

Maternity Services

Grandparents Class

Learn about your new role as a Grandparent! Newborn characteristics, behaviors, and infant care will be taught. Safety and prevention including Infant CPR and how to clear an obstructed airway will be presented.

Registration is required.

Fee: \$25 per person

One Session: Saturday 10 a.m. – 12:30 p.m.

Jan 21 Feb 18 Mar 18 Apr 22 May 20 Jun 24

Location: Women's Wellness Center Classrooms

Pregnancy and Labor Massage Training for Expectant Couples

Learn how to relax your partner during pregnancy, labor and birth. This class will teach the many benefits of massage and guide you and your partner in learning how to safely and effectively provide massage techniques.

Registration required.

Please wear shorts and **must bring four firm pillows.**

Fee: \$45 per couple.

Class fee includes massage lotion for use during class. Products for home use are available for purchase at the class. **Cash only.**

Call for available class dates.

Location: Women's Wellness Center Classrooms

Infant Massage Training for Parents

Massaging your newborn is much more than caressing your baby. Massage helps to strengthen and regulate the respiratory, circulatory and gastrointestinal function.

Learn how to help eliminate colic, assist with digestion, eliminate gas, deepen your infant's sleep and increase right/left brain development. This class will guide you in learning the art of Infant Massage. We recommend taking this class as soon after birth as possible and up to 3½ months of age.

Please bring blankets for spreading on the floor for massage. Registration required.

Fee: \$53 per couple.

Class fee includes organic baby oil for use during class. Products for home use are available for purchase at the class. **Cash only.**

Call for available class dates.

Location: Women's Wellness Center Classrooms

Breastfeeding Workshop for New Moms

The workshop is designed to help moms with questions, concerns and challenges of breastfeeding. Hands on help and weight checks are available. This group is for moms who deliver at Mission Hospital and their newborns up to 12 weeks of age. No other children will be allowed at the workshop. You must arrive no later than 2 p.m. to receive services. Facilitated by a Board Certified Lactation Consultant RN. Please note one-on-one private lactation consultations are not available. Complex breastfeeding concerns and issues will be referred to private lactation consultants in the community.

Group setting. No registration is necessary. No fee.

Every Wednesday 1 – 3 p.m.

Location: Mission Women's Wellness Center Classrooms

Postpartum Emotional Wellness Support Group

Depression occurring within six months of childbirth may be postpartum depression. Help is available for this very real and oftentimes disabling illness. This on-going support group is for moms having unexpected feelings of anxiety, sadness, isolation and depression following birth. Facilitated by an RN certified in Postpartum Mood and Anxiety Disorders with over 20 years experience and a Board Certified Lactation Consultant.

Group setting. No registration is necessary. No fee.

Every Tuesday 10 – 11 a.m.

Location: Mission Women's Wellness Center Classrooms

Aromatherapy for Wellness

Have you ever been interested in using essential oils in your daily life? At home? At the workplace? For your health? This fun and interactive beginning workshop offers the basic knowledge to use essential oils safely and effectively. Learn where essential oils come from, how to choose oils, how are they diffused, how to safely store essential oils, benefits and various ways to use essential oils. Registration required.

Fee: \$84 per person.

Class fee includes oils for use during class. Products for home use are available for purchase at the class. **Cash only.**

Call for class dates

Location: Women's Wellness Center Classrooms

Valiant Women Solutions Boutique

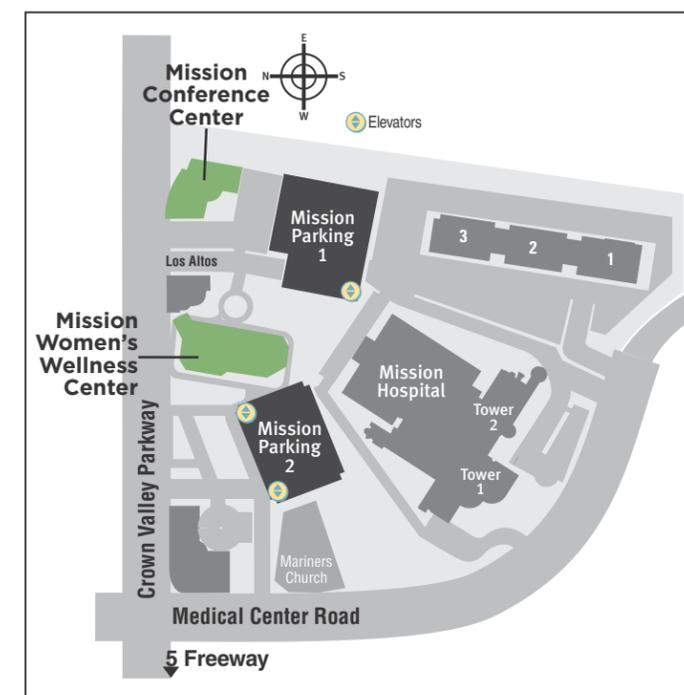
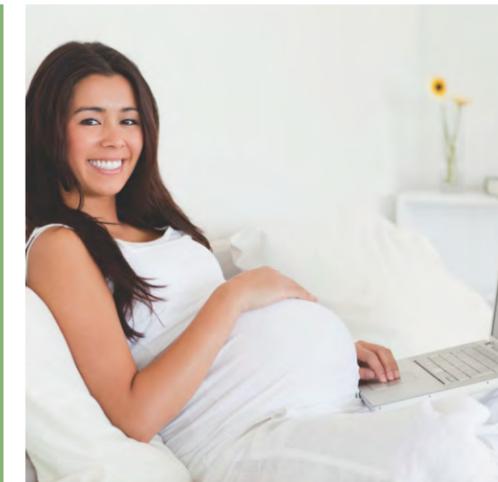
Offering a selection of tanks, breastpump kits, nursing pillows, comfort gels, nipple creams, and herbal supplements to promote and support lactation.

