January-June 2020

Great Expectations
childbirth | baby care | breastfeeding

UCSF Women’s Health Resource Center
UCSF is the only nationally designated Center of Excellence in Women’s Health in Northern California.

With a mission to transform health and improve lives, we provide 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 UCSF National Center of Excellence in Women’s Health, Women’s Health Resource Center (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 us at our Mission Bay or Mount Zion locations and enjoy reading, browsing or just relaxing in our comfortable environment.

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

- Baby care products
- Breastpump rentals
- Support Groups
- Prenatal & postpartum classes
- Lactation supplies

For more information, to sign up for classes, or if you have questions about preparation for birth and parenting, call us at (415) 353-2667 or (415) 514-2670. We’re always happy to talk with you.

Visit our website: womenshealth.ucsf.edu/whrc or to pay online: whrcportal.ucsf.edu

Classes fill up, register early.
A UCSF Great Expectations participant praises of UCSF prenatal care and I have been singing the clinic–thank you! A friend is looking for facilities–to checking in at the lactation our child was born---from the tour of the for us when we were expecting and after "You were such a wonderful resource to me and my partner's role. Techniques to overcome breastfeeding challenges and establish a successful breastfeeding relationship right from the start are also covered. Support persons are encouraged to attend. Breastfeeding Basics (B) Along with the basic overview, learn to recognize potential difficulties and when to seek additional assistance. Fee: $75, One session class, 6:00-9:00 pm Breastfeeding and the First Few Months (Intensive) The basics of breastfeeding are covered and you will also learn practical tips for the first few months of breastfeeding, including insights for the work environment. Fee: $110, Saturday or Sunday, 9:30 am-2:30 pm Breastfeeding Twins or More This class is designed to prepare expectant mothers how to confidently breastfeed multiples. Learn practical tips and special considerations for breastfeeding twins or more including latch-on, positioning, establishing a plentiful milk supply, and overcoming breastfeeding challenges. Fee: $75, One session class, 6:00-9:00 pm

Note: Please bring two pillows, a blanket and a meal to Childbirth Preparation classes. We recommend that you sign up EARLY, and take after 20 weeks. Fees are priced for two people.

UCSF Employee Discount All UCSF badge wearers (staff, students, faculty, etc.) receive a special 15% discount on our products, including books and lactation supplies (discount excludes: classes, breastpump rentals and library memberships).
## Parenting/Baby Care

### Parenting During the First Few Months

The workshop offers basic baby care and 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. For great for first-time parents.

- **Fee:** $110 per series, Two-part series 6:30-9:00 pm or Saturday or Sunday, 9:30 am-2:30 pm
- **Notes:** Taught without babies.

### Expecting Twins or More

This evening 3-hour 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. Recommended after 20 weeks.

- **Fee:** $75, One session class, 6:00-9:00 pm

### Infant CPR

Learn vital skills to handle an emergency. The two hour 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. Note: This is not a CPR Certification course.

- **Fee:** $110, One session class, 11:00 am-1:00 pm or 2:00-4:00 pm

## Self-care

### The New Nest: From Partners to Parents (PP)

Discover how the birth of a baby alters your partnership.

- Common relationship stressors that arise after the baby's birth
- How to prepare your relationship for the life change of parenthood
- Helpful family and postpartum resources

- **Fee:** $45, One session class, 6:00-7:30 pm

### The New Nest: Emotional Aspects of Pregnancy (EA)

Learn how pregnancy can impact your emotional well-being and how to care for yourself.

- How to recognize signs and symptoms of common maternal mental health concerns, like anxiety and depression
- Emotionally caring for yourself during pregnancy
- Helpful psychological resources to help you navigate pregnancy and new motherhood

- **Fee:** $45, One session class, 6:00-7:30 pm

## Birth Center Tour

Learn about the facilities and the practical aspects of arriving at the hospital when you are in labor. Call (415) 353-2667 or (415) 514-2670 for recent updates on tour dates and times.

Alternatively, you can view the video at: womenshealth.ucsf.edu/whrc

Due to hospital policy, children are not allowed on the tour. The In-person tours are elective.

