

# Maternity and Family-Centered Education

## 2023 CLASS SCHEDULE • CLASSES ARE FREE

The community is invited to attend both virtual and in-person perinatal classes at Providence Queen of the Valley Medical Center. Our goal is to help you feel supported along your journey and ease your way. Prenatal classes are recommended to be started in your second trimester; childbirth classes six to eight weeks before your due date. You do not need to deliver the Queen to attend classes. Please REGISTER for classes by signing up online, or by calling the call center (please see below). If registering online, it is helpful to have this flyer at hand to enter the exact name of the class. When you register, a class link and class materials will be sent electronically; or class materials may be mailed. If you have questions, please email [berta.delgado@stjoe.org](mailto:berta.delgado@stjoe.org).

### MATERNITY CENTER VIRTUAL CLASS

**2nd Thursday of every month, 6:30–7:45 p.m.**

1/12, 2/9, 3/9, 4/13, 5/11, 6/8, 7/13, 8/10, 9/14, 10/12, 11/9, 12/14\*

\*December 3rd Tuesday of the month because of the holidays

#### THIS IS A VIRTUAL CLASS

We will discuss pre-admission documents, visitors, and answer any questions you may have. Class will also view pictures of the maternity center, labor room, and postpartum room. *When you register the pre-admission documents will be mailed to you.*

### MATERNITY CENTER IN-PERSON TOUR

**1st Saturday of every month, 9:30–10:30 p.m.**

1/7, 2/4, 3/4, 4/8\*, 5/6, 6/3, 7/1, 8/5, 9/2, 10/7, 11/4, 12/2

\*This tour will be the 2nd Saturday in April

#### THIS IS AN IN-PERSON TOUR

Maternity Center Tour includes receiving your pre-admission paperwork, touring a labor and postpartum room, discussing the visitor and security policy, and answering any questions you may have. Space is limited; please sign up early in pregnancy. **Please note:** Childcare is not available.

### BREASTFEEDING

**1st Monday of every month, 6:30–8:30 p.m.**

1/2, 2/6, 3/6, 4/3, 5/1, 6/5, 8/7, 10/2, 11/6, 12/4

No class in July and September

#### THIS IS A VIRTUAL CLASS

A class for moms and other support person. Class covers the benefits of breastfeeding, the basics, and how support person can be involved and support mom while she breastfeeds. Taught by a Lactation Consultant (IBCLC).

### PUMPING AND STORING BREAST MILK

**1st Wednesday of every month, 1–2 p.m.**

1/4, 2/8, 3/8, 4/5, 5/3, 6/7, 8/9, 10/4, 11/8, 12/6

#### THIS IS AN IN-PERSON CLASS

With advanced planning, family and workplace support, moms can successfully pump and store breast milk. How to assemble a breast pump will be demonstrated.

### MOMS' GROUP—FEEDING YOUR BABY WITH LOVE

**Every Thursday, 10–11:30 a.m.**

Canceled the weeks of Christmas, New Year's and holidays

#### THIS IS AN IN-PERSON CLASS

Join with new moms to share the joys and challenges of a caring for a new baby. Support is available for all types of feeding. Lactation Consultant (IBCLC) available. **Please email [berta.delgado@stjoe.org](mailto:berta.delgado@stjoe.org) or call 707-251-2050 to register.**

### NEWBORN CARE

**2nd Monday of every month; 6:30–8:45 p.m.**

2/13, 3/13, 4/10, 5/8, 6/12, 7/10, 8/14, 9/11, 10/9, 11/13, 12/11

#### THIS IS A VIRTUAL CLASS

Class covers the basics of baby care in the first weeks: sleeping, crying, newborn appearance, signs and symptoms of illness, diapering, bathing, and postpartum care for mom (4th trimester).

### UNDERSTANDING YOUR BABY

**3rd Monday of months listed below; 6:30–8:45 pm**

1/16, 3/20, 5/15, 7/17, 9/18, 11/20

#### THIS IS A VIRTUAL CLASS

Learn to understand baby's behavior and cues as their language, and how to meet baby's emotional needs through responsive parenting. Becoming a mindful parent, and taking care of yourself in your new role will be explored. Class can be taken at any time in pregnancy.

### PARTNERS TO PARENTS

**4th Monday of months listed below, 6:30–8:45 pm**

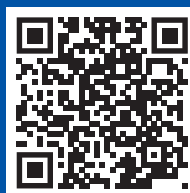
2/27, 4/24, 6/26, 8/28, 10/23

#### THIS IS A VIRTUAL CLASS

A class for couples that explores the transition from partner to parents. Practical strategies includes avoiding common pitfalls and supporting each other as the relationship evolves in pregnancy and with the arrival of a new baby. *Class can be taken at any time in pregnancy*

## TO REGISTER FOR CLASSES

Scan the **QR code**, call **877-227-3457** or visit **[providence.org/NapamaternityFamilyEducation](https://providence.org/NapamaternityFamilyEducation)**.



For more information, email **[Berta.Delgado@stjoe.org](mailto:Berta.Delgado@stjoe.org)**.



