



Carolyn Barnes Gardner Women & Newborn Center



Alta View Hospital Women's Center



LDS Hospital Women's Center

GARDNER WOMEN & NEWBORN CENTER AT
INTERMOUNTAIN MEDICAL CENTER
5121 S COTTONWOOD ST • MURRAY, UT 84157

ALTA VIEW HOSPITAL WOMEN'S CENTER
9660 S 1300 EAST • SANDY, UT 84094

LDS HOSPITAL
8TH AVENUE AND C STREET • SLC, UT 84143
To contact us, call: (801) 507-7731

Childbirth Education Programs



Childbirth Education Programs

We offer a variety of classes to help you enjoy a healthy pregnancy and to help prepare you for the birth of your baby. Core classes are offered at each campus, while specialty programs may be taught at one hospital location.

Payment is due at time of registration to reserve your place in our classes. A variety of payment options are available, including credit cards, personal checks, cash, and money orders. Fees are subject to change and are non-refundable unless an emergency arises and we are contacted prior to the class. We also reserve the right to cancel a class if enrollment is inadequate — if this occurs, we will make every effort to reschedule you or return your fee.

For more information on our programs, or to register by phone, please call (801) 507-7731.

As a non-profit organization, our mission is to provide quality health care to those with medical needs regardless of their ability to pay. For more information about qualifying for charity care assistance, contact an eligibility counselor with your delivering hospital's business office.

With classes filling quickly, we recommend that you register at the beginning of the second trimester of your pregnancy.



Alta View Hospital
Intermountain Medical Center
LDS Hospital

Childbirth Education Classes

Having a baby is a joyful and exciting time. To help you have a healthy pregnancy and prepare for your birth, a wide variety of childbirth preparation classes are offered at Intermountain Medical Center, LDS Hospital and Alta View Hospital. Classes available include:

First Time Mom and Dad class — Offered once a month, weeknights. This class is for women and their partners who are planning a pregnancy or who are pregnant for the first time. Learn about early prenatal care including nutrition and exercise, aids for the discomfort of pregnancy, fetal growth, and the choice to breastfeed. A tour of the birthing center is also offered.

Third Trimester class — Offered one full day or two half-days on Saturdays, or as a four-part or six-part series on weeknights. Parents should consider their ability to sit comfortably and concentrate for extended length of time before registering for the abbreviated course. Class topics include physical and emotional changes of pregnancy, warning signs, nutrition, labor signs, and the process of labor. Also covered are birthing options, anesthesia options, labor complications, hospital care and procedures, postpartum care, newborn care, and breast feeding. Some time is also set aside to practice breathing, relaxation, and partner support. Bring two pillows for relaxing on the floor.

Lamaze Childbirth class — Offered weeknights or Saturdays. Lamaze preparation for childbirth teaches that birth is normal, natural, and healthy. Although the course offers many of the same topics as the Third Trimester class, more emphasis is placed on coping strategies, pain relief, and involvement of the labor partner. The class size is smaller to help ensure more individualized instruction, and more time to practice breathing, relaxation, massage, and positioning to facilitate the birth process.

Essential Breastfeeding class — Offered as a one-night class on weeknights. Parents planning to breastfeed are strongly encouraged to take this class prior to delivery. Although breastfeeding is a completely natu-

ral process, it is also a learned skill. Class is open to all parents. This class teaches the basic elements of breastfeeding, answers to questions related to breastfeeding and returning to work, plus it demonstrates products helpful to new and experienced mothers. A breastfeeding book is included with the course. The second part of the class will be taught in the hospital after birth. Both sessions are needed.

Baby Massage — A three-part series, may be taken before or after birth. Take this class and have fun with your baby. Learn massage strokes that relieve colic, tummy aches, and will help your baby sleep better. Massaging your baby promotes bonding and improves baby's immune system. Babies love it! You may take the class during pregnancy and practice the strokes on a doll, or wait until after birth and bring your baby to class for a hands-on practice.

Sibling class — Open to children ages three to 10 years old. This class is for children who are expecting a new baby in their family. Children will learn about their mother's stay in the hospital and ways to assist in caring for the new baby at home. Children are encouraged to bring a doll or stuffed animal so they can learn how to hold and diaper a baby. One parent must accompany the child, but both parents are encouraged to attend.

Adoptive Parenting class — Offered as a monthly two-part series and taught by an adoptive parent and experienced labor and delivery nurse. This is an interactive class for couples planning to adopt a baby. While the primary focus is to help adoptive couples feel comfortable caring for a newborn baby, specific adoptive parenting issues such as adjustments to sudden parenthood are also discussed. Information on breastfeeding an adopted child is available on request. (Taught at Alta View Hospital only.)

Prenatal Exercise: You and Your Baby — Offered as an ongoing class. This low-impact water exercise class is designed to help those areas affected during pregnancy: posture, strength, flexibility, and endurance. This class, taught by specially trained instructors, is appropriate for all levels of exercisers, from beginning to advanced levels. Written consent by a physician is required from all participants. Class is held at TOSH-The Orthopedic Specialty Hospital. Call 314-4044 for fee information and registration.

HypnoBirthing® — A wonderful approach to a gentle, comfortable, and joyful birthing experience. Using relaxation techniques and visualization you will be fully aware, free of fear and tension, and able to access your body's own natural relaxant, alleviating and possibly eliminating discomfort. Your birthing companion's familiar voice, soothing touch, and encouraging prompts will surround your birthing experience with peace and calmness and create a bond and closeness unequalled. For more information see www.HypnoBirthing.com. Classes run five consecutive weeks on Wednesday evenings.

'Mommy & Me' New Mothers Support Group — This class/support group gives women the chance to learn skills and develop confidence in their new roles as mothers and caregivers, whether they're a first-time mom or a veteran. The class covers many questions that are common among new mothers, including breastfeeding concerns, sleeping and eating patterns, vaccinations, getting back into shape, dealing with post-partum depression, safety tips, new parent coping strategies and more. The class/support group

meets every Wednesday from 10:00am to noon in the LDSH Education Center. **The class is free and no registration is necessary.**

Postpartum Depression Support — FREE — Support and information services, referral to physician when needed, individual and group counseling offered by a clinical social worker. Call 507-7292 for information.

To contact us, please call (801) 507-7731.

*Class sizes are limited. Pre-registration with payment is required for all classes. Register in the first trimester for the First Time Mom and Dad class. Register for the other classes between your fourth and fifth months of pregnancy for the best options of classes available.

*A class may be cancelled if enrollment is inadequate, but we will make every effort to reschedule you or return your fee.

