

2022 Childbirth Education

Birth Day Brunch

Enjoy brunch followed by a discussion on preparing for labor and a tour of the Family Birth Center. We'll answer your questions on how your support person can help, when to come to the hospital, what to bring and how to take advantage of birthing options such as comfort and breathing techniques, epidurals and cesarean births. Plus, you'll receive access to an app that provides even more information you can access anywhere. A must for all first-time parents, and a great refresher for those who have already had a baby. Attend with your partner, family member, a friend or on your own. We recommend following with Stay Calm and Labor On for more practice **after** attending this class.

Stay Calm and Labor On!

This monthly class will help take the fear out of childbirth. For the best experience, please attend **after** you have been to Birth Day Brunch, which lays the foundation for the practice. Learn ways to work with your body to meet the challenges of labor. Attend as many times as you would like to increase your skills and confidence. Practice gentle stretching, birthing positions and massage for comfort, as well as a variety of relaxation, breathing and coping techniques. We'll make time each session to discuss your questions and concerns. Essential for first-time parents, and a helpful refresher for returning parents. Attend with your support person or on your own.

First Days of Breastfeeding

Breastfeeding is the first skill your newborn will learn. Find out about the importance of skin-to-skin contact, feeding cues, baby-led latching and establishing an abundant milk supply. Fathers and grandparents welcome and encouraged to attend.

Boot Camp for New Dads® and Maternal Connections

These favorite classes are held simultaneously for expectant fathers and mothers.

Boot Camp for New Dads® is an innovative workshop featuring veteran dads, with their babies, talking frankly about their experiences as new fathers, to inspire and equip men to engage with their infants, support their mates and navigate their transformation into fatherhood.

In Maternal Connections, mothers meet with mothers-to-be to share their birth stories, insights and advice on adjusting to life with a new baby. Join us for this very special opportunity with your partner or on your own.

Welcoming Baby: The First Month

This fun class explores your amazing newborn and helps get you off to a great start together. You'll learn about normal newborn appearance and behaviors, crying, comforting skills, safety issues, coping with little sleep and working together as a team. Grandparents welcome!

Breastfeeding: Beyond the Basics

Find out more about the latest research and recommendations for success. Get personalized content on the topics you are most interested in discussing, such as biological nurturing, avoiding problems, returning to work or school, and expressing and storing milk. A guest will share how she worked through breastfeeding challenges. Fathers and grandparents welcome and encouraged to attend.



Classes are FREE if you are delivering at Sutter Amador Hospital Family Birth Center.

Registration

Visit sutterhealth.org/amador to register online.

For more information or to register by phone, call 209-223-7452.

We suggest selecting classes that will be completed at least one month before your due date. Register early.

See other side for dates.

2022 Childbirth Education Classes

Birth Day Brunch 10 a.m. – 2 p.m.

Saturday	January 8	Saturday	July 16
Saturday	February 19	Saturday	August 6
Saturday	March 12	Saturday	September 17
Saturday	April 9	Saturday	October 8
Saturday	May 21	Saturday	November 5
Saturday	June 25	Saturday	December 10

Stay Calm and Labor On! 6 p.m. – 8:30 p.m.

Thursday	January 13	Tuesday	July 19
Tuesday	February 22	Thursday	August 11
Tuesday	March 22	Thursday	September 22
Thursday	April 28	Tuesday	October 18
Thursday	May 26	Tuesday	November 15
Tuesday	June 28	Thursday	December 15

First Days of Breastfeeding 6 p.m. – 8:30 p.m.

Thursday	January 20	Tuesday	July 26
Tuesday	March 29	Thursday	September 29
Thursday	June 2	Tuesday	November 22

Boot Camp for New Dads/

Maternal Connections 10 a.m – 1 p.m.

Saturday	February 5	Saturday	August 13
Saturday	April 23	Saturday	October 15
Saturday	June 11	Saturday	December 17

Welcoming Baby: The First Month 6 p.m. – 8:30 p.m.

Thursday	January 27	Tuesday	August 2
Tuesday	April 5	Thursday	October 6
Thursday	June 9	Tuesday	November 29

Breastfeeding: Beyond the Basics 6 p.m. – 8:30 p.m.

Thursday	February 10	Tuesday	August 16
Tuesday	April 12	Thursday	October 20
Thursday	June 16	Tuesday	December 6

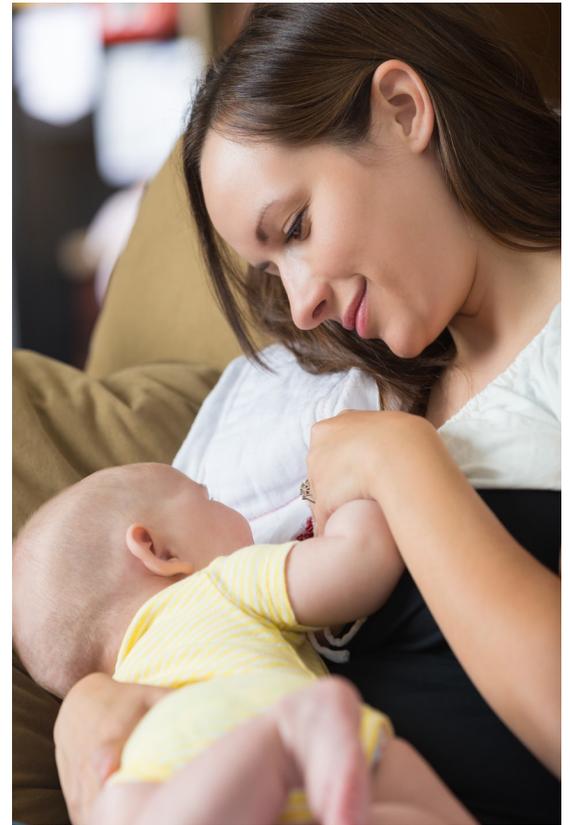
Family Birth Center Tour 6 p.m. – 7 p.m.

Join us for a one-hour tour to see where your baby will be born. Have your questions ready!

Support person and family welcome.

Note: Tour is already included in the Birth Day Brunch.

Monday	January 10	Monday	July 18
Wednesday	February 23	Wednesday	August 17
Monday	March 14	Monday	September 19
Wednesday	April 20	Wednesday	October 12
Monday	May 23	Monday	November 7
Wednesday	June 15	Wednesday	December 14



Breastfeeding Success

Come together with other mothers and their babies to share, learn and get support. A certified lactation consultant is available for personal assistance every Wednesday from 10:30 a.m. – 12:30 p.m. in the Oakview Room on the second floor of Sutter Amador Hospital.

All expectant and breastfeeding mothers and babies are welcome, as well as grandmothers and siblings. Attend once, or as often as you like. No need to register for this class.