Great Expectations

PREGNANCY PROGRAM

2009 Class Schedule

PREGNANCY • CHILDBIRTH • BABY CARE

WOMEN’S HEALTH RESOURCE CENTER

2356 Sutter Street, 1st Floor, Suite J112
San Francisco, CA 94113-1750
(415) 353-2668
http://whrc.ucsf.edu/whrc/

UCSF NATIONAL CENTER OF EXCELLENCE IN WOMEN’S HEALTH is the only nationally-recognized Center of Excellence (CoE) in Northern California.

We are dedicated to transforming health and improving lives, and serve as a model of women’s health by providing innovative services through research, preventive and therapeutic care, and community and patient education. We engage women at every stage of life, from adolescence to menopause and beyond.

Our CoE Women’s Health Resource Center (CoE WHRC) supports women and their families in making informed decisions about their health and encourages them to become active partners in their care. Come visit our spacious center and enjoy reading, browsing or just relaxing in our comfortable environment.

- Library
- Mini-bookstore
- Educational materials
- Community resources
- Events, classes and conferences on women’s health topics such as menopause, incontinence and more

GREAT EXPECTATIONS PREGNANCY PROGRAM

The CoE WHRC Great Expectations Pregnancy Program is designed to provide you with a continuum of educational and support services to prepare you for pregnancy, birth and parenting.

- Classes
- Library and mini-bookstore
- Lactation supplies
- Breastpump rentals and sales
- Baby care products

For more information, to sign up for classes, or if you have questions about preparation for birth and parenting, call us. We are always happy to talk with you. (415) 353-2667.

CENTERINGPREGNANCY® PROGRAM

UCSF is introducing an exciting new way to care for women during their pregnancy. In CenteringPregnancy® prenatal groups, women:

- Spend quality time with their health provider.
- Never wait for appointments.
- Enjoy healthy snacks and refreshments.
- Discuss health concerns and expectations in a supportive setting.

Call Obstetrics and Perinatal Services at (415) 353-2566 to try it!

UCSF LACTATION CENTER

The Lactation Program, part of the UCSF Center for Mothers and Newborns, provides women and their families with supportive education and advice about breastfeeding. Lactation counseling and assistance are provided to women during their stay at the birth center. Once you are discharged, lactation support continues with available clinic appointments with a lactation consultant and referrals to our physicians and midwives as needed. Please call (415) 353-2566 for more information.

UCSF WOMEN’S HEALTH RESOURCE CENTER LIBRARY

Membership: $25 per year

Our lending library includes a substantial collection of women-centered books and audiovisual materials that address women’s health issues across the lifespan. This membership also includes a 10% discount on all Women’s Health Resource Center and Great Expectations purchases (excluding classes) as well as unlimited use of our baby weigh scale. Come in and browse!

UCSF EMPLOYEE DISCOUNT

All UCSF badgewearers will receive a special 10% discount off our products, including books, and lactation supplies. (Discount excludes classes and library memberships.)

Register and pay for classes online at:
www.whrc.ucsf.edu/whrc/

To join our mailing list, please visit http://www.coe.ucsf.edu/coe/maillist.html
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**Preconception Care**

**PREPARING FOR PREGNANCY: WHAT TO CONSIDER BEFORE YOU BECOME PREGNANT**

Learn basic information to prepare yourself and your body for an optimum pregnancy. Preconception care topics include: diet, exercise, and other lifestyle choices to consider and avoid when trying to conceive, health-related issues that can impact pregnancy, and maintaining positive emotional and physical health during your pregnancy.

**Location:** Class will be held at 2356 Sutter Street, Third Floor, Suite J308

**Fee:** One session class, $25.

**Infant Nutrition**

**BREASTFEEDING**

Learn about breast physiology, milk production, let-down, latch-on and positioning. This class teaches participants how to overcome breastfeeding challenges, problem solve and how to establish a successful breastfeeding relationship right from the start.

Class participants receive a $25 discount on breastpump purchases at the UCSF Women’s Health Resource Center.

