# 2013 Schedule for Presbyterian Prenatal Classes

Many classes are offered at both Presbyterian Hospital's H.E.R. Center in Albuquerque and Presbyterian Rust Medical Center in Rio Rancho. Call (505) 563-6501 for more information or to sign up.

The Women's Center at
PRESBYTERIAN

| CLASS NAME | DATES | LOCATION | CONTACT | FEE |
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| **BABY BASICS AND BEYOND**<br>In this two-part, three-hour class, 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 or needs to be fed and normal crying, sleeping and playing patterns. This class is designed with an opportunity to practice bathing, diapering, swaddling and new parent skills. | **In Albuquerque**<br>**Saturdays, 9 a.m. to Noon**<br>January 19 and 26<br>February 16 and 23<br>March 23 and 30<br>April 20 and 27<br>May 18 and 25<br>June 15 and 22<br>July 20 and 27<br>August 17 and 24<br>September 21 and 28<br>October 19 and 26<br>November 16 and 23<br>December 21 and 28 | Presbyterian Women's Health, Education & Resource Center<br>201 Cedar SE<br>Suite 5620<br>Albuquerque | 563-6501 | $60 |
| | **In Rio Rancho**<br>**Saturdays, 9 a.m. to Noon**<br>January 26 and February 2<br>March 16 and 23<br>May 11 and 18<br>June 29 and July 6<br>August 17 and 24<br>October 5 and 12<br>November 30 and December 7 | Presbyterian Rust Medical Center<br>2400 Unser Blvd. SE<br>Rio Rancho<br>Large Community Room, Lower Level | 563-6501 | $60 |
| **BIG BROTHER/BIG SISTER JR.**<br>**3-5 YEARS OLD**<br>This class is designed for 3-5 year olds to help prepare them for baby's arrival. Filled with activities to pique little ones' interests, this program includes a movie and mini-tour of the hospital. Young children love to learn where mommy and baby sleep at the hospital; about the plastic clamp on baby's belly button and how baby is fed. Help your child learn about some of the changes when you bring baby home and their very special role!<br>*Note: During flu season, if restrictions are posted, we will not take a tour.* | **Saturdays,**<br>**10 a.m. to 11:30 a.m.**<br>February 2<br>March 16<br>May 4<br>August 3<br>September 14<br>November 2<br>December 14<br><br>**Saturday,**<br>**1 p.m. to 2:30 p.m.**<br>June 15 | Presbyterian Hospital, meet at Information Desk in Main Lobby | 563-6501 | $15<br><br>Second child $10<br><br>Third child $5 |
| **BIG BROTHER/BIG SISTER SR.**<br>**6-9 YEARS OLD**<br>This class is designed for 6-9 year olds to help them prepare for baby's arrival. Filled with activities, this program includes a movie and mini-tour of the hospital. Help your child learn about some of the changes when you bring baby home and their very special role!<br>*Note: During flu season, if restrictions are posted, we will not take a tour.* | **Saturdays,**<br>**10 a.m. to 11:30 a.m.**<br>February 9<br>April 6<br>June 1<br>August 10<br>October 5<br>December 7 | Presbyterian Hospital, meet at Information Desk in Main Lobby | 563-6501 | $15<br><br>Second child $10<br><br>Third child $5 |

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| **BREASTFEEDING BASICS**<br>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 and rooming-in at the hospital and learning to understand your baby's hunger cues.<br><br>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 in this class. | **In Albuquerque**<br>**Thursdays,**<br>**6 p.m. to 8 p.m**<br>January 10<br>March 14<br>May 9<br>June 20<br>July 11<br>September 12<br>November 14<br>**Saturdays, 2 p.m. to 4 p.m.**<br>January 19<br>February 23<br>April 20<br>May 11<br>August 24<br>September 28<br>October 19<br>November 23<br>**Saturday, 10 a.m. to Noon**<br>July 13 | Presbyterian Women's Health, Education & Resource Center<br>201 Cedar SE<br>Suite 5620<br>Albuquerque | 563-6501 | $25 |
| | **In Rio Rancho**<br>**Wednesdays,**<br>**6 p.m. to 8 p.m.**<br>February 13<br>April 10<br>June 12<br>August 14<br>October 9<br>December 11<br>**Saturdays, 2 p.m. to 4 p.m.**<br>March 9<br>June 1<br>September 21<br>December 14 | Presbyterian Rust Medical Center<br>2400 Unser Blvd. SE<br>Rio Rancho<br>Large Community Room, Lower Level | 563-6501 | $25 |
| **BREASTFEEDING AND INTRODUCTION TO SOLID FOODS**<br>Infant feeding has changed through the years with new research and the advance of many new baby products. Come learn the latest in helping baby move from breast or formula feeding to receiving his first solid foods. This class is filled with tips using both prepared and home-cooked baby foods. Learn how to give baby the best while making first foods fun. | Dates and Times Vary<br>Call Breastfeeding Support Service at 841-1773 | Presbyterian Women's Health, Education & Resource Center<br>201 Cedar SE<br>Suite 5620<br>Albuquerque | 841-1773 | $20 |
| **BREASTFEEDING AND WEANING**<br>Are you considering weaning baby? Weaning doesn't have to be complicated or difficult! In this class you'll learn how to choose the right time to wean, what you can do to ease baby's transition to a bottle or cup, and how to help both of you be comfortable in the process. Whether you plan to gradually or quickly wean baby, this class will help you develop the best strategy for your specific needs. | Dates and Times Vary<br>Call Breastfeeding Support Service at 841-1773 | Presbyterian Women's Health, Education & Resource Center<br>201 Cedar SE<br>Suite 5620<br>Albuquerque | 841-1773 | $20 |

