



**Banner Desert**  
Medical Center

## Prenatal Education

The Prenatal Education Program at Banner Desert Medical Center provides families professional instruction, guidance and support in facilitating choices regarding labor and delivery, your hospital stay and early parenting. There are many classes each month, offered various days and times. Classes fill up quickly and babies are unpredictable, so we recommend you register in your sixth month and complete your classes in your seventh or eighth month of pregnancy.

### **OB Childbirth Prep Class and Tour**

We recommend this class to all mothers. The class will help expectant mothers and their coaches feel more prepared, relaxed and knowledgeable about childbirth. You will learn what to expect during the late stages of pregnancy; how to detect preterm labor; what to do when labor begins; breathing and relaxation exercises; comfort measures; the choices available to you; how your coach can help; what will happen during and following birth; postpartum physical changes; newborn appearance and procedures.

### **Baby Care Class**

Learn "survival" skills for the new parent. Receive information on parenting skills, baby care and safety. Baby care basics are practiced on dolls in class. Topics include feeding, diapering, bathing and comforting your baby. You also will learn about signs and symptoms of illness and when to call the Pediatrician.



**Register today**

**Registration is required for all classes before start of class. There are two ways to register for classes.**

 Call (602) 230-CARE or (602) 230-2273

 Register online at:  
[www.BannerHealth.com](http://www.BannerHealth.com)  
Keyword: Desert Childbirth

**Questions:**

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***Fees vary depending on class.***



### OB Tours

This free 30 minute tour is for expectant mothers and their support person who plan to deliver at Banner Desert Medical Center. Your tour will include a sneak peek of our labor, delivery, recovery, and postpartum rooms. The tours are led by OB nurses and will give you an opportunity to become familiar with our services and philosophy of care. Tours are for expectant mothers and one support person. No children are allowed. **Registration is required.**

### Just for Dads

This two-hour "dads only" class provides fathers-to-be with information about caring for their new babies, hands-on practice using dolls and interaction with other new dads. Dads will receive practical information, have ample time to have their questions answered and gain the confidence they need to be great dads.

### Safe Babysitter Class

This class will give you the skills and confidence you need to be a wonderful babysitter! Taught by a Registered Nurse who is a CPR-certified instructor, this class is a must for all babysitters! This four-hour class will provide basic information about infant and child care, safety, what to do in case of an emergency, CPR for infants and children, first aid, activity planning and behavior. **NOTE: Recommended for pre-teens and teens, ages 11 and older.**

### Sibling Adjustment Class

This interactive class is designed to help older siblings prepare for the arrival of a new baby to the family. Children will learn, with help of a doll, about holding, gentle touch, feeding, diapering and safety. This class is for children ages 3 to 9. An adult must attend class with the child.

### Infant/Child CPR and First Aid Class

Recommended for parents, grandparents, and caregivers, in this class participants will learn current Cardio Pulmonary Resuscitation (CPR) techniques for both infants and children, what to do if a child is choking and basic first aid. You will learn through instruction and hands on practice with infant and child mannequins. This class is taught by an Registered Nurse who is a certified CPR instructor. **Note: A CPR course completion card is not issued for this class**

### Breastfeeding Class

This class will provide you with the information you need to successfully nurse your baby. Topics include how to handle the challenges of the early weeks, positioning and successful latch, how to know if your baby is getting enough, information on breast milk production and returning to work while continuing to breastfeed. This class is taught by a nurse who is a board certified lactation consultant. Mother and partner are encouraged to attend together.

### Wired for Success

The New Directions Institute's *Wired for Success*<sup>®</sup> program is a four-hour workshop for parents, caregivers and interested community members. This workshop is fun-filled, with hands-on experiences that show caregivers how critical their role can be in stimulating a child's development and presents practical methods for stimulating healthy early brain development in children. Participants learn how to encourage a child's learning through parent-child interactions.



All classes are held in the Rosati Education Center on the Banner Desert Medical Center campus.

Banner Desert Medical Center • 1400 S. Dobson Rd. • Mesa, AZ 85202  
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