**Location:** Class will be held at 2356 Sutter Street, Third Floor, Suite J308

**Fee:** One session class, $45.

**BREASTFEEDING AND RETURNING TO WORK**

This class is designed to provide you with practical tips and advice on continuing to breastfeed your baby while working. Topics include: preserving the breastfeeding relationship, choosing a breast pump, collecting, storing, and transporting breastmilk, exploring child-care options, and much more!

**Location:** Class will be held at 2356 Sutter Street, Third Floor, Suite J308

**Fee:** One session class, $25.

**Baby Care/Parenting**

**Surviving the First Few Months With A New Baby: Basic Baby Care**

This workshop offers basic survival techniques to care for your newborn and emphasizes postpartum care for mom. Learn about newborn characteristics, infant milestones, bathing, hygiene, diapers, diapering, crying, comforting, sleep and recognizing the signs of illness. Great for first time parents. This class is offered in a two part series or all day Saturday or Sunday.

**Location:** Class will be held at 2356 Sutter Street, Third Floor, Suite J308

**Fee:** One session class, $85.

**EMOTIONAL ASPECTS OF PREGNANCY AND POSTPARTUM: WHAT TO DO IF YOU’RE JUST NOT GLOWING**

Learn “what is normal” in terms of the emotional ups and downs of pregnancy/postpartum. This class covers who is “at risk” for pregnancy/postpartum depression and anxiety as well as how to recognize the symptoms. Participants will have the chance to ask questions and bring up concerns. This class also addresses treatment options including support groups, relaxation classes, therapy and the pros and cons of medication.

**Location:** Class will be held at 2356 Sutter Street, First Floor, Suite J112

**Fee:** One session class, $25.

To speak with an OB counselor call (415) 353-1980.
Baby Care/Parenting

INFANT/CHILD CPR
Learn vital skills to handle an emergency. This class covers recognizing an infant or child in distress, performing emergency measures to relieve airway obstruction in a choking infant or child, performing CPR on an infant or child who is not breathing or is without a heartbeat and identifying risks of preventable infant and childhood injuries. This is a great class for parents, family members and childcare providers.

Location: Class will be held at 2356 Sutter Street, First Floor, Ida’s Cafe
Fee: One session class, $40 per person.
Tuesday* classes will be held at UCSF Family Medicine Center at Lakeshore, 1569 Sloat Blvd, Suite 314 San Francisco
Note: This is not a CPR Certification course.

INFANT MASSAGE
Learn playful stretches and soothing ways to communicate through touch that will benefit the physical and emotional health of your infant. This class will cover massage techniques that can help regulate sleep for your infant and help alleviate the physical discomforts of colic, gas, and congestion. Learn how to attune to the body language cues of your baby so that you can feel more confident and self-assured in your responses as a parent. Class can be taken before or after the birth of the baby. Babies two weeks to pre-crawling babies (ten months) are more than welcomed to attend.

Location: Class will be held at 2356 Sutter Street, Third Floor, Suite J308
Fee: One session class, $45.

Expecting Twins or More

BREASTFEEDING TWINS OR MORE
This class is designed to prepare expectant mothers on how to confidently breastfeed multiples. Learn practical tips and special considerations for nursing twins or more including latch-on, positioning, establishing a plentiful milk supply, and overcoming breastfeeding challenges.

Location: Please call for class location
Fee: One session class, $45.

EXPECTING TWINS OR MORE
This one-day workshop is designed to give expectant parents basic information on raising twins or more including reassuring advice and practical considerations. Topics include important aspects of prenatal care, labor and delivery, feeding issues, and preparing home and family for the arrival of multiples.

Location: Class will be held at 2356 Sutter Street, Third Floor, Suite J308
Fee: One session class, $45.

Childbirth*

CHILDBIRTH PREPARATION: INTEGRATED METHODS
*Please bring two pillows, a blanket, and a snack to all classes.

Classes are a 4-week series (“*Please note that the December series is a condensed 3-week series”*) This class provides an overview of the stages and process of labor, breathing and relaxation techniques, support, medication options, variations in labor including cesarean birth, and immediate postpartum care for mother and baby.

Location: Class will be held at 2356 Sutter Street Third Floor, Suite J308
Fee: $155 per series.
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Childbirth (cont.)

INTENSIVE CHILDBIRTH PREPARATION
*Please bring two pillows, a blanket, and a snack to class.*
A one-day childbirth preparation workshop designed to give participants the basic tools and information in preparing for birth. This class incorporates all information from the Childbirth Preparation: Integrated Methods class in an accelerated format. Participants are sent the class packet to review prior to the class.

Location: Class will be held at 2356 Sutter Street, Third Floor, Suite J308.
Fee: One session class, $170.

CHILDBIRTH PREPARATION: BIRTH ALTERNATIVES
*Please bring two pillows, a blanket, and a snack to all classes*
Classes are a 4-week series. This class addresses the needs and interests of women who wish to have an intimate, fully involved birth experience. This class covers the basic childbirth preparation content with an added emphasis on natural delivery and making choices in response to the birth process. Labor support techniques and comfort measures from home birth and other cultures are emphasized.

Location: Class will be held at 2356 Sutter Street, Third Floor, Suite J308.
Fee: $155 per series.

PAIN RELIEF & LABOR
Learn about the pain medication options available to assist you during labor and childbirth. Discuss your concerns or questions with a UCSF Anesthesiologist.

Location: Class will be held at 2356 Sutter Street, Third Floor, Suite J308.
Fee: One session class, $40.

BIRTH CENTER ORIENTATION
Learn about the facilities and the practical aspects of arriving at the hospital when you are in labor. Sign up well in advance as tours fill up quickly.

Please call (415)353-2667 to register and for class location.
Fee: One session class, no charge.
Orientation also available online: www.whrc.ucsf.edu/whrc/gextour.html

Third Trimester Classes (6-9 months of pregnancy)

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<tr>
<th>Saturday (9:30am - 4:30pm)</th>
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<tr>
<td>Jan 24 • Feb. 21 • Mar 7, 21</td>
<td>Jan 4 • Feb 1 • Apr 19</td>
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<td>Apr 4 • May 2 • June 6</td>
<td>May 17 • June 14 • Aug 23</td>
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<tr>
<td>July 11, 25 • Aug. 8</td>
<td>Oct 18 • Nov 22</td>
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<td>Sept 19, 26 • Oct 3 • Nov 7</td>
<td>Dec 19</td>
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This class can be taken any time during your pregnancy.

MINDFULNESS-BASED CHILDBIRTH AND PARENTING (MBCP) - NEW CLASS!
The UCSF National Center of Excellence in Women’s Health in collaboration with the Osher Center for Integrative Medicine is currently offering Mindfulness-Based Childbirth and Parenting Education (MBCP). The MBCP Program is an invitation to begin or deepen the practice of mindfulness for meeting the profound changes in our bodies and minds during pregnancy, childbirth and parenting. Through mindfulness meditation, yoga, and group dialogue we will learn a way to fully live the joys and challenges of this transformative time and cultivate lifelong skills for healthy living and wise parenting. Course is a 9-week series that integrates childbirth education with mind/body skills. It includes an all-day session after the 6th week and a reunion class after the birth.

Location: Class will be held at the Osher Center for Integrative Medicine 1701 Divisadero Street, Suite 150 (at Sutter)
Fee: $550 per couple, $300 single plus $35 for materials
For more info or to register, please call 415-353-7718 or visit www.osher.ucsf.edu.

Wednesday (6:45 - 9:45 pm)
Cycle #1 Beginning Jan 13
Wednesday (6:45 - 9:45 pm)
Cycle #2 Beginning Apr 28
Wednesday (6:45 - 9:45 pm)
Cycle #3 Beginning Sep 16

THE MIND IN LABOR: WORKING WITH PAIN IN CHILDBIRTH: A ONE-DAY MIND/BODY SKILLS WORKSHOP
Based on the mind/body work at the pioneering Mindfulness-Based Stress Reduction Clinic at UMass Medical Center, this will be a day for looking deeply at pain and fear during childbirth and for cultivating tools to work with them in the process of giving birth. The workshop is an excellent complement to any childbirth education class, including refresher classes. It can also be helpful for those who anticipate a birth experience that needs special medical attention or who have had a difficult previous birth experience.

