



# 2019 New Family and Childbirth Classes

The Women's Center at  
 **PRESBYTERIAN**

Many classes are offered at both Presbyterian Hospital's HER Center in Albuquerque and Presbyterian Rust Medical Center in Rio Rancho. Visit [phs.gosignmeup.com](http://phs.gosignmeup.com) to sign up. Registration and pre-payment is required to attend all classes.

If this is your first baby, we recommend the following classes:

- **PREP FOR BIRTHING**  
(four-week series)
- **BREASTFEEDING BASICS**
- **BABY BASICS AND BEYOND**
- **FOR DADS ONLY**
- **GRANDPARENTS**

Sign up for three or more classes and get 10% off your total!



**Now offering  
online classes!**

Comments from class participants:

#### **PREP FOR BIRTHING**

*"They showed us how to relax and breathe during labor. It was as in-depth as I would have wanted. It was a great and concise session for us. We're really glad we enrolled."*

#### **BABY BASICS AND BEYOND**

*"The instructor was down-to-earth and kept things in perspective. The swaddling/diapering techniques were very helpful. The discussion on pediatric selection and appointments was super helpful, especially with an actual pediatrician coming."*

#### **BIG BROTHER/SISTER**

*"She focused on the big brother and big sister to be, rather than focusing on the parents. She was very educated on explaining things to the kids in a fun, exciting and interesting way. The scavenger hunt and birthday present for the new baby were really great for our kids."*

#### **FOR DADS ONLY**

*"It was very helpful with the instructor being a dad and a nurse. He covered so many subjects like what to expect in delivery, germs, and more. He even included wiping, wrapping diapers and bathing tips. He gave visual instructions on swaddling, which was good. Thank you, I feel more comfortable now."*

#### **GRANDPARENTS**

*"Provided information on safety and car seat installation. She gave a tour of the hospital, was very easy relating to, and friendly. Fabulous class – I'm so glad I came."*