## All UCSF Great Expectations classes and programs are facilitated by specialists, certified and trained educators.
Classes fill up, sign up early!

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<tr>
<td>MILK 2:00 MB</td>
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<td>The Afterglow 6 11:30 MB</td>
<td>Pain Relief &amp; Labor 6:30 MB</td>
<td>MILK 11:30 MZ</td>
<td>MILK 11:30 MZ</td>
<td>Parenting 9:30 MZ</td>
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**U.C.S.F. MILK Support Group**

Mother & Infant Lactation Cooperative

A weekly breastfeeding support group. Moms and babies ranging in age from newborn to six months old are welcome. Share your experiences and learn how other mothers are adjusting to the demands of motherhood. Get your questions answered with evidence-based lactation information. Facilitated by Holly Coates-Bash, MSW, IBCLC, Renée Tavares RD, IBCLC., and Sarah Quigley, MA, IBCLC.

**Fee:**

More information is available on our website at: womenshealth.ucsf.edu/wrhc

"Before attending the group, all I knew is that I wanted to breastfeed... I came for the first time with my 3-day old baby and attending the group not only increased my confidence in breastfeeding, but transformed my transition into motherhood." — MILK participant

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**Great Expectations 2020**

**Pumping & Returning to Work (PRW)**

This postpartum class teaches practical tips and advice on transitioning to the world of working, while pumping and continuing to breastfeed your baby. Topics include: preserving a breastfeeding relationship, maintaining your milk supply, pumping schedules, collecting/storing/transporting breastmilk, bottle feeding, problem solving, creating a supportive work environment for the breastfeeding mom, and more. Individualized suggestions are provided for each participant. Support persons are encouraged to attend and babies are welcome.

**Fee:** $45, One session postpartum class, 6:30-8:30 pm

**The Afterglow**

A postpartum support group for new mothers taken after your baby is born. In this six-week postpartum support group, new mothers, along with their babies, gather to share their experiences and support one another in their new days of parenting. During this group, participants will learn about the "Baby Blues" and the emotional changes that can occur after childbirth. They will practice self-care, relaxation techniques, including yoga, which is clinically proven to reduce stress and increase mom's well-being. They will also discuss the highs and lows of motherhood in a supportive space and connect with other new mothers. Facilitated by Melissa Whippo, LCSW & Juli Fraga, Psy.D.

**Fee:** $150 per series, Six sessions per series, 11:30 am-1:00 pm

**Infant Massage Postpartum (P/D) (3 wks-10 months)**

Baby's three weeks to pre-crawling (10 months) are welcome to attend. Review techniques taught in the prenatal Infant Massage class with your newborn. The focus is primarily on you and your baby. It is also an opportunity to ask questions about the different techniques you have been practicing. Some areas covered:

- A full body massage (including additional techniques and playful stretches for older infants)
- Massage techniques to support your baby's physical development
- Techniques to help with gas, colic and digestive pain
- Calming techniques to soothe a fussy or tired baby
- Techniques to address discomfort or ear ache and cold congestion

**Fee:** $60, One session class, 11:00 am-1:00 pm

**Infant CPR, Parenting and Breastfeeding Basics** are classes you can also take after delivery. Note that Pumping & Returning to Work and MILK are offered in postpartum.

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**Great Expectations Educators**

Atisa Britton, MD, Carole Hanson, CCE, IBCLC, Cherry Jones, CIMI, LMFT, Holly Coates-Bash, MSW, IBCLC, Juli Fraga, Psy. D., Melissa Whippo, LCSW, Patty Lipinska, BA, ICCE, CD, Pedram Aleshi, MD, Renee Tavares, RD, IBCLC, Sarah Cardena, MPH, Sarah Quigley, MA, IBCLC, Shanda Marion
Fitness during Pregnancy

**Prenatal Yoga**

In prenatal yoga, the poses are specifically designed to alleviate common pregnancy discomforts such as back pain, nausea, and fatigue while strengthening the body and increasing the flow of circulation. Pre-registration is recommended. The class is led by Melissa Whippo, LCSW

As a courtesy to the instructor and other students, please arrive by 12:15, late arrivals are not permitted.

