enrollment:

Our classes are open to public and we have limited spaces available. If you want to assure you are registered in your desired date instantly, please proceed for online registration as it is described in the following link:

http://www.missioncollege.org/community/comm_ed/childbirth.html

Infant Care - \$60 couple

- * All Infant care classes are available to public.
- * You can also take this class after the baby is born.
- * Bring enough water bottles to avoid dehydration.

A 6 hr. class designed to introduce new parents and child care providers (baby-sitters, grand-parents, etc.) to current child care issues and practices. This class includes information on bathing, feeding and safety issues for infants daily care.

Infant Care

One Saturday or Sunday, Kaiser (KAIS) - 9 am - 4 pm

Section	Dates	Day	Room
87824	Nov 7	Sat	C1&C2
87827	Dec 5	Sat	C1&C2
87832	Dec 13	Sun	C1&C2

Infant Care

Thursday, Two Weeks - Facility Kaiser (KAIS)
6:30pm - 9:30pm

Section	Dates	Day	Room
87811	12/3 - 12/10	Thu	C1&C2