<p>Now Available Online Classes:  <b>Prep For Birthing  Baby Basics &amp; Beyond  Breastfeeding Basics  Cesarean Birth</b></p>	<p>Now offering E-classes an interactive, web-based class that uses videos, personal birth stories, animations, activities, and games to teach all the essential information parents need to know to prepare for their birth, newborn baby, breastfeeding and more.</p> <p>Registration includes 45 days of access to our E-learning classes, and email access to our Maternal Education Team. A follow up, one-time "Ask and Relax" Class for Prep For Birthing will provide an opportunity for relaxation practice and Instructor questions. The "Ask and Practice" class for Baby Basics &amp; Beyond will feature interactive hands on practice of baby care, as well as questions for the guest Pediatrician. Both follow-up classes will be available at Presbyterian Women's Resource Center as well as Rust Medical Center.</p>	<p><b>Prices and registration online at <a href="http://phs.gosignmeup.com">phs.gosignmeup.com</a></b></p>
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CLASS NAME / DESCRIPTION	DATES	LOCATION	FEE
<p><b>Individual Bra Fitting for Breastfeeding Moms</b>  Get the best bra for your body in the right size the first time around.</p>	<p>Schedule your personal fitting appointment call 505-563-6501.</p>	<p><b>Presbyterian Women's Health, Education &amp; Resource Center</b>  201 Cedar SE Suite 5620  Albuquerque, NM 87106</p>	<p>Free</p>
<p><b>Prep For Birthing 4-week class</b>  Parents receive information about the last weeks of pregnancy and techniques to effectively deal with labor &amp; birth. Learn what to expect during labor and birth, and changes in hospital care. Master relaxation breathing techniques and comfort measures to help before, during, and after birth. This class includes a tour of the maternity unit, a course text booklet to take home, and in-depth readiness training for labor and birth.</p>	<p><b>MONDAYS</b>  February 11-March 4, 2019, 6 p.m. to 9 p.m.  April 15-May 6, 2019, 6 p.m. to 9 p.m.  July 1-July 22, 2019, 6 p.m. to 9 p.m.  September 9-September 30, 2019, 6 p.m. to 9 p.m.  November 25-December 16, 2019, 6 p.m. to 9 p.m.</p>	<p><b>Presbyterian Women's Health, Education &amp; Resource Center</b>  201 Cedar SE Suite 5620  Albuquerque, NM 87106</p>	<p>\$90 Per Couple</p>
	<p><b>TUESDAYS</b>  February 12-March 5, 2019, 6 p.m. to 9 p.m.  May 14-June 4, 2019, 6 p.m. to 9 p.m.  June 18-July 9, 2019, 6 p.m. to 9 p.m.  September 10-October 1, 2019, 6 p.m. to 9 p.m.</p>	<p><b>Presbyterian Rust Medical Center</b>  2400 Unser Blvd. SE  Rio Rancho, NM 87124  Large Community Room  Lower Level</p>	
	<p><b>WEDNESDAYS</b>  January 9-January 30, 2019, 6 p.m. to 9 p.m.  March 6-March 27, 2019, 6 p.m. to 9 p.m.  May 1-May 22, 2019, 6 p.m. to 9 p.m.  July 31-August 21, 2019, 6 p.m. to 9 p.m.  October 2-October 23, 2019, 6 p.m. to 9 p.m.</p>	<p><b>Presbyterian Women's Health, Education &amp; Resource Center</b>  201 Cedar SE Suite 5620  Albuquerque, NM 87106</p>	
	<p><b>THURSDAYS</b>  January 10-January 31, 2019, 6 p.m. to 9 p.m.  March 28-April 18, 2019, 6 p.m. to 9 p.m.  August 1-August 22, 2019, 6 p.m. to 9 p.m.  October 24-November 14, 2019, 6 p.m. to 9 p.m.</p>	<p><b>Presbyterian Rust Medical Center</b>  2400 Unser Blvd. SE  Rio Rancho, NM 87124  Large Community Room  Lower Level</p>	
<p><b>Prep For Birthing (Over 30) 4-week class</b>  Specially designed for parents over 30. <i>However if these dates work best for you please feel free to sign up.</i> Parents receive information about the last weeks of pregnancy and techniques to effectively deal with labor &amp; birth. Learn what to expect during labor and birth, and changes in hospital care. Master relaxation breathing techniques and comfort measures to help before, during, and after birth. This class includes a tour of the maternity unit, a course text booklet to take home, and in-depth readiness training for labor and birth.</p>	<p><b>TUESDAYS</b>  January 29-February 19, 2019, 6 p.m. to 8:30 p.m.  April 2-April 23, 2019, 6 p.m. to 8:30 p.m.  May 28-June 18, 2019, 6 p.m. to 8:30 p.m.  August 20-September 10, 2019, 6 p.m. to 8:30 p.m.  October 22-November 12, 2019, 6 p.m. to 8:30 p.m.</p>	<p><b>Presbyterian Women's Health, Education &amp; Resource Center</b>  201 Cedar SE Suite 5620  Albuquerque, NM 87106</p>	<p>\$90 Per Couple</p>

