

## CLASS OR TOUR SIGN UP

Sign up for classes or tours in one of three ways:

- 1) Call **(505) 272-2245**
- 2) Or fill in the form below and mail it to this address:  
UNM Hospital Women's Health Clinic  
Ambulatory Care Center - 4th Floor (4-ACC)  
2211 Lomas Blvd NE,  
Albuquerque NM 87106
- 3) Or fill in the form and fax it to **(505) 272-1109**

1. Name: \_\_\_\_\_

2. Address: \_\_\_\_\_

3. Telephone Number: \_\_\_\_\_

4. Where are you getting prenatal care?

\_\_\_\_\_

5. Your Medical Record Number: \_\_\_\_\_

6. Due Date: \_\_\_\_\_

7. Date of birth of pregnant mom: \_\_\_\_\_

8. Which class or classes do you want to take and when?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

9. At which hospital are you planning to have your baby?

\_\_\_\_\_

## Class Schedules

The following classes are held at UNM Hospital in the main building's 2ACC Learning Center (in the second-floor meeting room by the snack bar). Please sign up before classes begin.

### Getting Ready for Childbirth: Six-Week Class

Classes are once a week for six weeks (6 class sessions)  
Tuesdays *or* Thursdays: 5:30 p.m. – 7:30 p.m.

### Getting Ready for Childbirth: One-Day Class

Class offered once a month (1 class)  
Saturday: 9:00 a.m. – 5:00 p.m.

### Childbirth Review: Two-Week Class

Classes are once a week for two weeks (2 class sessions)  
Wednesdays: 5:00 p.m. – 7:00 p.m.

### Breastfeeding and Baby Care Class

Class offered once a month (1 class)  
Monday evening: 5:00 p.m. – 8:00 p.m.

### Class for Brothers and Sisters 5 to 12 Years Old

Class offered once a month (1 class)  
Monday evening: 5:00 p.m. – 7:00 p.m.

### Getting Ready for Childbirth: In Spanish

Offered at different times of day and locations.  
Call to learn more.

### Childbirth Hospital Tour

In English - Wednesday: 5:00 p.m. – 6:00 p.m.  
In Vietnamese - Monday: 9:00 a.m. – 10:00 a.m.  
In Spanish - Call the Maternal and Family Planning clinic (505) 272-5445 for times, and to sign up.

## WOMEN'S HEALTH CLINIC

# Classes in Getting Ready for Childbirth



## CHILDBIRTH CLASSES

The UNMH Women's Health Clinic offers classes for parents having a baby. These classes help you get ready to have your baby. They also help you learn how to take care of your baby. All classes, except for one, are only given in English. All classes are free.

### Getting Ready for Childbirth: Six-Week Class

This six-week series will help you get ready for a good labor and delivery. These classes teach "Lamaze" and other methods. We talk about the birth of the baby and many other things. If this is your first baby, these classes are for you!

Some things we cover in the class are:

- Breastfeeding
- How to breathe during labor
- Labor and pushing positions
- How to relax, and how to do massage to help with pregnancy and labor and some ways to manage pain
- Labor and Delivery and Mother/Baby Units Tours

Classes are once a week for six weeks (6 class sessions)  
Tuesdays or Thursdays: 5:30 p.m. – 7:30 p.m.

### Getting Ready for Childbirth: One-Day Class

We offer a quicker class for you if you are late in your pregnancy and don't have time for the six week class. This class is also good if this is not your first baby.

Some things we cover in the class are:

- How to breathe during labor
- Labor positions
- How to relax during labor
- Some ways to manage pain
- Labor and Delivery and Mother/Baby Units Tours

Class offered once a month (1 class)  
Saturday: 9:00 a.m. – 5:00 p.m.

### Childbirth Review: Two-Week Class

This class is for mothers who have already had a baby. It gives you a quick review of what happens during labor and delivery. We cover things like how to breathe and relax during labor, massage, labor positions, and how to manage pain. The class includes a hospital tour.

Classes are once a week for two weeks (2 class sessions)  
Wednesdays: 5:00 p.m. – 7:00 p.m.

### Breastfeeding and Baby Care Class

This class is for parents who already have children. It is a review of breastfeeding and baby care. This class also covers things like diapering, bathing, sleeping, swaddling and breast care. Breastfeeding experts talk about:

- How to get started
- Feeding positions
- Skin to skin contact with your baby
- Latching-on
- Nipple confusion
- Breast pumping
- The benefits of breastfeeding

Class offered once a month (1 class)  
Monday evening: 5:00 p.m. – 8:00 p.m.

### Class for Brothers and Sisters 5 to 12 Years Old

This class teaches children what to expect before the baby is born, while Mom is in the hospital, and when the baby comes home. We also help children talk about their feelings about the baby. Parents join their child (or children) in the class.

Class offered once a month (1 class)  
Monday evening: 5:00 p.m. – 7:00 p.m.

### Getting Ready for Childbirth: In Spanish

This three-hour class covers most of the same topics as the longer English classes, except how to care for the new baby. Classes are held at the North Valley, South Broadway, and South Valley Maternal and Family Planning clinics. Call promotora Irma Figueroa at (505) 272-5445 to sign up.

Offered at different times of day and locations.  
Call to learn more.

### Childbirth Hospital Tour

These tours are for people who don't plan to take a childbirth class. You will see the OB Triage, Labor and Delivery, and Mother/Baby units at UNMH. Tours offered once a month in English, Spanish, and Vietnamese.

In English - Wednesday: 5:00 p.m. – 6:00 p.m.  
In Vietnamese - Monday: 9:00 a.m. – 10:00 a.m.  
In Spanish - Call the Maternal and Family Planning clinic  
(505) 272-5445 for times, and to sign up.

## COMMON QUESTIONS

### When should I start a class?

You should start classes at the end of your 7th month of pregnancy. Please sign up early. These classes may fill up fast.

### I am pregnant with my second child. Should I still take childbirth classes?

Yes. The "Childbirth Review" and "Breastfeeding and Baby Care" classes will help parents who already have children get ready for the new baby.

### Can I bring more than one person to class with me?

Yes. You can have one to two partners in the class.

### Can I bring my child/children with me to class?

Please do not bring your children. There is not a lot of space in the classrooms.

### Where are the classes held?

All classes except for the classes in Spanish are held at UNMH in the main building's 2ACC Learning Center. It's a meeting room on the second floor in the old part of the hospital, by the snack bar. You need to sign up for the class you want to take before the class begins. You can call 272-2245 for directions and what to bring to class.

### Do I need to sign up?

Yes, you need to sign up before the class starts. Call (505) 272-2245 to sign up or to find out more about the classes. Or you can fill out the form in this brochure and fax it to us.



### Questions? Call us!

To register for any of our classes, please call the Women's Health clinic. The staff can help you.

**505.272.2245**