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| **BREASTFEEDING MOMS WORKSHOP**<br>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. | **In Albuquerque**<br>**Every Thursday, 10 a.m.** | Presbyterian Women's Health, Education & Resource Center<br>201 Cedar SE<br>Suite 5620<br>Albuquerque | 563-6501 | $20 unlimited visits, either site |
| | **In Rio Rancho**<br>**Every Tuesday, 10 a.m.** | Presbyterian Rust Medical Center<br>2400 Unser Blvd. SE<br>Rio Rancho<br>Large Community Room, Lower Level | 563-6501 | |
| **BASIC INFANT CPR**<br>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, perform 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. | **In Albuquerque**<br>**fourth Thursday**<br>**every month,**<br>**6 p.m. to 7:30 p.m.**<br>January 24<br>February 28<br>March 28<br>April 25<br>May 23<br>June 27<br>July 25<br>August 22<br>September 26<br>October 24<br>**Third Thursday**<br>**6 p.m. to 7:30 p.m.**<br>November 21<br>December 19 | Presbyterian Women's Health, Education & Resource Center<br>201 Cedar SE<br>Suite 5620<br>Albuquerque | 563-6501 | $25 |
| | **In Rio Rancho**<br>**third Wednesday,**<br>**6 p.m. to 7:30 p.m.**<br>January 16<br>February 20<br>March 20<br>April 17<br>May 15<br>June 19<br>July 17<br>August 21<br>September 18<br>October 16<br>November 20<br>December 18 | Presbyterian Rust Medical Center<br>2400 Unser Blvd. SE<br>Rio Rancho<br>Large Community Room, Lower Level | 563-6501 | $25 |
| **CESAREAN SECTION CLASS** | **In Albuquerque**<br>**6 p.m. to 8 p.m.**<br>Wednesday, February 13<br>Thursday, April 18<br>Tuesday, June 25<br>Thursday, August 29<br>Tuesday, October 29 | Presbyterian Women's Health, Education & Resource Center<br>201 Cedar SE<br>Suite 5620<br>Albuquerque | 563-6501 | $25 |