CLASS NAME / DESCRIPTION	DATES	LOCATION	FEE
<p><b>Prep For Birthing (Accelerated) 2-week class</b> This 2-part program for parents on-the-go focuses on the practical information needed to prepare you for labor and birth. Topics include labor, delivery, breathing and relaxation techniques, medications, epidurals and knowing what to expect during your hospital stay. This fast-paced program is an accelerated version of the Preparation of Birthing classes. This class does NOT include a tour.</p>	<p><b>SATURDAYS</b> February 16 &amp; February 23, 2019 9 a.m. to 1 p.m. March 16 &amp; March 23, 2019, 9 a.m. to 1 p.m. May 4 &amp; May 11, 2019, 9 a.m. to 1 p.m. July 20 &amp; July 27, 2018, 9 a.m. to 1 p.m. September 7 &amp; September 14, 2019, 9 a.m. to 1 p.m. December 7 &amp; December 14, 2019, 9 a.m. to 1 p.m.</p>	<p><b>Presbyterian Women's Health, Education &amp; Resource Center</b> 201 Cedar SE Suite 5620 Albuquerque, NM 87106</p>	\$80 Per Couple
	<p><b>SATURDAYS</b> January 5 &amp; January 12, 2019, 1 p.m. to 5 p.m. March 30 &amp; April 6, 2019, 1 p.m. to 5 p.m. June 22 &amp; June 29, 2019, 1 p.m. to 5 p.m. August 10 &amp; August 17, 2019, 1 p.m. to 5 p.m. October 26 &amp; November 2, 2019, 1 p.m. to 5 p.m. December 14 &amp; December 21, 2019, 1 p.m. to 5 p.m.</p>	<p><b>Presbyterian Rust Medical Center</b> 2400 Unser Blvd. SE Rio Rancho, NM 87124 Large Community Room Lower Level</p>	
<p><b>Prep for Birthing (Express) 1-day class</b> Have you run out of time for a Prep for Birthing class? This class is for you. Join us on Saturdays for a shortened version of our labor and birth preparation class with an overview of the essentials and less time spent practicing labor comfort measures. This class includes a tour of the maternity unit. An onsite lunch will be served, but please plan to bring extra snacks if needed.</p>	<p><b>SATURDAYS</b> January 26, 2019 9 a.m. to 5 p.m. April 27, 2019, 9 a.m. to 5 p.m. June 22, 2019, 9 a.m. to 5 p.m. August 24, 2019, 9 a.m. to -5 p.m. October 26, 2019. 9 a.m. to 5 p.m.</p>	<p><b>Presbyterian Women's Health, Education &amp; Resource Center</b> 201 Cedar SE Suite 5620 Albuquerque, NM 87106</p>	\$95 Per Couple
	<p><b>SATURDAYS</b> March 9, 2019, 9 a.m. to 5 p.m. May 11, 2019, 9 a.m. to 5 p.m. September 28 2019, 9 a.m. to 5 p.m. November 23, 2019, 9 a.m. to -5 p.m.</p>	<p><b>Presbyterian Rust Medical Center</b> 2400 Unser Blvd. SE Rio Rancho, NM 87124 Large Community Room Lower Level</p>	
<p><b>Baby Basics &amp; Beyond</b> Expectant parents receive practical information on caring for their newborn. Learn about the newborn's appearance, basic baby care, how to know when baby is sick, feeding cues and normal crying, sleep and play patterns and more. This class is to practice bathing, diapering, swaddling and new parent skill s with baby experts.</p> <p>If you would like to like the opportunity to ask a guest pediatrician questions and have the opportunity to practice the hands on techniques a little more, please call the office. (505)-563-6501</p>	<p><b>MONDAYS 2-week class</b> January 14, 21 &amp; 28, 2019, 6 p.m. to 8 p.m. June 10 &amp;17, 2019, 6 p.m. to 8 p.m. August 5, &amp; 12, 2019, 6 p.m. to 8 p.m. October 14, &amp; 21 2019, 6 p.m. to 8 p.m.</p>	<p><b>Presbyterian Women's Health, Education &amp; Resource Center</b> 201 Cedar SE Suite 5620 Albuquerque, NM 87106</p>	\$70 Per Couple
	<p><b>SATURDAYS 2-week class</b> February 16 &amp; February 23, 2019, 2 p.m. to 5 p.m. March 16 &amp; March 23, 2019, 2 p.m. to 5 p.m. May 4 &amp; May 11, 2019, 2 p.m. to 5 p.m. July 20 &amp; July 27, 2019, 2 p.m. to 5 p.m. September 7 &amp; September 14, 2019, 2 p.m. to 5 p.m. December 7 &amp; December 14, 2019 2 p.m. to 5 p.m.</p>		
	<p><b>THURSDAYS 2-week class</b> February 21, &amp; 28, 2019, 6 p.m. to 8 p.m. May 9, &amp; 16, 2019, 6 p.m. to 8 p.m. September 12, &amp; 19, 2019, 6 p.m. to 8 p.m.</p>		
	<p><b>SATURDAYS 2-week class</b> January 5 &amp; January 12, 2019 9 a.m. to 12 p.m. March 30 &amp; April 6, 2019, 9 a.m. to 12 p.m. June 22 &amp; June 29, 2019, 9 a.m. to 12 p.m. August 10 &amp; August 17, 2019, 9 a.m. to 12 p.m. October 26 &amp; November 2, 2019, 9 a.m. to 12 p.m. December 14 &amp; December 21, 2019, 9 a.m. to 12 p.m.</p>	<p><b>Presbyterian Rust Medical Center</b> 2400 Unser Blvd. SE Rio Rancho, NM 87124 Large Community Room Lower Level</p>	