Location: Workshop will be held at the Osher Center for Integrative Medicine, 1701 Divisadero Street, Suite 150 (at Sutter)
Fee: $65 single. Partners are encouraged to attend.
Dates: Sat, Apr 11 • Sat, July 18 • Sun, Dec 6
To register, please call (415) 353-7718 or visit www.osher.ucsf.edu.
FAQ's

How early should I sign up?
Classes fill up quickly, please sign up WELL IN ADVANCE.

When do I pay for classes?
You must register for all programs in advance and payment is required at the time of registration.

What is the policy for changes/cancellations?
Class cancellations or reschedules must be given three full working days (72 hours) before the date of the class in order to receive a refund. Additionally, a one-time $25 registration fee will be charged. No shows will not receive any form of reimbursement.

How do I register?
- Register and pay online at http://whrc.ucsf.edu/whrc/
- Call (415) 353-2667
- Register and pay at the UCSF Women’s Health Resource Center, 2356 Sutter Street, First Floor, Suite J112, San Francisco, CA 94143-1750

What forms of payment are accepted?
You may pay by credit card online, over the telephone or by check through the mail.
Make checks payable to: UC Regents

Are classes reimbursed by my insurance?
Please check with your health insurance provider for reimbursement or discount information.

Can my support person also attend the class?
All class fees include two (2) people EXCEPT for Infant/Child CPR.

Where can I get more information?
Please contact us at (415) 353-2667 for more information or visit our website at http://whrc.ucsf.edu/whrc/

Other Programs and Groups

SAN FRANCISCO PARENTS OF MULTIPLES CLUB
Monthly Support Group
Call (415) 440-TWIN for more information

UCSF PROGRAM FOR FAMILIES EXPECTING TWINS, TRIPPLETS, OR MORE!
The UCSF Twins and More Program specializes in providing obstetrical care and support to women with twins, triplets or more, to make their pregnancy a positive and exciting experience. This program offers a comprehensive package of perinatal and post-partum specialized services to women pregnant with twins or more including high-risk perinatology care, first trimester combined screening for chromosome abnormalities, mental health support for issues specific to women with multiples, including post-partum depression, genetics and prenatal diagnosis services, delivery options, antenatal testing, and diabetes in pregnancy program.
Please call (415) 353-2562 if you would like to receive more information.

PRENATAL PILATES
Prepare yourself for labor and beyond. Learn to engage and strengthen your core, pelvic floor, upper body, and legs in a safe yet challenging prenatal pilates class. Discover breathing and relaxation techniques that will support your pregnancy, ease your labor and quicken your postpartum recovery.
Prenatal Pilates are offered as a group exercise class at the Bakar Fitness and Recreation Center located at the UCSF Mission Bay Campus.
To register or for more information, please contact Adrienne Chambers, Group Fitness Manager, (415) 514-4538 or email adrienne.chambers@ucsf.edu.

UCSF WOMEN’S HEALTH
We recognize that women have unique health needs that call for a different kind of care. We are pleased to offer a comprehensive array of services geared to the specific needs of women at each stage of life. We have three clinical practice sites that provide Primary Care and/or Obstetrics and Gynecology services.
For more information about UCSF Women’s Health, call (415) 353-2668 or visit our website at http://whrc.ucsf.edu/whrc/
NEW Class Packages

Try one and SAVE!

