



Prenatal Education

Banner Desert Medical Center offers a wide variety of classes to prepare families for the birth of a new baby and support after the baby is born. Registration for all classes can be made by calling 602.230.CARE (2273) or visiting our website at www.bannerhealth.com/desertobclasses. The more knowledge you have of the process of birth, the more likely you will approach your personal journey with confidence. www.bannerhealth.com/pregnancyguide

OB Childbirth Prep Class and Tour

We recommend this class to all expectant mothers. This class will help mothers and their support person feel more prepared, relaxed and informed about the upcoming birth of their baby. Topics include: preparing for labor and delivery, breathing and relaxation exercises, comfort measures, the role of a support person, medical options available, and what to expect after birth. Multiple class options are available on weekdays and weekends. A tour of the OB unit is included in this class.

Baby Care Class

Prepare for the arrival of your new baby by attending the Baby Care Class. This class focuses on parenting skills, newborn care and safety. Topics include: feeding, diapering, bathing and comforting your baby. You will also learn about signs and symptoms of illness and when to call the Pediatrician.

Banner Women & Children's at Desert

1400 S. Dobson Road
Mesa, AZ 85202

Registration

Registration is required for all classes before start of class.

www.bannerhealth.com/desertobclasses

Call 602.230.CARE (2273)



OB Tours

This free 45-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 the opportunity to become familiar with our services and the exceptional care we provide. Tours are for expectant mothers and one support person. No children are allowed.

Breastfeeding Class

Our class provides you the information you need to be successful with your breastfeeding goals. Topics include positioning and proper latch, how to know if your baby is getting enough, breastmilk production, pumping and returning to work.

At Banner Desert Medical Center, we support breastfeeding exclusivity. The American Academy of Pediatrics states "No supplements – water, glucose (sugar) water, formula, and so forth – should be given to breastfeeding newborns unless a medical indication exists."

Just for Dads

This "dads only" class provides fathers-to-be with the information and confidence they need to be a great dad. Topics include: caring for your new baby, safety tips, comforting techniques and facing the challenges of becoming a new dad. You will have ample time for questions, hands on practice and interaction with other new dads.



Support Group

Breastfeeding Support Group

New mothers are invited to bring their newborns and join other breastfeeding mothers and support one another. Meet new friends while learning about breastfeeding success, pumping and returning to work. This is a great opportunity to ask questions, share helpful hints and have your concerns addressed. The group facilitator is an Internationally Certified Lactation Consultant.

This group is free and meets every Thursday from 1-2:30pm in the Desert Bloom Classroom on the 3rd floor (enter through Women and Children's Entrance). Babies are welcome and no registration is required. For more information, call 480.412.3035.

More Information

www.BannerHealth.com/Desertmaternity

Questions

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Your Childbirth Experience Ebook:

