

## 2007 REGISTRATION FORM

Please fill out this form and mail or fax to:

Sequoia Hospital Health & Wellness Center  
 Maternity Education Programs  
 170 Alameda de las Pulgas  
 Redwood City, CA 94062  
 Fax: (650) 367-5664

Print Name \_\_\_\_\_

Daytime Phone \_\_\_\_\_ Evening Phone \_\_\_\_\_

Email Address \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip Code \_\_\_\_\_

Partner's Name \_\_\_\_\_

Mother's Due Date \_\_\_\_\_ Hospital \_\_\_\_\_

PROGRAM	START DATE	FEE*
Childbirth Preparation		\$150/couple
Prenatal Yoga and Support		\$90/person
Preparation for Breastfeeding		\$30/person, \$60/couple
Infant Care		\$40/person, \$80/couple
Family and Friends CPR		\$50/person, \$100/couple
Prepared Sibling Program (\$15 for each additional child)		\$40/child (for first child)
Baby Safety Class		\$50/person \$100/couple
Infant Massage		\$28/family
New Parents Group (0–5 mos.)		FREE
New Parents Group (6–9 mos.)		FREE
New Parents Group (9–13 mos.)		FREE
<b>TOTAL:</b>		<b>\$</b>

\* Please note there is a \$10 fee per person per class for cancellations or transfers.

\*\* Dates subject to change.

**PAYMENT INFORMATION**

Mastercard       Visa

American Express       Check (payable to Sequoia Hospital)

Card Number \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_ Total Amount \_\_\_\_\_

2007 REGISTRATION

## BABY SAFETY CLASS

This class helps prepare new or expectant parents, grandparents and caregivers on the many aspects of baby safety; including injury prevention while traveling, car seat safety, SIDS prevention, poisoning prevention, pool safety, product safety, basic first aid tips, and how to create a first aid kit for your family.

1 class

Location: Health & Wellness Center  
 749 Brewster Avenue, Redwood City, CA 94063

Mondays 5:30 pm – 8:30 pm

Feb. 12  
 May 21  
 Aug. 20  
 Nov. 12

\$50/person, \$100/couple

## After baby arrives...

### INFANT MASSAGE

A beautiful way to begin a lifelong relationship with your baby. Come and experience some of the most intimate and deeply communicative moments a parent and newborn can have.

1 class

Location: Health & Wellness Center  
 749 Brewster Avenue, Redwood City, CA 94063

Saturdays 3:00 pm – 5:00 pm

Jan. 13	May 19	Sept. 15
Feb. 10	June 16	Oct. 13
Mar. 10	July 21	Nov. 10
Apr. 21	Aug. 18	Dec. 8

\$28/family

## NEW PARENTS SUPPORT GROUP

A drop-in group designed to address early child and parent development issues, reduce isolation, and provide a foundation for asset building skills. A forum for new parents to share their experiences and “survival strategies” during this eventful first year.

Location: Health & Wellness Center  
 749 Brewster Avenue, Redwood City, CA 94063

Newborn to 5 months: Wednesdays  
 6 to 9 months: Thursdays  
 10 to 13 months: Fridays

9:30 am – 11:30 am

FREE

### LACTATION EDUCATION CENTER

Our team of caring professionals from the Lactation Center are there to help new parents during those crucial early weeks in the life of a new baby.

#### Calm Line

For advice about breastfeeding call our **Calm Line** at (650) 367-5597, which is answered by Lactation-trained RNs.

FREE

#### Family Room

Our popular Family Room is available weekdays from 9:00 am to 5:00 pm for you to feed and weigh your baby. You will find literature and videos available here.

FREE

#### Private Consultations

Our Lactation-trained RNs are available for private consultations by appointment. Please call (650) 367-5597 to schedule your consultation.

#### Beautiful Beginnings Boutique

Our Beautiful Beginnings Boutique offers a variety of breastpumps, bras, and breastfeeding supplies for purchase. Medela breastpumps are available for rental.

## How to reach us:

### SEQUOIA HOSPITAL

170 Alameda de las Pulgas  
 Redwood City, CA 94062  
 Phone: (650) 369-5811  
 www.SequoiaHospital.org

### SEQUOIA HOSPITAL HEALTH & WELLNESS CENTER MATERNITY EDUCATION PROGRAMS

749 Brewster Avenue  
 Redwood City, CA 94063  
 Phone: (650) 368-BABY (368-2229)  
 Fax: (650) 367-5664

### SEQUOIA HOSPITAL HEALTH & WELLNESS CENTER LACTATION CENTER

749 Brewster Avenue  
 Redwood City, CA 94063  
 Phone: (650) 367-5597  
 Fax: (650) 367-5664

## MATERNITY & FAMILY PROGRAMS



2007



**S**UPPORTING FAMILIES means being there every step of the way. From prenatal yoga to lactation support, Sequoia Hospital is here for you from the moment you know you are pregnant until long after you go home.

## Before baby arrives...

### NEW! SEQUOIA HOSPITAL WEEKLY PARENTING EMAIL NEWSLETTER

As an expectant parent, you're faced with a bewildering array of pregnancy and parenting information—books, magazines, television, and the well-meaning advice of friends and family. It's difficult to know how to sort it all out. Now OB patients at Sequoia Hospital have a trusted resource to guide them through pregnancy and the first year of their baby's life: the Sequoia Hospital weekly parenting email newsletter.

