



SPOTLIGHT ON: Breastfeeding

Did you know, mothers are one of the fastest growing segments of the U.S. labor force? In 2012, 57% of all mothers with infants were employed. Working full-time outside the home is related to a shorter duration of breastfeeding. Intentions to work full-time are associated with lower rates of breastfeeding initiation and shorter duration. Support for breastfeeding can be implemented in many ways. Here are some strategies to support breastfeeding mothers and babies. [#NormalizeBreastfeeding](#).

We are Baby Friendly!



Breastfeeding Center

We invite you to visit our Health Education Center to meet with one of our specially-trained lactation consultants who can assist you with any questions, concerns or support you may need.

Walk-in hours available at both Dignity Health sites.

No appointment is necessary.

[CHSB](#)

[SBMC](#)



Prepared Childbirth 4-Part Series

The Prepared Childbirth Method is a physical and psychological preparation for childbirth
Class topics include:

- Anatomy and physiology of labor
- Breathing techniques
- Relaxation and pushing techniques
- Fetal monitoring and medications.
- Breastfeeding
- Newborn Care

[CHSB Brochure](#)

[SBMC Brochure](#)



Start your Baby on Healthy Foods

This class is aimed for parents who want to start their baby off with healthy foods to encourage a healthy lifestyle at a young age.

Class Topics Include:

- Positive feeding relationship
- Infant development and feeding skills
- Feeding baby solid foods

More details click [here](#).



Gestational Diabetes Conversation Map

This class is for pregnant mothers who have been diagnosed with Gestational Diabetes.

Class Topics Include:

- What to expect after pregnancy
- Making a plan
- Feelings about diagnosed
- Possible risks
- Caring for Gestational Diabetes

More details click [here](#).



Diabetes: What Can I drink?

Join us for this class to get ideas on Diabetes friendly drinks! This class is available in English and Spanish.

Class Topics Include:

- *Drinking Carbs
- *Drinks to Avoid
- *Alternatives to Water
- *Milk and Juice
- *Alcohol

More details click [here](#).



Stress Skills

Stress is a fact of life, and while we cannot avoid everyday stress we can learn to adjust and adapt to situations we cannot change.

Our stress management class will help you identify common stressors and provide tips and techniques to successfully reduce your stress and anxiety.

Please join us and learn how to deal with stress the healthy way while taking control of your life and well-being [More details here](#)



HEC's classes, presentations, and services

Please [click here](#) to view ALL of our upcoming events!

To register for one of our classes, please call (909) 806-1816