

# Baby U



Motherhood is a joy, but it can also be a little overwhelming. Health for Women is here to help guide you during this exciting time and teach you the things you need to know to start your life with your new baby!

Baby U offers a hospital tour and a number of different classes to prepare you for your big day and all the days to follow.

## BABY SHOWER TOUR

From our state-of-the-art “baby suites” and delivery areas, to the newborn nursery, the baby shower tour will give you a first hand look at University Hospital. Please call 358-TALK to register and schedule your tour.

## Baby U Classes

### BABY U IN A DAY

Time is hard to come by when you’re expecting, which is why University Health System offers “Baby U in a Day.” Learn about child safety seats, basic newborn care, infant CPR and home safety. This course is free for mothers delivering at University Hospital.

### BREASTFEEDING BOOTCAMP

Get breastfeeding tips and information from our lactation consultant. Visit our lactation center located in the University Hospital gift shop and learn about our breast pump rental program.

Class only taught at University Hospital.

### CHILD SAFETY SEAT 101

Learn everything you need to know about safe and responsible transportation of your child. Receive a free car seat and installation when you attend Child Safety Seat 101 along with three other Baby U courses and deliver your baby at University Hospital.

### CHILDBIRTH CLASSES

Be ready when your big day arrives! Learn all you need to know about your pregnancy and delivery.

### CHILDBIRTH CLASSES (continued)

This is not a Lamaze class. This course is \$25 for mothers delivering at University Hospital, and \$35 for mothers not delivering at University Hospital.

Class only taught at University Hospital.

### HOME SAFETY

Learn about safe toys, furniture and accessories for your children under one year of age.

### INFANT CPR OVERVIEW

Learn the basics of infant CPR and choking interventions.

### NEWBORN CARE: THE BASICS

Get essential information for those first few months of caring for your new baby.

## Registration

For registration and class information, please call either (210) 358-TALK (8255) or (210) 358-4295. Most classes are offered in English and Spanish. Our TALK representative can also help you locate an Obstetric/Family Practice Physician and/or Pediatrician/Family Practitioner.

## Other Parenting Classes

### PRECIOUS MINDS, NEW CONNECTIONS (PMNC)

PMNC is a referral program to help parents prepare for the stages of their child’s growth, development and behavior. For more information or to register, please call (210) 678-2008.

### SAN ANTONIO FATHERHOOD CAMPAIGN

This is a referral program that educates dads-to-be about their role as a father. For more information or to register, please call (210) 227-3463.

## Baby U Locations

### DOWNTOWN

University Health Center - Downtown  
527 N. Leona  
San Antonio, TX 78207  
Phone: (210) 358-TALK (8255)

### NORTHEAST

University Health System - Naco Perrin Clinic  
4020 Naco Perrin  
San Antonio, TX 78217  
Phone: (210) 358-4295

University Health System - Kenwood Clinic  
302 Dora  
San Antonio, TX 78212  
Phone: (210) 358-4295

### NORTHWEST

University Hospital  
4502 Medical Drive  
San Antonio, TX 78229  
Phone: (210) 358-TALK (8255)

### SOUTHEAST

University Health System - Eastside Clinic  
210 N. Rio Grande  
San Antonio, TX 78202  
Phone: (210) 358-4295

University Health System - South Flores Clinic

7902 S. Flores  
San Antonio, TX 78221  
Phone: (210) 358-4295

### SOUTHWEST

University Health System - Old Highway 90 Clinic  
911 Old Hwy 90  
San Antonio, TX 78223  
Phone: (210) 358-4295

University Health System - Salinas Clinic

630 S. General McMullen  
San Antonio, TX 78237  
Phone: (210) 358-4295

University Health System - Zarzamora Clinic

4503 S. Zarzamora  
San Antonio, TX 78221  
Phone: (210) 358-4295