This free weekly email service for expectant and new parents includes customized information, news, and resources—as well as announcements from our parent education staff, access to hospital classes, and tour information—all delivered to your inbox. Sign up now and receive your free weekly parenting email tailored to your personal week of pregnancy and then the age of your newborn: [www.SequoiaHospital.org/parentingemail](http://www.SequoiaHospital.org/parentingemail)

### LABOR & DELIVERY TOURS

Before giving birth, you are invited to familiarize yourself with Sequoia's home-like Birth Center. Visit the private rooms, which encourage togetherness of the entire family. You will have an opportunity to view the technically advanced facility and to ask questions.

Location: Main Lobby, Sequoia Hospital  
170 Alameda de las Pulgas, Redwood City, CA 94062

Call (650) 368-BABY (368-2229) for tour dates.  
By appointment only.

Free

### CHILDBIRTH PREPARATION

Expectant mothers and their partners will gain thorough knowledge of the normal, natural process of labor and birth. You will learn to use a variety of comfort measures, especially relaxation, breathing techniques and physiologic positions for labor and delivery, with an emphasis on the role of the labor partner. You will learn about potential medical interventions, including pain medications. Emphasis will be on communication with care providers and decision-making. You will learn to identify the basic needs of your newborn and what to expect during the postpartum period.

3 days

Location: Health & Wellness Center  
749 Brewster Avenue, Redwood City, CA 94063

Fridays 6:00 pm – 9:00 pm  
Saturdays & Sundays 10:00 am – 2:30 pm

Jan. 12–14	May 18–20	Sept. 14–16
Feb. 9–11	June 15–17	Oct. 12–14
Mar. 9–11	July 20–22	Nov. 9–11
Apr. 20–22	Aug. 17–19	Dec. 7–9

\$150/couple

### PRENATAL YOGA AND SUPPORT

Prenatal yoga is a wonderful way to prepare your mind and body for childbirth and to enhance your comfort in pregnancy. Our classes are a gentle workout that is perfect for all stages of pregnancy and levels of fitness. We focus on yoga postures for strength, tone, balance and agility. Our class also allocates time to discuss your pregnancy issues and concerns.

6 classes

Location: Health & Wellness Center  
749 Brewster Avenue, Redwood City, CA 94063

Wednesdays 6:30 pm – 8:30 pm

Jan. 3 – Feb. 7	June 20 – Aug. 1*
Feb. 14 – Mar. 21	Aug. 8 – Sept. 12
Mar. 28 – May 2	Sept. 19 – Oct. 24
May 9 – June 13	Nov. 7 – Dec. 12

\$90/person \*no class July 4

### PREPARATION FOR BREASTFEEDING

This class will introduce you to the whys and hows of breastfeeding. Learn solutions to common problems and how to read your newborn's feeding cues. Techniques will be taught to help those who will be supporting the nursing mother.

1 class

Location: Health & Wellness Center  
749 Brewster Avenue, Redwood City, CA 94063

Sundays 12:00 pm – 2:00 pm

Jan. 14	Apr. 15	July 8	Oct. 14
Feb. 11	May 6	Aug. 12	Nov. 11
Mar. 11	June 10	Sept. 9	Dec. 9

\$30/person, \$60/couple

### INFANT CARE

Recommended for expectant parents, grandparents, older siblings ages 10 and older, childcare providers and babysitters. Learn techniques for feeding, diapering, bathing, coping with a sick child, special needs and more. Includes practice using a baby doll.

1 class

Location: Health & Wellness Center  
749 Brewster Avenue, Redwood City, CA 94063

Saturdays 9:00 am – 12:00 pm

Jan. 20	Apr. 21	July 21	Oct. 20
Feb. 17	May 19	Aug. 18	Nov. 10
Mar. 17	June 16	Sept. 22	Dec. 15

\$40/person, \$80/couple

### FAMILY AND FRIENDS CPR

For expectant and new parents, grandparents, babysitters and others who work with children. Get hands-on practice in choking prevention and CPR techniques on both infant- and child-size mannequins. In addition, topics such as child safety and accident prevention will be covered.

1 class

Location: Health & Wellness Center  
749 Brewster Avenue, Redwood City, CA 94063

Saturdays 1:00 pm – 4:00 pm

Jan. 20	Apr. 21	July 21	Oct. 20
Feb. 17	May 19	Aug. 18	Nov. 17
Mar. 17	June 16	Sept. 8	Dec. 15

Mondays 6:00 pm – 9:00 pm

Jan. 8	Apr. 2	July 9	Oct. 1
Feb. 5	May 7	Aug. 6	Nov. 5
Mar. 5	June 4	Sept. 10	Dec. 3

\$50/person, \$100/couple

### PREPARED SIBLING PROGRAM

Prepares children ages 2 and older to become big brothers or sisters. This class is designed to promote the harmonious entry of your new baby into the family by familiarizing your child with newborn and hospital routines. Includes a special T-shirt, baby safety games, an art project, snacks and practice with life-sized baby dolls. At least one adult is required to attend with the child.

1 class

Location: Sequoia Hospital  
170 Alameda de las Pulgas, Redwood City, CA 94062

Saturdays 10:00 am – 12:00 pm

Jan. 13	Apr. 14	July 14	Oct. 13
Feb. 10	May 12	Aug. 11	Nov. 10
Mar. 10	June 9	Sept. 8	Dec. 8

\$40 for first child, \$15 for each additional child



Sequoia Hospital  
Health & Wellness Center

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### Sequoia Hospital Health & Wellness Center

Maternity Education Programs  
749 Brewster Avenue  
Redwood City, CA 94063  
(650) 368-BABY (368-2229)

### Sequoia Hospital

170 Alameda de las Pulgas  
Redwood City, CA 94062  
(650) 369-5811  
[www.SequoiaHospital.org](http://www.SequoiaHospital.org)