CLASS NAME / DESCRIPTION	DATES	LOCATION	FEE
<p><b>Breastfeeding Basics</b>  <b>1-time class</b>            This prenatal class offers practical information and tips to help you get breastfeeding off to a great start. Learn how to latch and position baby to the breast, establish an abundant milk supply, and avoid or treat common breastfeeding issues. Taught by a Lactation Consultant, this program focuses on the first days and weeks of feeding, the importance of skin-to-skin contact, rooming-in at the hospital, and learning to understand your baby's hunger cues. Breast pumps and storage of breast milk will also be covered.</p> <p>Expectant moms and dads tell us they leave this class feeling more confident in their ability to nourish their newborn and to make informed feeding choices. This one-time class may be taken after the fifth month of pregnancy. A breastfeeding book is available for purchase.</p>	<p><b>TUESDAYS</b>            January 8, 2019, 6 p.m. to 9 p.m.            March 19, 2019, 6 p.m. to 9 p.m.            June 25, 2019, 6 p.m. to 9 p.m.            August 6, 2019, 6 p.m. to 9 p.m.            October 15, 2019, 6 p.m. to 9 p.m.            December 17, 2019, 6 p.m. to 9 p.m.</p>	<p><b>Presbyterian Women's Health, Education &amp; Resource Center</b>            201 Cedar SE Suite 5620            Albuquerque, NM 87106</p>	<p>\$40 Per Couple</p>
	<p><b>SATURDAYS</b>            February 9, 2019, 9 a.m. to 12 a.m.            April 13, 2019, 9 a.m. to 12 a.m.            May 11, 2019, 9 a.m. to 12 a.m.            July 13, 2019, 9 a.m. to 12 a.m.            September 21, 2019, 9 a.m. to 12 a.m.            November 2, 2019, 9 a.m. to 12 a.m.</p>		
	<p><b>TUESDAYS</b>            January 22, 2019, 6 p.m. to 9 p.m.            March 26, 2019, 6 p.m. to 9 p.m.            April 30, 2019, 6 p.m. to 9 p.m.            July 23, 2019, 6 p.m. to 9 p.m.            August 13, 2019, 6 p.m. to 9 p.m.            October 8, 2019, 6 p.m. to 9 p.m.            December 3, 2019, 6 p.m. to 9 p.m.</p> <p><i>If you need a Saturday date, please consider taking one at the Presbyterian Downtown location.</i></p>		
<p><b>Breastfeeding Mom Workshop</b>            Having difficulty getting breastfeeding off to a good start? Confused by what you've heard from others? The Breastfeeding Workshop is designed with you in mind. Facilitated by a nurse skilled in lactation, this class will help you through the early problems often associated with breastfeeding. Your lactation nurse will watch you nurse your baby and address your questions or concerns. This is an excellent support group for other breastfeeding mothers just like you. Mother and baby only, please.</p>	<p>Every <b>TUESDAY</b> 10 a.m.</p>	<p><b>Presbyterian Rust Medical Center</b>            2400 Unser Blvd. SE            Rio Rancho, NM 87124            Large Community Room            Lower Level</p>	<p>\$20            Unlimited visits</p>
	<p>Every <b>THURSDAY</b> 10 a.m.</p>	<p><b>Presbyterian Women's Health, Education &amp; Resource Center</b>            201 Cedar SE Suite 5620            Albuquerque, NM 87106</p>	

