Great Expectations
childbirth | baby care | breastfeeding

July-December 2019

Prenatal
Postpartum Support

Birth Center Tours
Breastfeeding
Breastpump Rentals
Centering Pregnancy® Healthcare
Childbirth Preparation
Class Packages
Expecting Twins or More
Lactation Supplies
Legal Counseling Workshops
Outpatient Lactation Program
Pain Relief & Labor
Parenting & Baby Care
Support Groups

Women’s Health Resource Center
WHRC2@ucsf.edu

Women’s Health Center
2356 Sutter Street, Room J112 (Mt. Zion)
San Francisco, CA 94115
(415) 353-2667

Betty Irene Moore Women’s Hospital
1855 4th Street, A3473 (Mission Bay)
San Francisco, CA 94158
(415) 514-2670

womenshealth.ucsf.edu/whrc

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
» Birth Center Tours
» Breastpump rentals
» Prenatal & postpartum classes
» Lactation supplies
» Support Groups

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.

Classes fill up, register early.
Visit our new site: womenshealth.ucsf.edu/whrc or to pay online: whrcportal.ucsf.edu
Classes fill up, sign up early!

Great Expectations Classes 2019

“...you were such a wonderful resource for us when we were expecting and after our child was born—thank you! A friend is looking for prenatal care and I have been singing the praises of UCSF...”

- UCSF Great Expectations participant

Before Delivery-Prenatal Childbirth

Childbirth Preparation: Birth Alternatives
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 birthing process. A variety of labor support techniques and comfort measures is covered.
 Fee: $190 per series, 4 classes in a series, 6:00-8:30 pm

Childbirth Preparation: Integrated Methods
You’ll receive 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.
 Fee: $190 per series and 4 classes in a series, 6:00-8:30 pm

Childbirth Preparation: Intensive
A one-day workshop designed to give participants the basic tools and information for preparing for birth. This class incorporates all information from the Childbirth Preparation: Integrated Methods class into an accelerated format.
 Fee: $200, One session class, 9:30 am-4:30 pm

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.
 Fee: No charge, One session, 6:30-8:00/7:00-8:30 pm

Breastfeeding
In our Breastfeeding classes, you will learn about breast physiology, milk production, optimal positioning for mom and baby, establishing a strong milk supply, the basics of pumping and bottle feeding, and the 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 returning to 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 nursing 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 for these classes. 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).
Classes fill up, sign up early!

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**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. 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

**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

**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 514-2670 for recent updates on tour dates and times.

Alternatively, you can view the video at: [womenshealth.ucsf.edu/whrc](womenshealth.ucsf.edu/whrc)

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

All UCSF Great Expectations classes and programs are facilitated by specialists, certified and trained educators.

**UCSF Lactation Program**
The Lactation Program provides women and their families with supportive education and advice about breastfeeding. 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.
MILK participant transformed my transition into motherhood. It not only increased my confidence in breastfeeding, but also helped me learn about the different techniques I have been practicing. Some areas covered:

- Breastfeeding (P) 6:00 MB
  - Pumping Schedules
  - Maintaining your milk supply
  - Feeding Preferences
  - Feeding/transition to bottles
  - Collecting/storing/transporting breastmilk
  - Bottle feeding
  - Problem solving
  - Creating a supportive work environment for the breastfeeding mom
  - More information available on our website at: womenshealth.ucsf.edu/wrhc

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. This six-week postpartum support group is for new moms, together with their babies, to support one another with the challenges of motherhood. During this group, participants will learn about 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.

Fee: $150 per series, six sessions postpartum class, 11:00 am-1:00 pm

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

Baby massage classes begin at three weeks postpartum and are offered to all new parents. Classes fill up, sign up early!

The New Nest EA 6:00 MB
- Prenatal Yoga 12:00 MB
- Childbirth Prep 4 6:00 MB
- Expecting Twins 6:00 MB
- Childbirth Prep 3 6:00 MB
- Childbirth Prep 2 6:00 MB
- Childbirth Prep 1 6:00 MB
- Parenting 6:30 MB
- Breastfeeding (Intensive) 9:30 MB
- Childbirth (Intensive) 9:30 MB

Note: Pumping & Returning to Work and MILK are offered in postpartum.
Other Programs and Groups

Pregnant? A New Parent? Working?

Free Legal Counseling
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.

Fridays, 1:30-3:00pm
6/14, 7/12, 8/9, 9/13, 10/11, 11/8, 12/13
The UCSF Women's Health Resource Center at Mount Zion, 2356 Sutter Street, 1st Floor, Ida's Café

Wednesdays, 1:30-3:00pm
6/19, 7/17, 8/21, 9/18, 10/16, 11/20, 12/18
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/whrcmsmember/ClassEnrollment.aspx

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

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 momi 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

Marin Parents Of Multiples Club
www.mpomc.org

classes fill up, sign up early!
Classes fill up, sign up early!

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*Great Expectations classes will resume January 2020*

The best thing is building community with other new moms, spending the time to mentally prepare for birth and motherhood. -UCSF CenteringPregnancy Healthcare Patient
We recommend signing up at around 20 weeks for classes you’ll take at the beginning of your third trimester. Fees are priced for two people.

Try one and Save!

Basic Pregnancy Package  $395 | Save $15
This Basic Package combines the most popular classes into a valuable package, providing savings and the essential classes every parent needs. The three classes included:
• Childbirth Preparation: Integrated Methods or Birth Alternatives
• Breastfeeding and the First Few Months
• Parenting During the First Few Months

Comprehensive Pregnancy Package  $405 | Save $15
The Comprehensive Pregnancy Package integrates fundamental education for birthing, lactation, and newborn care. This package is similar to the basic pregnancy package but incorporates the accelerated one-day childbirth class in place of a childbirth series. The three classes included:
• Childbirth Preparation: Intensive
• Breastfeeding and the First Few Months
• Parenting During the First Few Months

Twins or More Class Package  $158 | Save $10
• Expecting Twins or More
• Breastfeeding Twins or More
• “Mothering Multiples” by Karen Kerkhoff Gromada

Deluxe Pregnancy Package $500 | Save $20
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 and the First Few Months
• Parenting During the First Few Months
• Infant CPR

Deluxe Pregnancy Package (Intensive) $510 | Save $20
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 Intensive
• Breastfeeding and the First Few Months
• Parenting During the First Few Months
• Infant CPR

Infant Massage Package  $110 | Save $10
• Infant Massage (P/N) (0-6 weeks)
• Infant Massage Postpartum (P/P) (3 weeks-10 months)

Note: Please bring two pillows, a blanket and a meal to Childbirth Preparation classes.

CenteringPregnancy® Healthcare

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.

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: 2356 Sutter Street, First Floor, Suite J112, or Mission Bay: 1855 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.

Where are classes held?

We hold classes in 2 convenient locations: Mission Bay-Betty Moore Irene Moore Women’s Hospital, Mt. Zion-Women’s Health Center and Serramonte on Gellert Blvd.

Where can I get more information?

Please contact us at (415) 353-2667 or (415) 514-2670 for more information or visit womenshealth.ucsf.edu/whrc.

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.

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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.

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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.

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

All prices, times & dates are subject to change.