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| **DOULA TEAS**<br>Doulas are women specially trained to give support during birth to the laboring woman and her partner. A doula's support can enhance your birth experience. Medical research also supports improved health of mothers and babies when a doula has been part of the birth team. Come meet our doulas at one of our chats. Bring your questions with you! Doulas fees are reasonable and are adjusted for income. | Saturday, January 5 – 10 a.m.<br>Saturday, February 23 – 1 p.m.<br>Thursday, March 21 – 6 p.m.<br>Wednesday, April 17 – 6 p.m.<br>Saturday, May 11 – 10 a.m.<br>Saturday, June 29 – 10 a.m.<br>Thursday, August 1 – 6 p.m.<br>Saturday, September 7–10 a.m.<br>Thursday, October 17 – 6 p.m.<br>Saturday, November 30–10 a.m.<br>Thursday, December 19–6 p.m. | Presbyterian Women's Health, Education & Resource Center<br>201 Cedar SE<br>Suite 5620<br>Albuquerque | 563-6501 | Chats are free |
| **INFANT MASSAGE**<br>Infant massage provides a unique opportunity to bond with baby, stimulate blood flow, aid digestion, ease constipation, and help with overall muscle relaxation. Join a certified Infant Massage Instructor, and learn infant massage techniques, playful stretches and soothing ways to communicate with touch that will benefit the physical and emotional health of your baby. This series of classes will cover massage techniques that can help regulate sleep and alleviate the physical discomforts of colic, gas and congestion. You'll also learn how to recognize the baby's body language cues so that you can feel more confident and self-assured as a new mom. | **In Albuquerque**<br>**Tuesdays,**<br>**9:30 a.m. to 10:30 a.m.**<br>January 15, 22 and 29<br>February 26<br>March 5 and 12<br>April 9, 16 and 23<br>May 21 and 28<br>June 4<br>July 2, 9, and 16<br>August 13, 20 and 27<br>September 24<br>October 1 and 8<br>November 26<br>December 3 and 10 | Presbyterian Women's Health, Education & Resource Center<br>201 Cedar SE<br>Suite 5620<br>Albuquerque | 563-6501 | $50 |
| | **In Rio Rancho**<br>**Tuesdays,**<br>**12:30 p.m. to 1:30 p.m.**<br>January 15, 22 and 29<br>February 26<br>March 5 and 12<br>April 9, 16 and 23<br>May 21 and 28<br>June 4<br>July 2, 9, and 16<br>August 13, 20 and 27<br>September 24<br>October 1 and 8<br>November 26<br>December 3 and 10 | Presbyterian Rust Medical Center<br>2400 Unser Blvd. SE<br>Rio Rancho<br>Large Community Room, Lower Level | 563-6501 | $50 |
| **MATERNITY TOUR OF PRESBYTERIAN HOSPITAL**<br>Tour the Birthing Center and Mom/Baby Care Units at Presbyterian Hospital.<br><br>*Note: During flu season, if restrictions are posted, children under 14 years of age are not allowed on maternity tours.* | **Every Saturday at 10:30 a.m.**<br>You don't need to call to schedule a tour for downtown Presbyterian. | Meet at the Main Information Desk at the front entrance of Presbyterian Hospital<br>1100 Central Ave SE<br>Albuquerque | | Free |
| **MATERNITY TOUR OF PRESBYTERIAN RUST MEDICAL CENTER**<br>Tour the Birthing Center and Mom/Baby Care Units at Rust Medical Center | **Every Wednesday at 6:30 p.m. and every Saturday at 3:00 p.m.**<br>Please call to schedule a tour. | Presbyterian Rust Medical Center<br>2400 Unser Blvd. SE<br>Rio Rancho, NM 87124<br>Take main elevators up to second floor.<br>Call: 563-6500 | | Free |

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| **PREP FOR BIRTHING FOR AGES 21 AND UNDER**<br>Designed specifically for parents under age 21. They receive information about healthy choices during the last weeks of pregnancy and techniques to effectively deal with labor and birth. Relaxation and breathing techniques and other comfort measures are taught. This class includes a tour of the maternity unit and a course text booklet to take home. | **Mondays,**<br>**6:30 p.m. to 9 p.m.**<br>January 17 – February 14<br>March 7 – April 4<br>April 25 – May 23<br>June 13 – July 18 (skips July 4)<br>August 8 – September 5<br>September 26 – October 24<br>November 7 – December 12 (skips November 28) | Presbyterian Women's Health, Education & Resource Center<br>201 Cedar SE<br>Suite 5620<br>Albuquerque | 563-6501 | $80 |
| **PREP FOR BIRTHING OVER AGE 30**<br>This class is designed for parents over age 30. Parents receive information about healthy choices during the last weeks of pregnancy and techniques to effectively deal with labor and birth. Relaxation and breathing techniques and other comfort measures are taught. This class includes a tour of the maternity unit and a course text booklet to take home. | **Tuesdays,**<br>**6 p.m. to 8:30 p.m.**<br>January 8 – February 5<br>February 26 – March 26<br>April 23 – May 21<br>June 11 – July 9<br>August 6 – September 3<br>September 24 – October 22<br>November 19 – December 17 | Presbyterian Women's Health, Education & Resource Center<br>201 Cedar SE<br>Suite 5620<br>Albuquerque | 563-6501 | $80 |
| **PREP FOR BIRTHING - PRESBYTERIAN RUST MEDICAL CENTER**<br>Parents receive information about healthy choices during the last weeks of pregnancy and techniques to effectively deal with labor and birth. Relaxation and breathing techniques and other comfort measures are taught. This class includes a tour of the maternity unit and a course text booklet to take home. | **Tuesdays,**<br>**6 p.m. to 8:30 p.m.**<br>January 15 – February 12<br>March 5 – April 2<br>April 23 – May 21<br>June 11 – July 9<br>July 30 – August 27<br>September 17 – October 15<br>November 5 – December 3<br><br>**Thursdays,**<br>**6 p.m. to 8:30 p.m.**<br>January 3 – January 31<br>February 28 – March 28<br>April 25 – May 23<br>June 20 - July 25 (skips July 4)<br>August 22 – September 19<br>October 17 – November 14<br>December 12 – January 16, 2014 (skips December 26, 2013) | Presbyterian Rust Medical Center<br>2400 Unser Blvd. SE<br>Rio Rancho<br>Large Community Room, Lower Level | 563-6501 | $80 |
| **PREP FOR BIRTHING – ACCELERATED, PRESBYTERIAN RUST MEDICAL CENTER**<br>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 for Birthing classes. This class does NOT include a tour. | **Saturdays, 1 p.m. to 5 p.m.**<br>January 26 and February 2<br>March 16 and 23<br>May 11 and 18<br>June 29 and July 6<br>August 17 and 24<br>October 5 and 12<br>November 30 and December 7 | Presbyterian Rust Medical Center<br>2400 Unser Blvd. SE<br>Rio Rancho<br>Large Community Room, Lower Level | 563-6501 | $70 |