CLASS NAME / DESCRIPTION	DATES	LOCATION	FEE
<p><b>Basic Infant CPR</b>  <b>1-time class</b>            Are you ready to handle an emergency with baby? This class helps parents and friends to recognize the early signs of an infant in distress, perform emergency measures to relieve airway obstruction, performing CPR on a baby who is not breathing or is without a heartbeat and helps parents identify common preventable childhood injuries. Please note: though excellent, this program is not a CPR certification program.</p>	<p><b>TUESDAYS</b>            January 8, 2019, 6 p.m. to 7:30 p.m.            February 12, 2019, 6 p.m. to 7:30 p.m.            March 12, 2019, 6 p.m. to 7:30 p.m.            April 9, 2019, 6 p.m. to 7:30 p.m.            May 14, 2019, 6 p.m. to 7:30 p.m.            June 11, 2019, 6 p.m. to 7:30 p.m.            July 9, 2019, 6 p.m. to 7:30 p.m.            August 13, 2019, 6 p.m. to 7:30 p.m.            September 10, 2019, 6 p.m. to 7:30 p.m.            October 8, 2019, 6 p.m. to 7:30 p.m.            November 12, 2019, 6 p.m. to 7:30 p.m.            December 10, 2019, 6 p.m. to 7:30 p.m.</p>	<p><b>Presbyterian Women's Health, Education &amp; Resource Center</b>            201 Cedar SE Suite 5620            Albuquerque, NM 87106</p>	\$30 Per Couple
	<p><b>WEDNESDAYS</b>            January 16, 2019, 6 p.m. to 7:30 p.m.            February 20, 2019, 6 p.m. to 7:30 p.m.            March 20, 2019, 6 p.m. to 7:30 p.m.            April 17, 2019, 6 p.m. to 7:30 p.m.            May 15, 2019, 6 p.m. to 7:30 p.m.            June 19, 2019, 6 p.m. to 7:30 p.m.            July 17, 2019, 6 p.m. to 7:30 p.m.            August 21, 2019, 6 p.m. to 7:30 p.m.            September 18, 2019, 6 p.m. to 7:30 p.m.            October 16, 2019, 6 p.m. to 7:30 p.m.            November 20, 2019, 6 p.m. to 7:30 p.m.            December 18, 2019, 6 p.m. to 7:30 p.m.</p>	<p><b>Presbyterian Rust Medical Center</b>            2400 Unser Blvd. SE            Rio Rancho, NM 87124            Large Community Room            Lower Level</p>	
<p><b>Big Brother/Big Sister</b>            This class is designed for siblings to help prepare them for baby's arrival. Filled with activities to peak everyone's interests, this program includes a movie and mini-tour of the hospital. Children love to learn where mommy and baby sleep at the hospital, what the plastic clamp on baby's belly button is for, and how the baby is fed. Help your child learn about some of the changes that will happen when you bring baby home and their very special role! Parents should plan to attend with their children.</p>	<p><b>SATURDAYS</b>            February 2, 2019, 2 p.m. to 3:30 p.m.            April 6, 2019, 2 p.m. to 3:30 p.m.            June 15, 2019, 2 p.m. to 3:30 p.m.            August 3, 2019, 2 p.m. to 3:30 p.m.            October 5, 2019, 2 p.m. to 3:30 p.m.            November 16, 2019, 2 p.m. to 3:30 p.m.</p>	<p><b>Presbyterian Women's Health, Education &amp; Resource Center</b>            201 Cedar SE Suite 5620            Albuquerque, NM 87106</p> <p><b>Meets at Information Desk in Main Lobby of Presbyterian Hospital</b></p> <p><b>Note:</b> During flu season, tours of the maternity floor may not be possible.</p>	<p>1st Child \$20</p> <p>2nd child \$10</p> <p>3rd child \$5</p>
<p><b>For Dads Only</b>            This 2.5 hour "just for dad's" class is specially designed for expectant fathers. Taught by a dad for dads, this class helps expectant fathers prepare for the birth of their baby and the joys and transitions of fatherhood. Not only will you have an opportunity to explore fathering from a dad's perspective, you will also become a master at swaddling, diapering, soothing and burping the baby. You'll also have time to focus on the questions men commonly worry about but hesitate to ask regarding labor, birth and beyond. Don't miss this class which focuses on the special needs of dads-to-be.</p>	<p><b>THURSDAYS</b>            January 17, 2019, 6:30 p.m. to 9 p.m.            February 21, 2019, 6:30 p.m. to 9 p.m.            March 21, 2019, 6:30 p.m. to 9 p.m.            April 18, 2019, 6:30 p.m. to 9 p.m.            May 16, 2019, 6:30 p.m. to 9 p.m.            June 20, 2019, 6:30 p.m. to 9 p.m.            July 18, 2019, 6:30 p.m. to 9 p.m.            August 22, 2019, 6:30 p.m. to 9 p.m.            September 19, 2019, 6:30 p.m. to 9 p.m.            October 17, 2019, 6:30 p.m. to 9 p.m.            November 21, 2019, 6:30 p.m. to 9 p.m.            December 19, 2019, 6:30 p.m. to 9 p.m.</p>	<p><b>Presbyterian Women's Health, Education &amp; Resource Center</b>            201 Cedar SE Suite 5620            Albuquerque, NM 87106</p>	\$20 Per Dad

