Beginning the Journey

At Cedars-Sinai, we are honored to partner with you throughout pregnancy, childbirth and parenting. This is an exciting time full of changes that are physical, emotional and social. Our goal is to empower families with knowledge, confidence and support throughout the transition to parenthood.

Our program offers a wide variety of informative classes. Most of our classes are taught by Cedars-Sinai women’s and children’s professionals (nurses, lactation consultants and anesthesiologists) who enjoy connecting with families preparing for parenthood. We invite all expectant parents here in the community to attend our classes, even if they’re not having their baby at Cedars-Sinai.

How to Enroll in a Class

Enrolling in our classes is easy.

To register, visit cedars-sinai.edu/prenatal

Plan to enroll in the fifth month of pregnancy, and attend class in the seventh or eighth month of pregnancy. Due to high demand, we encourage you to sign up early. Because class sizes are limited, advance registration is required. A confirmation with the date, time and location of your classes, as well as parking information, will be emailed to you. If you have questions regarding registration or our class offerings, call 310-423-5168. Office hours: 10 a.m.–6 p.m., Monday through Friday.

Baby Steps

We are excited to offer you the opportunity to connect and gain additional support on your journey into parenthood. As you prepare for childbirth and caring for your baby, you are invited to receive weekly emails with customized information, news and resources tailored to your specific stage of pregnancy. All of this is emailed to you each week for free!

To learn more and sign up, visit cedars-sinai.edu/parents
Maternity Tour
You are invited to take a complimentary tour of Cedars-Sinai’s maternity unit. The tour offers you an opportunity to become acquainted with our space, services and staff. You will be provided with information on where to go when you’re ready to give birth as well as what you can typically expect when arriving at the hospital, during your delivery and after returning home from the hospital.

Cedars-Sinai Childbirth Series
The Childbirth Series classes cover the anatomy and physiology of pregnancy, labor and birth, coping methods, medical interventions, postpartum recovery and the newborn. Classes are taught by our own labor and delivery nurses, who are also certified childbirth educators. A longer class series allows for more discussion, hands-on practice and activities. We offer a variety of class formats to meet your preferences and scheduling needs. A complimentary Maternity Tour is included with all Childbirth Series classes:
- One-Day Intensive: Meets one time for 6 hours on a weekend
- Friday Date Night: Meets one time for 5 hours
- Two-Part Series: Meets once a week over two weeks for 3 hours each class
- Three-Part Series: Meets once a week over three weeks for 3 hours each class

Childbirth Refresher
The second, or fourth time around, parents may want to review what to expect and find support with other parents. The Childbirth Refresher is a 3-hour abridged childbirth class, with an emphasis on the labor process, coping methods, recovery and changes in family dynamics. If also taking the Childbirth Series, we recommend taking the Childbirth Series beforehand to maximize your experience.

Hands On! Hands Down! Labor Comfort and Support
This 3-hour class is a hands-on labor comfort and support workshop. It’s hands down the mosthands-on childbirth class we offer. We focus on what to do during labor to cope with labor. If you are looking to learn and practice breathing, massage, positioning, medication or unmedicated birth, come learn practical techniques to help you and your partner experience your labor comfortably. This complimentary 1-hour class is led by a Cedars-Sinai anesthesiologist who specializes in helping you find peace with whatever the birth experience may bring.

Ask an Anesthesiologist: Epidurals and More!
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Breastfeeding: Birth and Beyond
As mother and baby begin their breastfeeding relationship, many questions arise. Our breastfeeding classes, taught by Cedars-Sinai lactation consultants, offer the opportunity for us to guide you through the early days and months of breastfeeding so that you’ll have quality information and support. Our hope is that every mother achieves her own personal breastfeeding goal through discussion and hands-on practice.

Baby Basics
This 2-hour class is designed for parents, grandparents and members of the community who want to learn about infant safety and CPR. This program will teach participants how to perform CPR on infants (0–1 year of age). Each student has their own mannequin for individual use during the program, enhancing their ability to retain the information and skills learned. (Please be aware that this program is not designed for participants who are seeking CPR certification or required to attend a CPR course for the workplace or a credential.)

About to Be the Parent of Multiples
This 2.5-hour class is designed for parents who are expecting the birth of more than one baby. Parents-to-be will receive practical tips and guidelines on how to care for more than one baby. We want to be sure that parents of multiples have a better understanding of how to care for their babies’ needs as well as their own.

Jewish Expectant Parent Workshop
Over the course of a 3-hour, one-time session led by knowledgeable rabbis and educators (males and females, from Orthodox to Reform denominations), you’ll have an opportunity to learn more about naming traditions, baby ceremonies and creating a safe space to explore the idea of how your family will change and much more.

Pre-Admission for Delivery
If you are planning your birth at Cedars-Sinai, you can complete your hospital registration well in advance of your due date. Pre-admission forms are available online at cedars-sinai.edu/preadmission, from your doctor or the Cedars-Sinai Admitting Office. If you have questions regarding registration, call the Pre-Admission Office at 310-677-8955.

The Cesarean Option
The Cesarean Option is a complimentary 1.5-hour class offered exclusively for mothers planning or considering an ELECTIVE cesarean birth. This class is led by our own labor and delivery nurses. Our goal is to share the pros and cons of cesarean birth with you, discuss the birth and recovery processes for both cesarean and vaginal birth, and ensure you have all the facts to make an informed choice. Mothers having a cesarean birth for medical reasons are encouraged to attend the Cesarean Birth class to learn how to optimize their cesarean birth and recovery, understand the process and address anxieties surrounding cesarean birth in a supportive environment. The VBAC 101: Vaginal Birth after Cesarean
The VBAC 101 class is for parents planning or exploring the possibility of vaginal birth after cesarean (VBAC). This 1.5-hour class offers information and support in a warm, compassionate environment. Our goal is to foster coping skills to help parents find peace with whatever the birth experience may bring.

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