



### Car Seat Safety Checks

Car Seat Safety Checks available two Sunday afternoons a month to the community by appointment. Please call 303-839-7338 for more information and to make an appointment. Car seat safety checks are performed at no charge to RMHC at P/SL patients.

### Coming Soon:

- ☆ Antepartum Offerings
- ☆ Family Support Groups

### Resources Available for:

- ☆ Breastpump Rentals and Purchase
- ☆ Outpatient Breastfeeding Support
- ☆ Free Breastfeeding Support Group
- ☆ Community Guides
- ☆ Infant Safety

### For More Information:

Coordinator / 303-839-7339  
PSLparentEd@HealthONEcares.com

### To Register for Classes:

1-877-PSL-CARES (1-877-752-2737) or PSLMC.com

Classes are subject to date and time changes. Please check for the most current dates and times at [www.PSLMC.com](http://www.PSLMC.com). Classes are subject to cancellation in the event of hazardous weather conditions or if minimum student capacity requirements are not met. For any questions, please call the coordinator at 303-839-7339.



### Rocky Mountain Hospital for Children

serves patients and community

physicians from a six-state region. With 300 pediatricians, pediatric subspecialists, obstetricians, neonatologists, maternal-fetal specialists, family medicine physicians and other doctors specializing in pediatric care, Rocky Mountain Hospital for Children has assembled the largest collaborative team of pediatric, neonatal and maternal-fetal specialists available in the Rocky Mountain region. The facility offers patients and their families the advantages of a large specialty medical center, while providing all the specialized services of a children's hospital — including more than 40 medical, surgical and subspecialty services that meet the special physical, developmental and emotional needs of infants, children and teens.

[www.RockyMountainHospitalForChildren.com](http://www.RockyMountainHospitalForChildren.com)

### Parent Education at P/SL

303-839-7339  
PSLparentEd@HealthONEcares.com

**Registration:** 1-877-PSL-CARES (1-877-752-2737)  
[www.PSLMC.com](http://www.PSLMC.com)

### Presbyterian/St. Luke's Medical Center

1719 East 19th Avenue  
Denver, CO80218

[www.PSLMC.com](http://www.PSLMC.com)



## Parent Education Classes



ROCKY MOUNTAIN  
HOSPITAL for CHILDREN

At Presbyterian/St. Luke's





## Childbirth Preparation

This four-class series, taken in the third trimester, includes information such as anatomy during pregnancy, determining when to call the caregiver, identifying danger signs and timing contractions. Options for labor, positioning, coping skills, stress management and relaxation for the expectant mother and her partner are also covered.

This four-class format allows couples to meet and connect with others, sharing both the ups and downs of this life adventure. Additionally, information on pain medications, as well as various breathing techniques is given to help during the labor process. A tour of the unit is also included. The class is taught by an experienced and enthusiastic, certified instructor. Fee: \$80

- ★ Starting dates for four-class series: January 5, February 17, March 30, May 19, August 4, September 14, October 27

## Childbirth Preparation Over 30

This three-week series offers a similar curriculum to the Childbirth Preparation Series, only it is created for parents over 30. A tour is included with the class. Fee: \$80

- ★ Starting dates for four-class series: February 4, May 7, July 29, December 2

## Childbirth Preparation Fast Track

This is a weekend childbirth class designed for those families who find it difficult to take a multi-week class series. The class content is the same as the Childbirth Preparation Series except condensed; Cesarean birth is only covered briefly, and relaxation/breathing techniques are explained, but there is limited time to practice. Fee: \$75

- ★ February 12 & 13, April 9 & 10, June 11 & 12, August 20 & 21, October 15 & 16, December 10 & 11

## Childbirth Express

This course is designed for busy couples looking for a condensed version of a traditional childbirth class. The class provides basic information about the birth process, comfort measures and medical procedures. Fee: \$50

- ★ January 29, March 19, May 28, July 16, September 17, November 19

Suggested class pairing: Baby 101, Breastfeeding Preparation, Comfort Essentials

## Comfort Essentials

This unique class is created for families wanting to familiarize themselves with today's comfort techniques designed for an empowering birth. This class focuses on internal coping strategies, deep breathing techniques, positioning and movement, specific comfort tools to take you from theory to practice. Special topics include aromatherapy, optimal fetal positioning and hydrotherapy. This class is offered in two-hour sessions. You can take it as often as you want to practice techniques. Fee: \$25

- ★ Please see [www.PSLMC.com](http://www.PSLMC.com) for dates

## Baby 101

We know more about babies now than ever. Learn about the importance of early skin-to-skin and bonding for babies and families. Come explore your baby's first few days and weeks and the basics of how to care for them in a loving and tender environment. Bathing, diapering, swaddling, comforting and hunger cues are all covered here. Fee: \$40

- ★ January 15, February 9, March 12, April 16, May 21, June 18, July 9, August 13, September 10, October 19, November 16, December 17

## Infant Safety

This is perhaps one of the most important classes you will take as a parent. This class covers crucial information such as infant CPR and choking, childproofing your home, signs and symptoms of illness, when to call the doctor, car seat essentials and traveling with your child safely. Register today! Fee: \$55

- ★ January 11, February 20, March 15, April 9, May 17, June 4, July 19, August 13, September 13, October 8, November 15, December 6

## Breastfeeding Preparation

This class will provide information to create a strong foundation for success. Topics covered include: anatomy, production of breast milk, positioning and latch, collection and storage of breast milk, and troubleshooting common problems. Partners are encouraged to attend. Fee: \$40

- ★ January 17, February 19, March 14, April 2, May 9, June 4, July 11, August 6, September 26, October 8, November 7, December 17



## Boot Camp For New Dads

Boot Camp for New Dads is a highly successful program designed to build confidence and prepare fathers for the challenges of fatherhood. This discussion group unites new fathers and their babies with expectant dads. Topics covered include: troubleshooter's guide to crying babies, caring for new moms, birth and bonding, the postpartum experience, and balancing family and career. Fee: \$40

- ★ January 13, February 24, April 23, May 26, July 16, August 25, October 6, December 8

## Sibling Preparation

Bringing another little one into the fold? Prepare your toddlers and young children for the experience of a new sibling with this class. Children learn about such topics as safe places to touch a baby, the noises babies make and how they can interact with their new brother or sister. Fee: \$20

- ★ January 15, March 12, May 21, July 9, September 10, December 17

## Multiples Childbirth Preparation

This two-week class addresses the specifics of giving birth to multiples. What to expect, how to prepare and special circumstances to consider are all explored. Fee: \$60

- ★ February 1 & 8, April 14 & 21, June 1 & 8, August 17 & 24, October 18 & 25, December 8 & 15



## Breastfeeding For Multiples

This class helps families understand the basics of breastfeeding multiples. Strategies for breastfeeding support, pumping, scheduling and the specific breastfeeding issues of the multiple family are addressed. Fee: \$40

- ★ January 13, March 12, May 11, July 16, September 17, November 8