



El Camino Women's Medical Group

Obstetrics, Gynecology, Infertility & Minimally Invasive Surgery

Delivering at El Camino Hospital

Registration

Please register online before 32 weeks of pregnancy:

Visit the [Maternity Admissions](#) page for information on how to make the admission process as smooth and easy as possible:

www.elcaminohealth.org/patients-visitors-guide/while-youre-here/admissions-registration/maternity-admissions

Classes

If you are interested in taking classes, we recommend taking them between 30-36 weeks with our RN educator or at El Camino Hospital. You can find our classes on our website under Resources→Childbirth and Parenting Classes. El Camino Hospital lists their classes under Stay Healthy.

You can register for as many classes as you like that you find interesting. Classes we recommend include:

- **Home & Car Seat Safety for Infants**
 - Information on how to create a safe environment for your baby both at home and while driving
- **Childbirth Preparation**
 - Comprehensive coverage on pregnancy, labor and birth and post-delivery recover. Covers relaxation and breathing techniques, the stages of labor and birth, a review of interventions such as induction, augmentation, medications and anesthesia options
 - Includes a tour of the hospital
- **Breastfeeding Preparation**
 - Overview of the first six weeks: getting breastfeeding off to a good start as well as returning to work and pumping information
 - We also have one in our office one a month
- **Baby Care**
 - Covers colic, crying, sleep patterns, development, bathing, feeding, diapering, and illnesses.
- **Maternity Tour Mountain View - Journey to Family**
 - For parents new to El Camino Hospital and not taking the Childbirth Preparation class