



2024 New Family and Childbirth Classes



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

- TRIPLE "B" BASICS
- PREP FOR BIRTHING
- BABY BASICS AND BEYOND
- BREASTFEEDING BASICS
- BASIC INFANT CPR
- FOR DADS ONLY



Scan the QR Code, to go to our registration site!

Sign up for three or more classes and get a 10 percent discount off your total! Must be signed up all at the same time.

New Class! Triple "B" Basics

*This 4-week series is a **CONDENSED** version of our top 3 classes!*

Week 1 Birth- Overview of labor, comfort measures, and what to expect during your hospital stay.

Week 2 Baby- Newborn care, bathing and diapering

Week 3 Breastfeeding- How to overcome common issues, positioning, latching and benefits of breastfeeding

Week 4 will REVIEW, answer any questions you may have, discuss any "Hot Topics" and includes a tour of Labor & Delivery and Mother Baby Units.

This class is a benefit for Presbyterian employees as well as Presbyterian Centennial Care patients



Have a grandparent living in another city or state? We are now offering **Online Understanding Grandparenting Class!**



Now offering online classes!

<p>Now Available Online Classes:</p> <p>**Understanding Birth</p> <p>**Understanding Cesarean Birth</p> <p>Understanding Your Newborn</p> <p>Understanding Breastfeeding</p> <p>Understanding Infant and Child Safety</p> <p>Understanding Fatherhood</p> <p>Understanding Grandparenting</p> <p>**(Covered by PRES Centennial)</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>ALL online classes are now available in the following languages: English, Spanish, Portuguese, French, German, Arabic, Japanese, and Chinese.</p> <p>Registration includes 90days 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 Monday through Friday between the hours of 9 a.m. - 3 p.m. for a personal bra fitting or call (505) 563-6501.</p>	<p>Presbyterian Women's Health, Education & Resource Center 201 Cedar SE Suite 5620 Albuquerque, NM 87106</p>	<p>Free</p>
<p>Triple "B" Basics (Covered by PRES Centennial)</p> <p><i>This 4-week series is a CONDENSED version of our top 3 classes!</i></p> <p><u>Week 1 Birth-</u> Overview of Labor, comfort measures, and what to expect during your hospital stay.</p> <p><u>Week 2 Baby-</u> Newborn care, bathing and diapering</p> <p><u>Week 3 Breastfeeding-</u> How to overcome common issues, positioning, latching and benefits of breastfeeding</p> <p><u>Week 4</u> will REVIEW, answer any questions you may have, discuss any "Hot Topics" and includes a tour of Labor & Delivery and Mother Baby Units.</p>	<p>MONDAYS</p> <p>January 8 to 29, 6:00 p.m. to 8:30 p.m. February 5 to 26, 6:00 p.m. to 8:30 p.m. March 4 to 25, 6:00 p.m. to 8:30 p.m. April 1 to 22, 6:00 p.m. to 8:30 p.m. April 29 to May 20, 6:00 p.m. to 8:30 p.m. June 3 to 24, 6:00 p.m. to 8:30 p.m. July 1 to 22, 6:00 p.m. to 8:30 p.m. August 5 to 26, 6:00 p.m. to 8:30 p.m. September 9 to 30, 6:00 p.m. to 8:30 p.m. October 7 to 28, 6:00 p.m. to 8:30 p.m. November 25 to December 16, 6:00 p.m. to 8:30 p.m.</p>	<p>Presbyterian Women's Health, Education & Resource Center 201 Cedar SE Suite 5620 Albuquerque, NM 87106</p>	<p>\$125 Per Couple</p>
<p>Triple "B" Basics -AT RUST MEDICAL (Covered by PRES Centennial)</p> <p><i>This 4-week series is a CONDENSED version of our top 3 classes!</i> <u>Week 1 Birth-</u> Overview of Labor, comfort measures, and what to expect during your hospital stay. <u>Week 2 Baby-</u> Newborn care, bathing and diapering</p> <p><u>Week 3 Breastfeeding-</u> How to overcome common issues, positioning, latching and benefits of breastfeeding. <u>Week 4</u> will REVIEW, answer any questions you may have, discuss</p>	<p>THURSDAYS</p> <p>February 1 to 22, 6:00 p.m. to 8:30 p.m. April 4 to 25, 6:00 p.m. to 8:30 p.m. June 6 to 27, 6:00 p.m. to 8:30 p.m. August 8 to 29, 6:00 p.m. to 8:30 p.m. October 3 to 24, 6:00 p.m. to 8:30 p.m.</p>	<p>Presbyterian Rust Medical Center 2400 Unser Blvd. SE Rio Rancho, NM 87124 Large Community Room Lower Level</p>	<p>\$125 Per Couple</p>