Monday to Friday, 9 a.m. – 4 p.m.

Location: Mission Women's Wellness Center

Mission Hospital Maternity Services

January – June 2017



Mission Conference Center

26726 Crown Valley Parkway
Mission Viejo, CA 92691

Mission Women's Wellness Center

Mission Medical Tower
26732 Crown Valley Parkway
Mission Viejo, CA 92691

mission4health.com

Mission Hospital Pre-Registration

You never know when you'll feel those first labor pains. That's why we make pre-registering for your visit to Mission Hospital easy. Pre-registering either for a natural birth or a scheduled procedure makes the admissions process faster, so we can help you spend more time concentrating on what matters most – welcoming the newest addition to your family. Pre-register early in your pregnancy.

Option 1

- Go to mission4health.com. Click on the **Patients & Visitors** tab.
- Select **Pre-Registration** in the left navigation under the Information Center menu.
- Click on the blue **Pre-Register Now** button.
- Complete the pre-registration form and click on **Register** to submit.

Option 2

- Patients may also register via phone by calling (949) 364-1400 ext. 2283. Please leave a message and an admitting staff member will contact you.

Option 3

- Patients may attend Welcome Baby Tour Night and register in person. Please call (877) 459-3627 to register for the program.



St. Joseph Health 
Mission Hospital

A member of the St. Joseph Hoag Health alliance

Maternity Services

Our family caring for your family.



Maternity Services



The following classes and support group services are offered to expecting mothers and fathers guiding them from pregnancy to postpartum. Online and classroom settings are available.

Classes with low enrollment are subject to cancellation; the fee will be refunded.

To register, visit mission4health.com/classes or mission4health.com/maternity.

For more information, call (877) 459-3627.

Maternity Program Schedule and Support Services

January through June 2017

Considering Conception

Meet with one of our expert Perinatologists and a Registered Nurse to learn about what you can do before you conceive for a healthy pregnancy and baby. (Note this class is only offered quarterly).

Registration required. No Fee

Wednesday 6 – 8 p.m.

Mar 22

Location: Women's Wellness Center Classrooms

Welcome Baby Tour Night

You are cordially invited to attend our Welcome Baby Tour Night to become informed and prepared for your birth at Mission Hospital! Learn about Mission Hospital, our Maternity Center services, education classes and support programs, Baby Friendly Designated breastfeeding services, and key items to complete prior to your admission. Meet our service vendors for massage, newborn photography, baby hand/foot impressions, Bridges for Newborns, and Concierge services. Enjoy appetizers and desserts, enter our raffle for prizes, process your pre-registration with one of our registration staff. A tour of our Maternity Center is included. Every attendee receives a free gift. No small children please.

Registration Required. No Fee

Monday 6 – 8 p.m.

Jan 9 Feb 6 Mar 6

Apr 3 May 1 Jun 5

Location: Mission Conference Center

Warm Beginnings Package

If you are interested in attending the three key classes at a reduced rate, you should enroll in this class session that includes:

- Prep for Birth
- Caring For Your Baby
- Breastfeeding Basics

\$95 per couple

Prep for Birth

Best started in the seventh month of pregnancy, this maternity class is designed to give information about the anatomy and physiology of labor, prepared childbirth techniques (Lamaze), pain management and medication options for labor and delivery. Taught by a Labor and Delivery Nurse. Includes code for e-learning course.

Registration Required. Fee: \$65 per couple

Tuesday 12:30 – 3:30 p.m.

Jan 17 Feb 21 Mar 21 Apr 18 May 16 Jun 20

Wednesday 5:30 – 8:30 p.m.

Jan 11 Feb 15 Mar 15 Apr 12 May 10 Jun 14

Saturday 9:30 a.m. – 12:30 p.m.