**Fee:** $15 per person, One session class, 12:00-1:00pm, Thursdays

Mission Bay campus in the Betty Irene Moore Women’s Hospital, 1855 4th St., 3rd Fl. A3473

“Afterglow gives me a safe place to share feelings and thoughts during postpartum. It’s a space where moms get together in an environment led by compassionate and qualified professionals; a time where I don’t feel isolated with what I’m going through, good or bad, which carries me through the rest of the week.”

—UCSF Great Expectations participant

Other Programs and Groups

**Legal Aid at Work Free Counseling**

**Pregnant? A New Parent? Working?**

Receive information about job-protected time off work, pay during leave, and pregnancy and lactation rights in the workplace. Legal Aid at Work will provide confidential assistance. The FREE consultations and workshops will take place once a month at Mount Zion and Mission Bay. *Days and times are subject to change.*

Fridays, 1:30-3:00pm
The UCSF Women’s Health Resource Center at Mount Zion, 2356 Sutter Street, 1st Floor, Ida’s Café

Wednesdays, 1:30-3:00pm
The UCSF Women’s Health Resource Center at Mission Bay, 1855-4th Street, 3rd floor, Rm A3473

Questions? Contact Bertina Lee, (415) 613-8929 or bertina.lee@ucsf.edu.

Register online: Select Free Pregnancy and Parental Leave Workshop: whrcportal.ucsf.edu/whrcmember/ClassEnrollment.aspx

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**Marin Parents Of Multiples Club**

www.mpomc.org

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**Classes fill up, sign up early!**
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**MAY**

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<td>SUN 3</td>
<td>Infant Massage P/P 11:00 MB</td>
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| MON 4 | MILK 2:00 MB  
Breastfeeding (B) 6:00 MB |
| TUE 5 | The Afterglow 5 11:30 MB  
MILK 11:30 MB  
Breastfeeding (B) 6:00 MB  
Childbirth Prep 1 6:00 MB |
| WED 6 | THU 7 | Prenatal Yoga 12:00 MB |
| FRI 8 | SAT 9 | Breastfeeding (Intensive) 9:30 MB  
Parenting 9:30 MB |

**JUNE**

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| SUN 10 | MILK 2:00 MB  
The New Nest PP 6:00 MB  
Parenting 1 6:30 MB |
| MON 11 | TUE 12 | The Afterglow 6 11:30 MB  
MILK 11:30 MB  
Breastfeeding (B) 6:00 MB  
Childbirth Prep 2 6:00 MB |
| WED 13 | THU 14 | Prenatal Yoga 12:00 MB |
| FRI 15 | SAT 16 | Breastfeeding (Intensive) 9:30 MB  
Parenting 9:30 MB |

The best thing is building community with other new moms, spending the time to mentally prepare for birth and motherhood. - UCSF CenteringPregnancy® Healthcare Patient
UCSF offers an exciting and comprehensive way to receive group prenatal care with expectant moms who share similar due dates. Spend quality time building community and networks with other moms while receiving quality prenatal care and health education with your prenatal care provider.

- Discuss health concerns and expectations in a supportive setting.
- Enjoy healthy snacks and refreshments.


Visit womenshealth.ucsf.edu/whrc to view our video and to learn more.

Join a group, contact the CenteringPregnancy® Healthcare Coordinator at centeringpregnancy@ucsf.edu, or call 415.919.7297.
Breastpump Rentals

Hospital-grade electric pumps are available for use during your hospital stay and for rent once you leave the hospital.

All rentals require a $50 credit card deposit for security and cleaning which will be charged at the time of rental. The breastpump must be thoroughly cleaned and in good condition upon return to be refunded the $50 deposit. For questions about pumps/pump availability, please call Great Expectations at (415) 353-2667 or (415) 514-2670.

Rental fees do not include deposit or purchase of any accessories.