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| **PREP FOR BIRTHING - PRESBYTERIAN HOSPITAL**<br>Parents receive information about healthy choices during the last weeks of pregnancy and techniques to effectively deal with labor and birth. Relaxation and breathing techniques and other comfort measures are taught. This class includes a tour of the maternity unit and a course text booklet to take home. | **Wednesdays,**<br>**6:30 p.m. to 9 p.m.**<br>January 16 – February 13<br>March 6 – April 3<br>April 24 – May 22<br>June 12 – July 10<br>July 31 – August 28<br>September 18 – October 16<br>November 6 – December 11<br>(skips November 27)<br><br>**Thursdays,**<br>**6:30 p.m. to 9 p.m.**<br>January 17 – February 14<br>March 7 – April 4<br>April 25 – May 23<br>June 13 – July 18 (skips July 4)<br>August 8 – September 5<br>September 26 – October 24<br>November 7 – December 12<br>(skips November 28) | Presbyterian Women's Health, Education & Resource Center<br>201 Cedar SE<br>Suite 5620<br>Albuquerque | 563-6501 | $80 |
| **PREP FOR BIRTHING, 4-WEEK SERIES**<br>Parents receive information about healthy choices during the last weeks of pregnancy and techniques to effectively deal with labor and birth. Relaxation and breathing techniques and other comfort measures are taught. This class includes a tour of the maternity unit and a course text booklet to take home. | **Saturdays,**<br>**1 p.m. to 4 p.m.**<br>January 26 – February 16<br>March 23 – April 13<br>May 18 – June 8<br>July 13 – August 3<br>September 7 – September 28<br>October 26 – November 16<br>December 28 – January 18, '14 | Presbyterian Women's Health, Education & Resource Center<br>201 Cedar SE<br>Suite 5620<br>Albuquerque | 563-6501 | $80 |
| **PREP FOR BIRTHING – ACCELERATED, PRESBYTERIAN HOSPITAL**<br>This class is offered in just two 4-hour classes. Parents receive information about healthy choices during the last weeks of pregnancy and techniques to effectively deal with labor and birth. Relaxation and breathing techniques and other comfort measures are taught. This class includes a course text booklet to take home. This class does NOT include a tour. | **1 p.m. to 5 p.m.**<br>Saturdays, Jan 5 and Jan 12<br>Sundays, Feb 3 and Feb 10<br>Saturdays, March 2 and March 9<br>Saturdays, April 27 and May 4<br>Sundays, June 2 and June 9<br>Saturdays, June 22 and June 29<br>Saturdays, Aug 17 and Aug 24<br>Sundays, Sept 8 and Sept 15<br>Saturdays, Oct 5 and Oct 12<br>Saturdays, Nov 30 and Dec 7 | Presbyterian Women's Health, Education & Resource Center<br>201 Cedar SE<br>Suite 5620<br>Albuquerque | 563-6501 | $70 |
| **BIRTHING REFRESHER**<br>Designed for those who have taken a prepared childbirth series previously and would like a review of childbirth techniques and hospital services. This program covers key breathing and relaxation techniques to help you work with your labor and reviews birth processes, variations of labor, as well as medical options. This class does NOT include a tour. | **Sundays, 10 a.m. to 4 p.m.**<br>Sunday, February 17<br>Sunday, April 7<br>Sunday, August 11<br>Sunday, October 13<br>Sunday, December 8<br><br>**Saturdays, 9 a.m. to 3 p.m.**<br>Saturday, June 29 | Presbyterian Women's Health, Education & Resource Center<br>201 Cedar SE<br>Suite 5620<br>Albuquerque | 563-6501 | $65 |