BASIC PREGNANCY PACKAGE
The Basic Pregnancy Package combines the most popular classes into a valuable package, providing savings and the essential classes every parent needs. The package includes three classes:

- Childbirth Preparation: Integrated Methods or Birth Alternatives
- Breastfeeding
- Surviving

DELUXE PREGNANCY PACKAGE
The Deluxe Pregnancy Package features all classes that prepare expectant parents for the birth experience, the first few weeks and beyond, including nursing. This package features:

- Childbirth Preparation: Integrated Methods or Birth Alternatives
- Breastfeeding
- Surviving
- Infant CPR for 1 person

TWINS OR MORE CLASS PACKAGE
- Expecting Twins or More
- Breastfeeding Twins or More

- The Art of Parenting Twins by Patricia Maxwell Malmstrom and Janet Poland

Unique Baby Gifts
Whether a new baby will be arriving soon at your home or the home of a friend or relative, help Mom get ready with special baby readiness packages from the UCSF Women’s Health Resource Center.

For more information on gift packages call the Women’s Health Resource Center at: (415) 353-2667.

Welcome UCSF Baby Gift Set
The Welcome UCSF Baby Gift Set provides adorable, but practical essentials for the new baby.

- Baby Cap* $7
- Baby T-shirt* $13

*Items embroidered with UCSF logo. Items are available in blue and pink.

The Nursing Mother’s Starter Kit
The Nursing Mother’s Starter Kit provides the basic essentials for getting breastfeeding off to a good start including:

- PureLan ointment
- Disposable cotton nursing pads
- The Nursing Mother’s Companion by Kathleen Huggins
- My Brest Friend Feeding Pillow

The Deluxe Breastfeeding Package
Deluxe Breastfeeding Package includes everything a nursing mother needs to breastfeed comfortably. This package features:

- Purely Yours Breastpump Carryall
- PureLan ointment
- Disposable cotton nursing pads
- The Nursing Mother’s Companion by Kathleen Huggins
- My Brest Friend Feeding Pillow

- $60 Save $6
- $296 Save $10
- $15.95 Save $4
Breastpump Sales Program

For women who prefer to purchase a breastpump, the Great Expectations Pregnancy Program sells a variety of pumps to accommodate different needs and situations. Ask us about new innovations in pumping and other products that may be available. We also have a variety of replacement pieces for the Medela and Ameda Pumps. **Breastpumps can not be returned.** Specific products and their rates are listed below. All prices are subject to change and do not include sales tax.

*Only 1 discount can be applied*

**AMEDA EGNEILL PURELY YOURS BREASTPUMP**
This value-packed portable pump includes microprocessor technology that offers both adjustable suction and cycle speeds for "natural" and individual comfort. It only takes a turn of the dial to adjust to a setting that closely mimics your baby and helps maximize your milk production.

**AMEDA PURELY YOURS CARRYALL**
A portable breastpump that simulates a baby’s nursing pattern, with adjustable suction and cycle settings. This lightweight and compact pump may be operated using either an AC adapter, car adapter, or AA batteries. Includes compartmentalized tote bag for the complete system. All pieces included.

**AMEDA PURELY YOURS BREASTPUMP WITH BACKPACK**
A portable breastpump that offers both adjustable suction and cycle speeds to feel both natural and comfortable. This lightweight and compact pump may be operated using either an AC adapter, a car adapter, or AA batteries. Includes compartmentalized backpack for the utmost flexibility and up-to-date styling. All pieces included.

**MEDELA PUMP IN STYLE ADVANCE SHOULDER BAG**
Portable breastpump with breakthrough 2-Phase Expression technology. 2-Phase Expression is an advanced pumping pattern that mimics a baby’s nursing rhythm by pumping in two distinct modes. Features a one-touch ‘let-down’ button designed for maximum flow, customized pumping with adjustable speed and vacuum control, and a stylish shoulder bag that contains everything you need to pump. All pieces included.

**MEDELA FREESTYLE HANDS-FREE BREASTPUMP**
Portable breastpump with breakthrough 2-Phase Expression technology. 2-Phase Expression is an advanced pumping pattern that mimics a baby’s nursing rhythm by pumping in two distinct modes. Features a one-touch ‘let-down’ button designed for maximum flow, customized pumping with adjustable speed and vacuum control, and a stylish shoulder bag that contains everything you need to pump. All pieces included.

*Medela product images used with permission of Medela, Inc., McHenry, IL.*