



2022 New Family and Childbirth Classes

 **PRESBYTERIAN**
Women's Care

At this time, all our classes are being offered online via the Zoom platform for your comfort and safety. Registration and pre-payment are required to attend all classes.



Scan this QR code or visit phs.gosignmeup.com to register.

If this is your first baby, we recommend the following classes:

- **PREP FOR BIRTHING**
- **BREASTFEEDING BASICS**
- **BABY BASICS AND BEYOND**
- **FOR DADS ONLY**
- **BASIC INFANT CPR**

Sign up for three or more classes and get a 10 percent discount off your total!

PREP FOR BIRTHING

"Very informative and positive, didn't sugar-coat anything. Kept us engaged and laughing while still being fun and interactive."

BABY BASICS AND BEYOND

"Everything was taught very well, without feeling rushed. I liked the hands-on diapering, swaddling and bathing."

FOR DADS ONLY

"Was honest about the challenges after baby is here. Also enjoyed the hands-on swaddling."

GRANDPARENTS

"Thoroughly enjoyed this class. So wonderful that the grandparents are included in this type of education."



Now offering online classes!

Class dates and times may change. For the most up-to-date schedule, please go to phs.gosignmeup.com.

<p>Now Available Online Classes:</p> <p>Understanding Birth (Available in Spanish)</p> <p>Understanding Your Newborn (Available in Spanish)</p> <p>Understanding Breastfeeding (Available in Spanish)</p> <p>Understanding Cesarean Birth</p> <p>Understanding Infant and Child Safety</p>	<p>Now available online! Interactive, web-based classes that use videos, personal birth stories, animations, activities and games to teach all the essential information parents need to know to prepare for their birth, newborn baby, breastfeeding and more.</p> <p>Registration includes 90 days of access to our e-learning classes and email access to our Maternal Education Team.</p>	<p>Prices and registration are available online at phs.gosignmeup.com</p>
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CLASS NAME/DESCRIPTION	DATES	LOCATION	FEE
<p>Individual Bra Fitting for Breastfeeding Moms</p> <p>Get the best bra for your body in the right size – the first time around.</p>	<p>Please stop by our office between the hours of 9 a.m. - 3 p.m. for a personal bra fitting or call (505) 563-6501.</p> <p><i>*Come in and check out our \$10 Bra Sale*</i></p> <p><i>**While supplies last</i></p>	<p>Presbyterian Women’s Health, Education & Resource Center</p> <p>201 Cedar SE Suite 5620 Albuquerque, NM 87106</p>	<p>Free</p>
<p>Prep For Birthing 4-week class</p> <p>Parents receive information about the last weeks of pregnancy and techniques to effectively deal with labor and birth. Learn what to expect during the labor/ birthing process. Explore how the evolution of hospital care might affect your experience. Master relaxation breathing techniques and comfort measures to help before, during and after birth. This class includes a virtual tour of the maternity unit, a course text booklet and in-depth readiness training for labor and birth.</p>	<p>MONDAYS May 2-May 23, 2022, 5:30 p.m. to 8:30 p.m. August 1-August 22, 2022, 5:30 p.m. to 8:30 p.m. November 7-Nov. 28, 2022, 5:30 p.m. to 8:30 p.m.</p> <p>WEDNESDAYS June 1-June 22, 2022, 5:30 p.m. to 8:30 p.m. August 31-Sept 21, 27, 2022, 5:30 p.m. to 8:30 p.m.</p> <p>THURSDAYS April 7-April 28, 2022, 5:30 p.m. to 8:30 p.m. July 7-July 28, 2022, 5:30 p.m. to 8:30 p.m. October 6- October 27, 2022, 5:30 p.m. to 8:30 p.m.</p>	<p>ONLINE ONLY Led by an instructor via Zoom.</p> <p>ONLINE ONLY Led by an instructor via Zoom.</p> <p>ONLINE ONLY Led by an instructor via Zoom.</p>	<p>\$90 Per Couple</p>
<p>Prep For Birthing (Accelerated) 2-week class</p> <p>This two-part program for on-the-go parents focuses on the practical information needed to prepare you for labor and birth. Topics include labor, delivery, breathing and relaxation techniques, medications, epidurals and knowing what to expect during your hospital stay. This fast-paced program is an accelerated version of the Preparation of Birthing classes. This class does NOT include a virtual tour.</p>	<p>SATURDAYS June 4 & June 11, 2022, 9 a.m. to 1 p.m. July 9 & July 16, 2021, 9 a.m. to 1 p.m. September 17 & September 24, 2022, 9 a.m. to 1 p.m. December 3 & December 10, 2022, 9 a.m. to 1 p.m.</p>	<p>ONLINE ONLY Led by an instructor via Zoom.</p>	<p>\$80 Per Couple</p>

