



# MATERNITY & FAMILY PROGRAMS 2010



**Sequoia Hospital**  
*Health & Wellness Center*  
A member of CHW

**S**UPPORTING FAMILIES means being there every step of the way. Sequoia Hospital is here for you from the moment you know you are pregnant until long after you go home.

### LABOR & DELIVERY TOURS

Before giving birth, you are invited to familiarize yourself with Sequoia's home-like Birth Center. Visit the private rooms as well as have an opportunity to view the technically advanced facility and to ask questions. Adults only. FREE

### CHILDBIRTH PREPARATION

Expectant mothers and their partners will gain thorough knowledge of the normal, natural process of labor and birth. You will learn to use a variety of comfort measures, especially relaxation, breathing techniques and physiologic positions for labor and delivery, with an emphasis on the role of the labor partner. You will learn about potential medical interventions, including pain medications. Emphasis will be on communication with care providers and decision-making. You will learn to identify the basic needs of your newborn and what to expect during the postpartum period. FEE

### PREPARATION FOR BREASTFEEDING

You and your partner will be introduced to the whys and hows of breastfeeding. Learn solutions to common problems and how to read your newborn's feeding cues. Techniques will be taught to help those who will be supporting the nursing mother. FEE

### INFANT CARE

Recommended for expectant parents, grandparents, older siblings ages 10 and older, childcare providers and babysitters. Learn how to care for your newborn such as: diapering, bathing and calming a crying baby. Includes practice using a baby doll. FEE

### FAMILY AND FRIENDS CPR

For expectant and new parents, grandparents, babysitters and others who work with children. Get hands-on practice in choking management and CPR techniques on both infant- and adult/child-size mannequins. In addition, topics such as child safety and accident prevention will be discussed. This course does not offer certification in CPR. FEE

### PREPARED SIBLING PROGRAM

Prepares children ages 2 and older to become big brothers or sisters. This class is designed to promote the harmonious entry of your new baby into the family by familiarizing your child with newborn routines. Includes a special T-shirt, baby safety

games, an art project, snacks and practice with life-sized baby dolls. At least one adult is required to attend with the child. FEE

### BABY SAFETY AND FIRST AID CLASS

This class teaches new or experienced parents, grandparents and caregivers about preventing the most common injuries in infants and children. Topics covered include SIDS prevention, poisoning prevention, pool safety, car seat safety, injury prevention while traveling and more. Participants also learn basic first aid and how to manage illness and injury in an infant or child until professional help arrives. This course does not offer certification in first aid. FEE

### NEW PARENTS SUPPORT GROUP

A drop-in group designed to address early child and parent development issues through discussions, speakers and special events. Parents are able to access information and meet other new parents in this relaxed environment. A forum for new parents to share their experiences. FREE

### LACTATION EDUCATION CENTER

Our team of caring professionals from the Lactation Center are there to help new parents during those crucial early weeks in the life of a new baby. The Lactation Center is located at 749 Brewster Avenue, Redwood City, CA 94063.

#### Calm Line

For advice about breastfeeding call our Calm Line at (650) 367-5597, which is answered by Lactation-trained RNs. FREE

#### Family Room

Our popular Family Room is available weekdays from 9:00 am to 4:30 pm for you to feed and weigh your baby. You will find literature and videos available here. FREE

#### Private Consultations

Our Lactation-trained RNs are available for private consultations by appointment. Please call (650) 367-5597 to schedule your consultation. FEE

#### Beautiful Beginnings Boutique

Our Beautiful Beginnings Boutique offers breastpumps, bras, and breastfeeding supplies for purchase. Medela breastpumps are available for rental. FEE

Online Registration is available at [www.SequoiaHospital.org](http://www.SequoiaHospital.org). Please select **Classes & Events** to view and register for upcoming dates, times and location.



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Maternity & Family Programs**

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