

2021



Virtual Baby Bundle Classes

Having a baby is a life-changing experience. PVHMC truly cares about your health and well-being. Keeping this in mind, we have designed live virtual classes to be watched in the safety and comfort of your own home.

Preparation for Childbirth

Gaining knowledge will enhance your labor and birth experience

- Support partner's role
- Comfort measures
- Pain management
- Breathing and relaxation techniques

Newborn Baby Care

Taking care of your newborn can be a little overwhelming

- Diaper changes (the scoop on poop)
- Why do babies cry
- Umbilical cord and circumcision care
- Tummy time/SIDS prevention

Breastfeeding

Although breastfeeding is natural, it is a learned skill by both mom and baby

- Dispel common breastfeeding myths
- Establish your milk flow
- How to know if your baby is getting enough to eat
- Feeding cues

Classes are being offered for **FREE** three times a month

**each month varies*

Please email or call our Family Education and Resource Center to register:

909.865.9858

FERC@pvhmc.org

POMONA VALLEY HOSPITAL

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