

Resources for Expecting and New Parents



JOHN MUIR
HEALTH

You're Pregnant. Now What?

Get the answers to all your questions

The joy of being an expectant mother is often accompanied by anxiety over all the things you need to know and do to prepare for childbirth and for having a newborn in your life. John Muir Health offers a wealth of classes, events, support groups and other resources to help you and your family prepare for the big day, and for the months to follow.

The more you know, the better prepared you'll be

Our approach to working with expecting families is to provide you with the information you need to make the decisions for how you want to give birth and provide care for your newborn.

All of our classes are taught by registered nurses, board certified lactation consultants, and health educators with expertise in birth and parenting. Assistance is also available anytime during or after your pregnancy to provide additional support and to help with any questions you may have.

We encourage you to be open with all of your questions and concerns, and want you to feel empowered and confident about what's to come.

Covering topics that are important to you

Some of the topics covered in our classes and other programs include:

- Preparing for a safe and healthy delivery
- Pain relief options for labor and delivery
- Breastfeeding
- How to keep your infant safe
- Support and education after your baby arrives
- Maintain a healthy relationship with your partner

We offer the classes at convenient times for you and your partner, with some being offered online to accommodate busy schedules. We recommend that you register after your first trimester and complete your prenatal classes by your 8th month. However, you are welcome to take any of the classes anytime you wish.

To register for classes and other programs, please visit johnmuirhealth.com/classes or call our customer service representative at (925) 941-7900 for assistance.



Childbirth Education

Early Pregnancy: 0-23 weeks

You're Pregnant. Now What?

In this free session, you'll learn about the discomforts and remedies in early pregnancy, exercise options to keep you fit and healthy, as well as discover the John Muir Health resources available to support you during your pregnancy.

Childbirth Preparation: 20-37 weeks

Convenience Class

Designed especially for busy couples, this one-evening session with a childbirth educator is supplemented by an online program to fully prepare you for the birth of your baby.

Prepared Childbirth

Learn about the labor process, pain management, and what to expect on the big day in a one-day Saturday class with other expecting couples.

Low Intervention Childbirth

You and your partner will learn about the relaxation and breathing techniques in this 4-week series to assist you with your goals for a low intervention birth.

Online Preparation

Designed for expecting mothers on bed rest, living out of the area, or second time mothers who would like a refresher course, this comprehensive online program covers all the basics of labor and delivery.

Anesthesia Options for Labor and Delivery

A John Muir Health anesthesiologist covers the benefits, risks, and options for using anesthesia during labor and delivery at this free session.

Birth Preferences Checklist

List your preferences for the type of delivery you want, how you want your labor to go, pain relief options, and how you wish to greet your new baby into the world. We recommend that you and your physician discuss this checklist together during a prenatal visit. Download the checklist at johnmuirhealth.com/birthpreferences.

Delivery Pre-Registration

Ensure an easy check-in by pre-registering for the birth online at johnmuirhealth.com/pregnancy. We recommend that you pre-register for your hospital stay at 20 weeks.

Practical Matters

Child Safety Preparation: 20-38 weeks

CPR - Infant & Child Safety

Working with CPR mannequins, this hands-on session equips you with valuable knowledge about infant CPR, airway obstruction and safety.

CPR - Infant & Child Safety for Grandparents

Grandparents learn the basics of CPR and safety skills for infants and children.

New Sibling Preparation: 28-35 weeks

Sibling Celebration

Children ages 2-6 are welcome to discover the fun of becoming a brother or sister. Sign up for the optional Family Birth Center tour to see where the new sibling will be born.

Select a Pediatrician: 20-30 weeks

Find-a-Doctor

Search for a pediatrician online with this comprehensive resource, which features video interviews where you can learn more about their practices as well as a search tool that allows you to specify location, gender, and languages spoken. Find it at johnmuirhealth.com/findadoctor.

Meet the Pediatricians

Selecting a pediatrician is important to you and your new baby. This class will showcase pediatricians at John Muir Health who will answer questions you may have about their philosophies when caring for children, office locations and more.

Tours: 20-35 weeks

Birth Center Tours

Come with the family to meet the staff, get all your questions answered and acquaint yourself with the wonderful location where you will have your baby. You can also view a video of our Family Birth Center at johnmuirhealth.com/pregnancy.

John Muir Health offers many other programs that might not be listed in this brochure. Please go online to find out about other programs and services. johnmuirhealth.com/classes

Newborn Care and Beyond

Newborn and Breastfeeding Preparation: 26-36 weeks

Surviving Your First Weeks at Home

Learn not only how to survive but to flourish in those first weeks of facing the challenges of becoming a new parent.

Newborn Care

Get the essential information and skills you will need to care for your newborn, including diapering, feeding and bathing techniques.

Breastfeeding Your Infant

A lactation expert explores a range of breastfeeding subjects from nutritional benefits to comfortable feeding positions.

Resources for After Childbirth

MuirMommies: Best Beginnings (0-3 Months)

During this facilitated group session, the group meets each week to discuss key baby and parenting issues, such as sleep, feeding, developmental milestones, and managing and reducing the stress of being a new parent.

MuirMommies: Mommy & Me (4-12 Months)

Enjoy weekly discussions, trade tales of your adventures, and gather helpful information to assist you in parenting.

MuirMommies: Back to Work (working moms and babies 3-12 months)

Whether you are working at the office or at home, this group was designed to provide our working MuirMommies the support and advice on a broad range of news, solutions and resources to balance your new life with a baby. Join us with or without your little one and connect with other moms.

Breastfeeding Support Services

Take advantage of our comprehensive breastfeeding support services. Breast pumps, scales and supplies are available for rental or purchase.

Breastfeeding Support Line

Our lactation expert is available via phone to answer basic questions you have about breastfeeding and help you find more information or resources. Please call (925) 941-7900.

Private Lactation Appointments

We offer one-on-one consultations and hands-on advice for all breastfeeding concerns. These include latch-on difficulties, inadequate infant weight gain, sore and inverted nipples, severe engorgement, low milk supply and nipple confusion.

Latch Clinic

Our lactation expert leads a small group latch clinic to assist new mothers during the first month of breastfeeding with appropriate latch and positioning techniques.

Additional Resources

Pregnancy Assistance

Our team is available both before and after delivery to answer questions about pregnancy, help set up a nursing bra fitting, rent a breast pump, and find a class or support group. Call (925) 941-7900.

Diabetes During Pregnancy

To manage your diabetes during pregnancy, we offer a comprehensive diabetes program to assist pregnant diabetics and those who develop diabetes during pregnancy (gestational diabetes). Talk to your doctor for a referral.

Discounts

If you register for 3 or more classes, you will receive a 20% discount.

Classes must be purchased at the same time. Please register online at johnmuirhealth.com/classes or by calling (925) 941-7900.

Classes fill quickly. We encourage you to plan ahead and enroll early!

We recommend that you register after your first trimester and complete your prenatal classes by your 8th month.

Classes and programs are offered at various locations. For more information and to register, please visit johnmuirhealth.com/classes or call (925) 941-7900.



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