any "Hot Topics" and includes a tour of Labor & Delivery and Mother Baby Units.			
Prep For Birthing (Covered by PRES Centennial) 4-week class 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 tour of the maternity unit, and in-depth readiness training for labor and birth.	THURSDAYS January 11 to February 1 st , 6:00 p.m. to 8:30 p.m. March 7 to 28, 6:00 p.m. to 8:30 p.m. May 2 to 23, 6:00 p.m. to 8:30 p.m. July 11 to August 1, 6:00 p.m. to 8:30 p.m. September 5 to 26, 6:00 p.m. to 8:30 p.m. November 7 to 21, 6:00 p.m. to 8:30 p.m.	Presbyterian Women's Health, Education & Resource Center 201 Cedar SE Suite 5620 Albuquerque, NM 87106	\$90 Per Couple
Prep For Birthing (Accelerated) (Covered by PRES Centennial) 2-week class 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 tour.	SATURDAYS February 3 & 10, 9:00 a.m. to 12:00 p.m. April 6 & 13, 9:00 a.m. to 12:00 p.m. June 1 & 8, 9:00 a.m. to 12:00 p.m. September 7 & 14, 9:00 a.m. to 12:00 p.m. November 2 & 9, 9:00 a.m. to 12:00 p.m. December 7 & 14, 9:00 a.m. to 12:00 p.m.	Presbyterian Women's Health, Education & Resource Center 201 Cedar SE Suite 5620 Albuquerque, NM 87106	\$80 Per Couple
Baby Basics and Beyond 2-week class 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.	WEDNESDAYS January 17 & 24, 6:00 p.m. to 8:30 p.m. March 13 & 20, 6:00 p.m. to 8:30 p.m. May 15 & 22 nd , 6:00 p.m. to 8:30 p.m. September 18 & 25, 6:00 p.m. to 8:30 p.m. SATURDAYS February 3 & 10, 1:00 p.m. to 4:00 p.m. April 20 & 27, 9:00 a.m. to 12:00 p.m. June 22 & 29, 9:00 a.m. to 12:00 p.m. July 13 & 20, 9:00 a.m. to 12:00 p.m. July 27 & August 3, 9:00 a.m. to 12:00 p.m. October 19 & 26, 9:00 a.m. to 12:00 p.m. November 16 & 23, 9:00 a.m. to 12:00 p.m. December 7 & 14, 1:00 p.m. to 4:00 p.m.	Presbyterian Women's Health, Education & Resource Center 201 Cedar SE Suite 5620 Albuquerque, NM 87106	\$70 Per Couple

<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>MONDAYS</p> <p>May 28, 6:00 p.m. to 8:30 p.m. July 29, 6:00 p.m. to 8:30 p.m. November 11, 6:00 p.m. to 8:30 p.m.</p> <p>TUESDAYS</p> <p>June 25, 6:00 p.m. to 8:30 p.m. August 27, 6:00 p.m. to 8:30 p.m. October 29, 6:00 p.m. to 8:30 p.m. December 10, 6:00 p.m. to 8:30 p.m.</p> <p>WEDNESDAYS</p> <p>January 17, 6:00 p.m. to 8:30 p.m. February 28, 6:00 p.m. to 8:30 p.m. March 27, 6:00 p.m. to 8:30 p.m. April 24, 6:00 p.m. to 8:30 p.m. June 12, 6:00 p.m. to 8:30 p.m. July 24, 6:00 p.m. to 8:30 p.m. August 14, 6:00 p.m. to 8:30 p.m. October 9, 6:00 p.m. to 8:30 p.m. November 20, 6:00 p.m. to 8:30 p.m. December 18, 6:00 p.m. to 8:30 p.m.</p> <p>SATURDAYS</p> <p>March 2, 9:00 a.m. to 11:30 a.m. May 4, 9:00 a.m. to 11:30 a.m. September 21, 9:00 a.m. to 11:30 a.m.</p>	<p>Presbyterian Women's Health, Education & Resource Center 201 Cedar SE Suite 5620 Albuquerque, NM 87106</p>	<p>\$40 Per Couple</p>
<p>Breastfeeding Basics- RUST Medical 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</p>	<p>TUESDAYS</p> <p>April 9, 6:00 p.m. to 8:30 p.m. May 28, 6:00 p.m. to 8:30 p.m. November 5, 6:00 p.m. to 8:30 p.m.</p> <p>SATURDAYS</p> <p>August 24, 9:00 a.m. to 11:30 a.m.</p>	<p>Presbyterian Rust Medical Center 2400 Unser Blvd. SE Rio Rancho, NM 87124 Large Community Room Lower Level</p>	<p>\$40 Per Couple</p>