CLASS NAME / DESCRIPTION	DATES	LOCATION	FEE
<p><b>Grandparents</b> Babies haven't changed, but what we know about them has. This fun and informative class helps grandparents learn about the changes in parenting and how to best support your daughter or son as they become new parents. Learn the latest information regarding pregnancy, labor, birth, breastfeeding and parenting. Baffle the new parents with your knowledge of new trends and research in maternity practices and infant care. You'll learn the latest information regarding breastfeeding, the skin to skin experience and the reasons for putting new babies to sleep on their back. Most importantly, you'll have an opportunity to have all your questions answered.</p>	<p><b>TUESDAYS</b> January 15, 2019, 6 p.m. to 8:30 p.m. March 5, 2019, 6 p.m. to 8:30 p.m. May 7, 2019, 6 p.m. to 8:30 p.m. July 16, 2019, 6 p.m. to 8:30p.m. September 17, 2019, 6 p.m. to 8:30 p.m. November 19, 2019, 6 p.m. to 8:30 p.m.</p>	<p><b>Presbyterian Women's Health, Education &amp; Resource Center</b> 201 Cedar SE Suite 5620 Albuquerque, NM 87106</p>	<p>\$25 Per Couple</p>
<p><b>Maternity Tours of Presbyterian Hospital</b> Congratulations on your upcoming birth. We welcome the opportunity to help you prepare for the birth of your baby and look forward to sharing this special event with you. Join us for a walking tour of Family Birthing Center and Mother-Baby Care Units. General information about our hospital and a question and answer time is included.  Please visit our virtual maternity tour as well at: <a href="http://phs.gosignmeup.com">phs.gosignmeup.com</a></p>	<p><b>First and Third SATURDAY, of every month at 10:00a.m. AND 12:00p.m.</b> January 5, 2019      July 6, 2019 January 19, 2019    July 20, 2019 February 2, 2019    August 3, 2019 February 16, 2019   August 17, 2019 March 2, 2019        September 7, 2019 March 16, 2019      September 21, 2019 April 6, 2019        October 5, 2019 April 13, 2019      October 19, 2019 May 4, 2019         November 2, 2019 May 18, 2019        November 16, 2019 June 1, 2019         December 7, 2019 June 15, 2019        December 21, 2019  **If maternity tour falls on a major holiday tours will not be offered**  <b>NOT OFFERED ON APRIL 20, 2019</b></p>	<p><b>Presbyterian Hospital</b> 1100 Central Ave. SE Albuquerque, NM 87106</p> <p><b>Meets at Information Desk in Main Lobby of Presbyterian Hospital</b></p> <p><b>Note:</b> During flu season, tours of the maternity floor may not be possible for children under age 14</p>	<p>Free</p>
<p><b>Maternity Tours of Rust Medical Center</b> Congratulations on your upcoming birth. We welcome the opportunity to help you prepare for the birth of your baby and look forward to sharing this special event with you. Join us for a walking tour of Family Birthing Center and Mother-Baby Care Units. General information about our hospital and a question and answer time is included.  Please visit our virtual maternity tour as well at: <a href="http://phs.gosignmeup.com">phs.gosignmeup.com</a></p>	<p><b>First and Third WEDNESDAY, of every month at 6:30p.m.</b> January 2, 2019      July 3, 2019 January 16, 2019    July 17, 2019 February 6, 2019    August 7, 2019 February 20, 2019   August 21, 2019 March 6, 2019        September 4, 2019 March 20, 2019      September 18, 2019 April 3, 2019        October 2, 2019 April 17, 2019      October 16, 2019 May 1, 2019         November 6, 2019 May 15, 2019        November 20, 2019 June 5, 2019         December 4, 2019 June 19, 2019        December 18, 2019  **If maternity tour falls on a major holiday tours will not be offered**</p>	<p><b>Presbyterian Rust Medical Center</b> 2400 Unser Blvd. SE Rio Rancho, NM 87124</p> <p><b>Meets at the information Desk on the Lobby of Rust Medical Center</b></p> <p><b>Note:</b> During flu season, tours of the maternity floor may not be possible for children under age 14</p>	<p>Free</p>