Jan 14 Feb 11 Mar 11 Apr 1 May 13 Jun 10

Location: Women's Wellness Center Classrooms

Prep for Birth E-Learning Course

Perfect for busy expectant moms and those on bed rest. Interactive course includes animated illustrations, videos, voice-overs, and interactive games. Follows standard, approved, customized curriculum for prep for labor and birth, new mom recovery, and newborn care. Plus patient essentials, special services, breastfeeding/miracle hour, caring for yourself postpartum, newborn care and safety, and new family support. Register to receive code.

Fee: \$45 • On Demand at mission4health.com

Preparing for Your Cesarean Birth

This one-and-a-half hour class thoroughly prepares couples for a scheduled cesarean delivery. (Note this class is only offered quarterly).

Registration required. No Fee

Tuesday 12:30 – 2 p.m.

Jan 10 Apr 25

Location: Women's Wellness Center Classrooms

Caring For Your Baby

Designed for expectant, adoptive and new parents who wish to learn the basics of newborn care. Infant temperament and personality, crying and calming, growth and development are also included.

Registration Required. Fee: \$40 per couple

Wednesday 10 a.m. – 12:30 p.m.

Jan 4 Feb 1 Mar 1 Apr 5 May 3 Jun 7

Thursday 5:30 – 8 p.m.

Jan 5 Feb 2 Mar 2 Apr 6 May 4 Jun 8

Location: Women's Wellness Center Classrooms

Breastfeeding Basics

Meet with our certified lactation specialist to learn about the advantages of breastfeeding before you deliver. You will learn how to get you and your baby off to a good start as you begin breastfeeding. Our educators also discuss prenatal preparation, baby's first feeding, mother's expectations, and family relationships. Attend this during your seventh or eighth month of pregnancy. Mother's support person is encouraged to attend.

BRING: BABY SIZE DOLL

Registration Required. Fee: \$40 per couple

Wednesday 10 a.m. – 12 p.m.

Jan 18 Feb 22 Mar 22 Apr 19 May 17 Jun 21

Thursday 5:30 – 7:30 p.m.

Jan 19 Feb 23 Mar 23 Apr 20 May 18 Jun 22

Location: Women's Wellness Center Classrooms

Breastfeeding Basics – E-Learning Class

The online course offers an alternative and is perfect for busy expectant couples and those who are on bed rest. The course is interactive, web-based and includes animated illustrations, videos, voice-overs, and interactive games. The program follows current standardized, approved core curriculum.

Registration Required.

Fee: No fee for those delivering at Mission Hospital, \$40 fee for those not delivering at Mission Hospital.

Babies Multiplied

Expecting more than one baby? This class covers the unique challenges and needs for parents expecting multiples. Taught by a Registered Nurse. Learn from her how to prepare your body for birthing multiples, breastfeeding, practical information on caring for your babies, organizational tips, and community resources.

Registration Required. Fee: \$30 per couple

Two Sessions: Saturday 1:30 – 3:30 p.m.

Jan 21 Apr 22

Location: Women's Wellness Center Classrooms

Child Passenger Safety Workshop

The Auto Club (AAA) wants to help keep kids safe and is partnering with Mission Hospital to offer free child passenger safety classes. These classes are perfect for parents, grandparents and caregivers – anyone who transports children up to 8 years of age. Resources for proper installation will be provided (there will be no installation of car seats). Adults only. Please register online at aaa.com/childsafety or call (714) 885-2312.

Registration required. No Fee

Thursday 6 – 7:30 p.m.

Apr 13 or Jun 15

Location: Women's Wellness Center Classrooms

Baby Saver CPR – Basic First Aid and Infant CPR

Learn the skills and techniques of Infant CPR and how to clear an obstructed airway. The class will teach you how to avoid life-threatening emergencies and prepare you in the event an emergency occurs. The class follows the American Heart Association guidelines. We recommend taking this class before childbirth or within the first six weeks following childbirth.

Registration is required. Fee: \$40 per couple or \$20 per person

Saturday 1:30 – 3 p.m.

Jan 14 Feb 11 Mar 11 Apr 1 May 13 Jun 10

Tuesday 5:30 – 7 p.m.

Jan 24 Feb 28 Mar 28 Apr 11 May 23 Jun 27

Location: Women's Wellness Center Classrooms

Boot Camp for New Dads

This interactive, men-only workshop is for first-time dads-to-be. It's fueled by the advice and experiences of Veteran Dads (new dads who bring their 2- to 8-month-old babies) showing Rookie Dads-To-Be how to navigate becoming a father. Rookies have their concerns and questions answered by men who were just in their shoes, get to spend small-group time with a Veteran and his baby. Other important topics include supporting new moms, troubleshooting crying babies, handling family and visitors, parenting as a team, and a whole lot more.

Registration Required: tiny.cc/OCbootcamp.

Fee: \$35, includes Crash Course for Dads-To-Be book.

Questions Number: (949) 754-9067

One Session: Saturday 9 a.m. – 12 p.m.

Jan 7 Feb 11 Apr 8 May 6 Jun 24

Location: Mission Conference Center