## CHILDBIRTH PREPARATION CLASSES

Why take childbirth classes? Couples who take childbirth preparation classes report greater satisfaction in creating their birth experience. Knowledge gained through evidence-based research helps alleviate pain and empowers one to understand their options. *Instructors are certified Childbirth Educators.*

### CHILDBIRTH EDUCATION

**Understanding Birth And Comprehensive Guide.** Mailed out when registered for the class

**Two week course on 3rd and 4th Tuesday of each month, 6:30–8:30 p.m.**

*Recommended to take 6–8 weeks before your due date*

1/17 & 24, 2/21 & 28, 3/21 & 28, 4/18 & 25, 5/16 & 23, 6/20 & 27, 7/18 & 25, 8/15 & 22, 9/19 & 26, 10/17 & 24, 11/21 & 28, 12/5 & 12\*

\*The dates in December have changed due to the holidays

### THIS IS A VIRTUAL CLASS

Class includes an overview of a flexible birth plan, labor, comfort measures, pain management, breathing and relaxation techniques.

### EPIDURAL AND CESAREAN BIRTH/ TRIAL OF LABOR AFTER CESAREAN (TOLAC)

**3rd Thursday of months listed**

**Epidural Class: 5:30–7:30 p.m.**

1/19, 3/16, 5/18, 7/20, 9/21, 11/16

### THIS IS AN IN-PERSON CLASS

A class for moms who will have a planned cesarean, trial of labor after cesarean (TOLAC), or to get more in-dept information about epidurals. Moms who are planning to have a trial of labor after a cesarean, please register for a Childbirth Education Class as well.

### SIBLING PREPARATION – for children ages 4–10 yrs.

**4th Thursday of each month, 5:30–6:30 p.m.**

1/26, 2/23, 3/23, 4/27, 5/25, 6/22, 7/27, 8/24, 9/28, 10/26, 11/22\*, 12/21\*

\*11/22 is the 4th Tuesday & December 16 is the 3rd Friday

### THIS IS AN IN-PERSON CLASS

**Community Outreach, 3448 Villa Ln., Ste. 102, Napa**

Understanding how to prepare and introduce the new baby to an older sibling will encourage a healthy sibling bond.

### WELCOME TO FATHERHOOD E-GUIDE

*E-guide materials and link sent to you once you register. Please register at least 2 months prior to your expected due date.*

### NO IN-PERSON OR VIRTUAL CLASSES AVAILABLE AT THIS TIME.

Please register at least 2 months prior to your expected due date.

Please email [berta.delgado@stjoe.org](mailto:berta.delgado@stjoe.org) or call 707-251-2050 to register.

### GRANDPARENT CLASS

**2nd Wednesday of odd months, 10–11:30 a.m.**

*Mailed out when registered for the class*

1/11, 3/8, 5/10, 7/12, 9/13, 11/8

### THIS IS AN IN-PERSON CLASS

Introduction of new evidence-based practices in caring for a newborn will be discussed. This class is for Grandparents.

### POSTPARTUM PELVIC CLASS

**1st Tuesday of every month listed below, 10–11 a.m.**

1/3, 2/7, 3/7, 4/4, 5/2, 6/6, 8/1, 9/5, 10/3, 11/7, 12/5

### THIS IS A VIRTUAL CLASS

Congratulations! You've joined the world of postpartum moms working hard taking care of babies. This class is for postpartum moms interested in getting answers about the 4th trimester, that period of time after giving birth when our bodies are transitioning after pregnancy. Join a Pelvic Health Physical Therapist in understanding the healing process after delivery, covering, but not limited to, the topics of prolapse, painful sex, pelvic pain, and urinary leakage. All postpartum moms are welcome!

### CAR SEAT INSTRUCTION

**By appointment**

The Certified Car Seat Technician will inspect the car seat, provide education, and provide guided installation instruction. Please call **707-312-3809** to schedule an appointment.

### INFANT MASSAGE

**Series begins the 1st Friday of every month, 10–11:30 a.m.**

1/6, 2/3, 3/3, 4/7, 5/5, 6/2, 7/7, 8/4, 9/1, 10/6, 11/3, 12/1

### THIS IS AN IN-PERSON CLASS

**Community Outreach, 3448 Villa Ln., Ste. 102, Napa**

This is a 3-week series taught by a Physical Therapist, who demonstrates how infant massage provides respectful communication, gentle touch and stroke techniques used by generations of parents all over the world. Please have an edible oil (coconut or olive oil) and baby at hand.

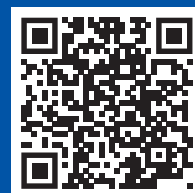
## COUNSELING SERVICES

### PERINATAL EMOTIONAL WELLNESS

For a caring and nonjudgmental sounding-board or for any thoughts or feelings that concern you in pregnancy or postpartum, please call **707-309-1672**. A licensed therapist will return your message. All calls or virtual visits are free and confidential.

## TO REGISTER FOR CLASSES

Scan the **QR code**, call **877-227-3457** or visit [providence.org/NapaMaternityFamilyEducation](http://providence.org/NapaMaternityFamilyEducation).



For more information,  
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