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CLASS NAME/DESCRIPTION	DATES	LOCATION	FEE
<p>Baby Basics and Beyond 2-week class</p> <p>Expectant parents receive practical information on caring for their newborn. Learn about the newborn's appearance, basic baby care, how to know when baby is sick, feeding cues and normal crying, sleep and play patterns and more. This class also covers bathing, diapering, swaddling and other new-parent skills.</p>	<p>MONDAYS April 4 & April 11, 2022, 5:30 p.m. to 8:30 p.m. June 12 & June 20, 2022 5:30 p.m. to 8:30 p.m. July 11 & July 18, 2022, 5:30 p.m. to 8:30 p.m. September 12 & Sept 19 2022, 5:30 p.m. to 8:30 p.m. December 5 & Dec 12, 2022, 5:30 p.m. to 8:30 p.m.</p>	<p>ONLINE ONLY Led by an instructor via Zoom.</p>	<p>\$70 Per Couple</p>
	<p>SATURDAYS May 7 & May 27, 2022, 9 a.m. to 1 p.m. August 6 & August 13, 2022, 9 a.m. to 1 p.m. October 1 & October 8, 2022, 9 a.m. to 1 p.m. November 5 & Nov 12, 2022, 9 a.m. to 1 p.m.</p>	<p>ONLINE ONLY Led by an instructor via Zoom.</p>	
<p>Breastfeeding Basics 1-time class</p> <p>This prenatal class offers practical information and tips to help you get breastfeeding off to a great start. Learn how to latch and position baby to the breast, establish an abundant milk supply, and avoid or treat common breastfeeding issues.</p> <p>This program focuses on the first days and weeks of feeding, the importance of skin-to-skin contact, rooming-in at the hospital, and learning to understand your baby's hunger cues. Breast pumps and storage of breast milk will also be covered. Expectant moms and dads tellus they leave this class feeling more confident in their ability to nourish their newborn and to make informed feeding choices. This one-time class may be taken after the fifth month of pregnancy.</p>	<p>TUESDAYS April 5, 2022 5:30 p.m. to 8:30 p.m. May 3, 2022, 5:30 p.m. to 8:30 p.m. June 7, 2022, 5:30 p.m. to 8:30 p.m. July 12, 2022, 5:30 p.m. to 8:30 p.m. August 2, 2022, 5:30 p.m. to 8:30 p.m. September 6, 2022, 5:30 p.m. to 8:30 p.m. October 4, 2022, 5:30 p.m. to 8:30 p.m. November 1, 2022, 5:30 p.m. to 8:30 p.m. December 6, 2022, 5:30 p.m. to 8:30 p.m.</p>	<p>ONLINE ONLY Led by an instructor via Zoom.</p>	<p>\$40 Per Couple</p>
	<p>SATURDAYS April 23, 2022, 9 a.m. to 12 p.m. June 25, 2022, 9 a.m. to 12 p.m. July 23, 2022, 9 a.m. to 12 p.m. August 27, 2022, 9 a.m. to 12 p.m. October 15, 2022, 9 a.m. to 12 p.m. November 19, 2022, 9 a.m. to 12 p.m. December 17, 2022, 9 a.m. to 12 p.m.</p>	<p>ONLINE ONLY Led by an instructor via Zoom.</p>	
<p>Breastfeeding Mom Workshop</p> <p>Having difficulty getting breastfeeding off to a good start? Confused by what you've heard from others? The Breastfeeding Mom Workshop is designed with you in mind. Facilitated by a nurse skilled in lactation, this class will help you through the early problems often associated with breastfeeding. Your lactation nurse will watch you nurse your baby and address your questions or concerns. This is an excellent support group for other breastfeeding mothers just like you. Mother and baby only, please.</p>	<p>To be determined</p>		<p>\$20 one-time fee</p>