### Frequently Asked Questions

#### When should I take classes?

**During Pregnancy:**
- Birth Center tours: It’s recommended that the guided walking tour be taken around 34 weeks and enrollment is available within 90 days of your due date. Sign up well in advance, as they book up early. Note: Registration is limited to two people per tour. Due to hospital policy, children are not allowed on the tour.
- Childbirth Classes/Parenting/Breastfeeding/Pain Relief (28 weeks and beyond)
- Expecting Twins/Breastfeeding Twins (20 weeks and beyond)
- Prenatal Yoga
- The New Nest/Infant Massage (Prenatal)/Infant CPR (20 weeks and beyond)

**After Delivery/Postpartum:**
- Infant Massage (Babies 3 weeks to 10 months)
- The Afterglow/MILK Lactation Support Group (Babies up to 6 months)
- Pumping & Returning to Work (PRW) (4-6 weeks before returning to work)

#### When should I register for classes?

Classes fill up 2-3 months before the class start date. Childbirth, Breastfeeding and Parenting one-day/weekend classes and Birth Center Tours are first to fill up. 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. Register and pay online at https://whrcportal.ucsf.edu/whrcmember/ or call (415) 353-2667/(415) 514-2670.

#### What is the policy for rescheduling classes?

Due to the high demand, classes fill up quickly. All clients must reschedule no later than five business days before the date of the class.

#### What is the policy for cancellations?

Class cancellations must be made five business days before the date of the class in order to receive a full refund. Additionally, if a cancellation is made less than five business days prior to the class, a one-time $25 registration fee will be charged per class.

### How do I register?

Register and pay online at https://whrcportal.ucsf.edu/ or call (415) 353-2667 or (415) 514-2670. Come in person to the UCSF Women’s Health Resource Center, at Mount Zion: 2250 Sutter Street, First Floor, Suite J112, or Mission Bay: 1655 4th Street, Suite A3473.

#### What forms of payment are accepted?

You may pay by credit card online or over the telephone (Visa, MasterCard, Discover, or American Express are accepted). Financial assistance available for those inquiring.

#### Are classes, pump rentals or pump purchases reimbursed by my insurance?

Great Expectations does NOT work with insurance companies. Please check with your health insurance provider for reimbursement or discount information.

#### Can my support person also attend the class?

Yes. UCSF’s Great Expectations Program encourages support persons to attend classes. ALL class fees include two (2) people (with the exception of the Prenatal Yoga and Afterglow class, which covers only one person). If you have more than one support person, they will need to pay for an additional enrollment.

#### Are nursing (or other students) allowed to observe a childbirth class?

Yes. UCSF’s Great Expectations Program encourages support persons to attend classes. All class fees include two (2) people (with the exception of the Prenatal Yoga and Afterglow class, which covers only one person). If you have more than one support person, they will need to pay for an additional enrollment.

**Note:** Registration is limited to two people per tour. Due to hospital policy, children are not allowed on the tour.

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#### Where can I get more information?

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**Breastpump Rentals**

**Ameda Platinum**

Ameda Platinum has separate, soft-touch, push-button vacuum and cycle controls, so it does not make decisions for mothers or limit their choices. Well-lit LCD displays include a timer that makes following pumping protocols easier day and night.

- **Weekly Rentals** $26.75 plus tax, per week
- **Monthly Rentals** $105 plus tax, per month

**Ameda Elite**

Ameda Elite has separate vacuum and cycle dials that lets mothers “follow their flow” to find their own most effective pump settings every time. It is convenient to carry and easy to clean and operate. It can be used for single or double pumping.

- **Weekly Rentals** $24.75 plus tax, per week
- **Monthly Rentals** $99 plus tax, per month

**Medela Symphony**

The first breastpump with 2-Phase Expression® technology which is proven to achieve faster milk ejection and faster milk flow.* It is efficient and comfortable with unique overfill protection. Features double or single pumping, one knob control and whisper quiet operation.

- **Weekly Rentals** $24.75 plus tax, per week
- **Monthly Rentals** $99 plus tax, per month

*Pumps returned early will not receive a pro-rated refund.