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.			
Basic Infant CPR 1-time class 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. 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.	TUESDAYS January 9, 6:00 p.m. to 7:30 p.m. February 6, 6:00 p.m. to 7:30 p.m. March 5, 6:00 p.m. to 7:30 p.m. April 2, 6:00 p.m. to 7:30 p.m. May 7, 6:00 p.m. to 7:30 p.m. June 4, 6:00 p.m. to 7:30 p.m. July 2, 6:00 p.m. to 7:30 p.m. August 6, 6:00 p.m. to 7:30 p.m. September 3, 6:00 p.m. to 7:30 p.m. October 1, 6:00 p.m. to 7:30 p.m. November 5, 6:00 p.m. to 7:30 p.m. December 3, 6:00 p.m. to 7:30 p.m.	Presbyterian Women's Health, Education & Resource Center 201 Cedar SE Suite 5620 Albuquerque, NM 87106	\$30 Per Couple
For Dads Only 1-time class 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.	TUESDAYS January 16, 6:30 p.m. to 9:00 p.m. February 20, 6:30 p.m. to 9:00 p.m. March 19, 6:30 p.m. to 9:00 p.m. April 16,, 6:30 p.m. to 9:00 p.m. May 21, 6:30 p.m. to 9:00 p.m. June 18, 6:30 p.m. to 9:00 p.m. July 16, 6:30 p.m. to 9:00 p.m. August 20, 6:30 p.m. to 9:00 p.m. September 17, 6:30 p.m. to 9:00 p.m. October 15, 6:30 p.m. to 9:00 p.m. November 19, 6:30 p.m. to 9:00 p.m. December 17, 6:30 p.m. to 9:00 p.m.	Presbyterian Women's Health, Education & Resource Center 201 Cedar SE Suite 5620 Albuquerque, NM 87106	\$20 Per Dad
Grandparents 1-time class 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	TUESDAYS February 27, 6:00 p.m. to 8:30 p.m. May 14, 6:00 p.m. to 8:30 p.m. August 13, 6:00 p.m. to 8:30 p.m. November 12, 6:00 p.m. to 8:30 p.m.	Presbyterian Women's Health, Education & Resource Center 201 Cedar SE Suite 5620 Albuquerque, NM 87106	\$25 Per Couple

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

<p>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>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>Presbyterian Hospital continues to provide Tours, please check the schedule online for additional dates.</p> <p>Please view our virtual maternity tour any time at: phs.gosignmeup.com.</p> <p>SATURDAYS</p> <p>January 27, 10:00 a.m. & 11:00 a.m. February 24, 10:00 a.m. & 11:00 a.m. March 23, 10:00 a.m. & 11:00 a.m. April 27, 10:00 a.m. & 11:00 a.m. May 18, 10:00 a.m. & 11:00 a.m. June 29, 10:00 a.m. & 11:00 a.m. July 27, 10:00 a.m. & 11:00 a.m. August 24, 10:00 a.m. & 11:00 a.m. September 28, 10:00 a.m. & 11:00 a.m. October 19, 10:00 a.m. & 11:00 a.m. November 23, 10:00 a.m. & 11:00 a.m. December 21, 10:00 a.m. & 11:00 a.m.</p>		Free
<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 and Mother-Baby Care Units.</p> <p>Please view our virtual tour any time at: phs.gosignmeup.com.</p>	<p>Presbyterian Rust Medical Center continues to provide Tours, please check the schedule online.</p> <p>Please view our virtual maternity tour any time at: phs.gosignmeup.com.</p>		Free



(505) 563-6501

Registration and pre-payment is required to attend all classes. To register, go to phs.gosignmeup.com.

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