



Baby & You

Scripps Classes for Expectant Parents

Scripps offers a wide variety of childbirth classes, family education and support programs to guide you from pregnancy through your baby's birth and parenting. All classes are taught by caring, experienced instructors who specialize in prenatal and postnatal education. Scripps recognizes your need for knowledge and confidence at this important time. Classes are offered countywide and registration is required.

Please call 1 800-SCRIPPS (1-800-727-4777) for information and registration.

1-800-SCRIPPS is available Monday through Friday, 8 a.m. – 5 p.m. Sliding fee scale available.

Preparing Your Mind & Body for Childbirth

This course teaches childbirth preparation basics. Couples learn effective ways to reduce stress and increase comfort during labor. Topics include breathing, relaxation and the role of the labor support person. Medications, hospital procedures and cesarean birth are also discussed. Take this course in conjunction with *Getting Ready for Baby*, *Breastfeeding Your Baby*, and the *Hospital Orientation* for a comprehensive overview of labor, birth and early parenting.

Accelerated Childbirth Class

This course teaches the *Preparing Your Mind and Body for Childbirth* curriculum over two days. Take this course in conjunction with *Getting Ready for Baby*, *Breastfeeding Your Baby* and the *Hospital Orientation For Expectant Parents* for a comprehensive overview of labor, birth and early parenting.

Refresher Childbirth Class

A review for parents who have previously taken a childbirth course. Labor, birth, breathing practice and updates about medications and hospital procedures are included.

Eating for Two

Learn about key nutrients and practical strategies to eat well when you are expecting. Join us for an educational presentation discussing pregnancy nutrition.

Getting Ready for Baby

This is a two session class that will help new parents gain skills for caring for their newborn. The first class covers holding, bathing, diapering, swaddling and comforting a newborn. Bring a doll or teddy bear, a diaper and a blanket. The second class is taught by a pediatrician. Important facts will be discussed regarding newborn care, appearance and characteristics. Both parents are encouraged to attend.

Breastfeeding Your Baby

This breastfeeding class separates facts from fallacies. Information and advice is provided on getting started and preventing breast discomfort to help ensure a positive experience. Information on breast pumps is also available. Dads are encouraged to attend. Bring a newborn size stuffed animal or doll.

Hospital Orientation for Expectant Parents

This orientation and virtual tour explains where to enter the hospital when you arrive in labor, provides information on how to streamline your admission process, answers questions you may have and tells about special services that are available to you and your family during your stay.

And Baby Makes Four . . . Or More

This class for 3 to 6 year old children and their parents helps the entire family get ready for the new baby. Special stories, safety discussion and hands-on activities focus on the child's new role.

In Case of Emergency: CPR and Safety Classes for Parents

This 4-hour class provides instruction in life-saving techniques for rescue CPR, choking, drowning, electrical injuries, poisoning, and burns plus ways to make your home and car safer for infants, toddlers and young children. Safe toy selection will also be discussed.

For information on health care services at Scripps, please call
1-800-SCRIPPS (1-800-727-4777), or visit scripps.org.





Registration is easy. Call 1 (800) SCRIPPS (1-800-727-4777) for available class locations, dates and times. Check the classes you prefer, and write in the location and dates provided by one of our Health Resource Specialists. Classes fill quickly so please call to enroll early.

Fax to 858-587-9583 or mail with payment to:

Scripps Well Being
4305 La Jolla Village Drive, Suite L-5
San Diego, CA 92122

Please make checks payable to: SCRIPPS

- Eating for Two Location _____ Date _____
□ Preparing Your Mind and Body for Childbirth Location _____ Date _____
□ Accelerated Childbirth Class Location _____ Date _____
□ Refresher Childbirth Class Location _____ Date _____
□ Getting Ready for Baby Location _____ Date _____
□ Breastfeeding Your Baby Location _____ Date _____
□ Hospital Orientation for Expectant Parents (Tour) Location _____ Date _____
□ And Baby Makes Four Or More (Sibling) Location _____ Date _____

Name _____ Due Date _____

Address _____ Insurance Provider _____

City _____ Total Amount Enclosed _____

State _____ Zip _____ _Check _Money Order _M/C _Visa

Spouse/Coach _____ Account # _____

Day phone (____) _____ Exp. Date _____ V-Code _____

Eve. phone (____) _____ Signature _____

Doctor _____

Hospital _____

Please include payment or credit card information for all classes you select. Make checks payable to SCRIPPS. You will receive a confirmation letter within two weeks.