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CLASS NAME/DESCRIPTION	DATES	LOCATION	FEE
<p>Basic Infant CPR 1-time class</p> <p>Are you ready to handle an emergency with baby? This class helps parents and friends to recognize the early signs of an infant in distress, perform emergency measures to relieve airway obstruction.</p> <p>Also covered is how to perform CPR on a baby who is not breathing and/or has no heartbeat. This course also helps parents identify common preventable childhood injuries. Please note: though excellent, this program is not a CPR certification program.</p> <p><i>NOTE: This course requires participants to have a baby-sized doll or stuffed animal on which they can practice CPR skills while being coached by the instructor.</i></p>	<p>WEDNESDAYS April 6, 2022, 6 p.m. to 7:30 p.m. May 4, 2022, 6 p.m. to 7:30 p.m. July 6, 2022, 6 p.m. to 7:30 p.m. August 3, 2022, 6 p.m. to 7:30 p.m. August 25, 2021, 6 p.m. to 7:30 p.m. October 5, 2022, 6 p.m. to 7:30 p.m. November 2, 2022, 6 p.m. to 7:30 p.m. December 7, 2022, 6 p.m. to 7:30 p.m.</p> <p>THURSDAYS June 9, 2022, 6 p.m. to 7:30 p.m. September 1, 2022, 6 p.m. to 7:30 p.m.</p>	<p>ONLINE ONLY Led by an instructor via Zoom.</p>	<p>\$30 Per Couple</p>
<p>For Dads Only 1-time class</p> <p>This 2.5 hour “just for dads” class is specially designed for expectant fathers. Taught by a dad for dads, this class helps expectant fathers prepare for the birth of their baby and the joys and transitions of fatherhood. Not only will you have an opportunity to explore fathering from a dad’s perspective, you will also become a master at swaddling, diapering, soothing and burping the baby. You’ll also have time to focus on the questions men commonly worry about but hesitate to ask regarding labor, birth and beyond. Don’t miss this class which focuses on the special needs of dads-to-be.</p>	<p>TUESDAYS April 19, 2022, 6:30 p.m. to 9 p.m. May 17, 2022, 6:30 p.m. to 9 p.m. July 19, 2022, 6:30 p.m. to 9 p.m. August 16, 2022, 6:30 p.m. to 9 p.m. September 20, 2022, 6:30 p.m. to 9 p.m. October 18, 2022, 6:30 p.m. to 9 p.m. November 15, 2022, 6:30 p.m. to 9 p.m. December 20, 2022, 6:30 p.m. to 9 p.m.</p>	<p>ONLINE ONLY Led by an instructor via Zoom.</p>	<p>\$20 Per Dad</p>
<p>Big Brother/Big Sister 1-time class</p> <p>This class is designed to help siblings prepare for baby’s arrival. Filled with activities to meet everyone’s interests, this program includes a movie and virtual mini-tour of the hospital. Children love to learn where mommy and baby sleep at the hospital, what the plastic clamp on baby’s belly button is for, and how the baby is fed. Help your child learn about some of the changes that will happen when you bring baby home! Parents should plan to attend with their children.</p>	<p>SATURDAYS Cancelled until can be performed in person</p>	<p>ONLINE ONLY Led by an instructor via Zoom.</p>	<p>\$25 Per Family</p>

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CLASS NAME/DESCRIPTION	DATES	LOCATION	FEE
<p>Grandparents 1-time class</p> <p>Babies haven't changed, but what we know about them has. This fun and informative class helps grandparents learn about the changes in parenting and how to best support your daughter or son as they become new parents. Learn the latest information regarding pregnancy, labor, birth, breastfeeding and parenting. Baffle the new parents with your knowledge of new trends and research in maternity practices and infant care. You'll learn the latest information regarding breastfeeding, the skin-to-skin experience and the reasons for putting new babies to sleep on their back. Most importantly, you'll have an opportunity to have all your questions answered.</p>	<p>TUESDAYS May 10, 2022, 6 p.m. to 8:30 p.m. July 26, 2022, 6 p.m. to 8:30 p.m. September 13, 2022, 6 p.m. to 8:30 p.m. November 8, 2022, 6 p.m. to 8:30 p.m.</p>	<p>ONLINE ONLY Led by an instructor via Zoom.</p>	<p>\$25 Per Couple</p>
<p>Maternity Tours of Presbyterian Hospital</p> <p>Congratulations on your upcoming birth! We welcome the opportunity to help you prepare for the birth of your baby and look forward to sharing this special event with you. Join us for a video tour of our Family Birthing Center and Mother-Baby Care Units.</p> <p>Please view our virtual tour any time at: phs.gosignmeup.com.</p>	<p>In-person tours are available on Mondays and Thursday by APPOINTMENT ONLY. Please schedule online at: phs.gosignmeup.com</p>		<p>Free</p>
<p>Maternity Tours of Rust Medical Center</p> <p>Congratulations on your upcoming birth! We welcome the opportunity to help you prepare for the birth of your baby and look forward to sharing this special event with you. Join us for a video tour of our Family Birthing Center and Mother-Baby Care Units.</p> <p>Please view our virtual tour any time at: phs.gosignmeup.com.</p>	<p>In-person tours are not available at this time. Please view our virtual maternity tour any time at: phs.gosignmeup.com.</p>		<p>Free</p>