



**Banner Gateway**  
Medical Center

## Women and Infants Services

**B**anner Gateway Medical Center offers a wide variety of classes to prepare families for the birth of a new baby and support the family after the baby is born. Registration for all classes can be made by calling (602) 230-CARE (2273) or visiting our website at [www.bannerhealth.com](http://www.bannerhealth.com).

### **OB Orientation and Tour**

This free 45-minute class is for mothers-to-be and their support person who plan to deliver at Banner Gateway Medical Center. The tour includes Triage, Labor & Delivery and stops at the Nursery, Japanese Soaking Tub and healing garden. During the tour there is time to answer questions about registration and hospital information.

### **Childbirth Preparation**

This class is open to any couple preparing to have a baby, especially those who will deliver at Banner Gateway Medical Center. Topics include preparing for labor and delivery, stages of labor, Lamaze breathing techniques, medical option and practices and positions for labor and cesarean birth. Please bring four bed-sized pillows to each class. Multiple choices of class times on weekdays and weekends are available.

***A tour of the OB Unit is included in the classes held at Banner Gateway. Cost is \$70.***

### **Infant/Child CPR and First Aid Class**

In this class, recommended for parents, grandparents, and caregivers, participants will learn current Cardio Pulmonary Resuscitation (CPR) techniques for both infants and children, what to do if a child is choking and basic first aid. You will learn through instruction and hands on practice with infant and child mannequins. This class is taught by a Registered Nurse who is a certified CPR instructor.

***Cost is \$20. Note: A CPR course completion card is not issued for this class.***



Banner Gateway Medical Center  
1900 N. Higley Rd.  
Gilbert, AZ 85234  
(480) 543-2000

[www.BannerHealth.com/Gateway](http://www.BannerHealth.com/Gateway)

**Register today**

There are two ways to register for classes.



**Call (602) 230-CARE (2273)**



**Register online at:**  
[www.BannerHealth.com](http://www.BannerHealth.com)  
**Keyword: Gateway Childbirth**



### **Baby Care**

Prepare for the arrival of your new baby by attending this Baby Care Class. Open to expectant mothers and their support person, this class focuses on parenting skills, baby care and safety. Topics include feeding, diapering, bathing, circumcision and cord care, swaddling and comforting baby. Newborn appearance, behaviors, growth and development, and symptoms of illness are also discussed. **Cost is \$25.**

### **Breastfeeding Class**

This 2.5 hour prenatal class covers all information new mothers need to get started breastfeeding. Topics include breastfeeding techniques, nutrition, breast milk production and going back to work. Participants are asked to bring a doll or stuffed animal to class. Classes meet once a month on Mondays. **Cost is \$25.**

### **Breastfeeding Support Group**

New mothers are invited to bring their newborns and join other moms to share their experiences of motherhood. Meet new friends while learning about breastfeeding, pumping, returning to work, newborn care, growth and development, and nutrition. A baby scale is available at every class to record the latest weight of your new baby. **This free support group meets on Tuesdays. Call (602) 230-CARE (2273) for dates and times. No registration is required.**

### **Pregnancy and Postpartum Adjustment Support Group**

Are you feeling sad, anxious, overwhelmed or disconnected? We are here for you! You are not alone and you are not to blame. Come meet other new moms who will understand what you are going through. This group is free and is held on Thursday mornings at 10 a.m. Babies are welcome. No registration is required. If you have questions about this class, please call (480) 543-3050.



### **Just for Daddy**

This class is just for fathers and grandfathers. This is your time to discuss your thoughts about fatherhood with other men. The course reviews safety in the home, adjusting as a couple with a new baby and labor support. Fathers also learn diapering, swaddling and tips for the care of a newborn. **The class is open to all new fathers and grandfathers. Cost is \$25.**

### **Sibling Adjustment**

This class is designed to help young children prepare to welcome a new brother or sister. Children learn how to keep a baby safe and how to diaper and swaddle a newborn. The class includes learning games and a tour of the hospital. Students receive a Big Brother or Big Sister Graduation Certificate and activity papers to use at home. Students should bring a bear or a stuffed animal to class. **Children should be three to 10 years of age and must be accompanied by an adult. Class is held on Saturdays. Cost is \$20 for the first child, \$5 for each additional child.**

### **Babysitter and Infant/Child CPR Class**

This class will give you the skills and confidence you need to be a wonderful babysitter! This is a must for all babysitters! This 4 hour class will provide basic information about infant and child care, safety and what to do in case of an emergency, choking for infants and children, first aid, activity planning and behavior. For those between 11-17 years of age. This class is taught by a nurse and a certified CPR Instructor, however, a CPR card will not be given. Please bring a doll. **Cost is \$25. This class is held at the Banner Health Center in Gilbert.**

### **Diabetes in Pregnancy**

Pregnancy in Diabetes, also known as Gestational Diabetes, is a kind of diabetes that only affects pregnant women and occurs when the amount of sugar in the blood is too high. The best way to control blood sugar is to follow a meal plan. In this class you will learn about gestational diabetes as well as meal planning. This class is taught by a nurse and a dietitian.



**OB PRE-REGISTRATION FORM**

Complete this form in full & attach a copy of the front & back of your insurance card. We cannot process your registration if form is not complete and the copies of the insurance card are not attached.

DUE DATE: \_\_\_\_\_ LAST MENSTRUAL PERIOD \_\_\_\_\_ SSNMBER \_\_\_\_\_

**PATIENT NAME:**

LAST: \_\_\_\_\_ FIRST: \_\_\_\_\_ MIDDLE \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_ PHONE# \_\_\_\_\_

BIRTH DATE: \_\_\_\_\_ MARITAL STATUS: \_\_\_\_\_ RELIGIOUS PREF: \_\_\_\_\_

EMPLOYER: \_\_\_\_\_ OCCUPATION: \_\_\_\_\_

FAMILY DOCTOR: \_\_\_\_\_ OB/GYN: \_\_\_\_\_

**SPOUSE/LEGAL GUARDIAN NAME:**

LAST: \_\_\_\_\_ FIRST: \_\_\_\_\_ MIDDLE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_

BIRTH DATE: \_\_\_\_\_ SSNMBER \_\_\_\_\_ PHONE # \_\_\_\_\_

EMPLOYER: \_\_\_\_\_ OCCUPATION: \_\_\_\_\_

**SECONDARY EMERGENCY CONTACT (SOMEONE NOT LIVING WITH YOU OTHER THEN YOUR SPOUSE)**

NAME: \_\_\_\_\_ PHONE NUMBER \_\_\_\_\_ RELATIONSHIP \_\_\_\_\_

**PRIMARY INSURANCE INFORMATION**

**SECONDARY INSURANCE INFORMATION**

INS. COMPANY'S NAME: \_\_\_\_\_

\_\_\_\_\_

ID# \_\_\_\_\_ GROUP# \_\_\_\_\_

ID# \_\_\_\_\_ GROUP# \_\_\_\_\_

BILLING ADDRESS \_\_\_\_\_

BILLING ADDRESS \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

INS COMPANY PHONE # \_\_\_\_\_

INS COMPANY PHONE # \_\_\_\_\_

POLICY HOLDER NAME: \_\_\_\_\_

POLICY HOLDER NAME: \_\_\_\_\_

D.O.B \_\_\_\_\_

D.O.B \_\_\_\_\_

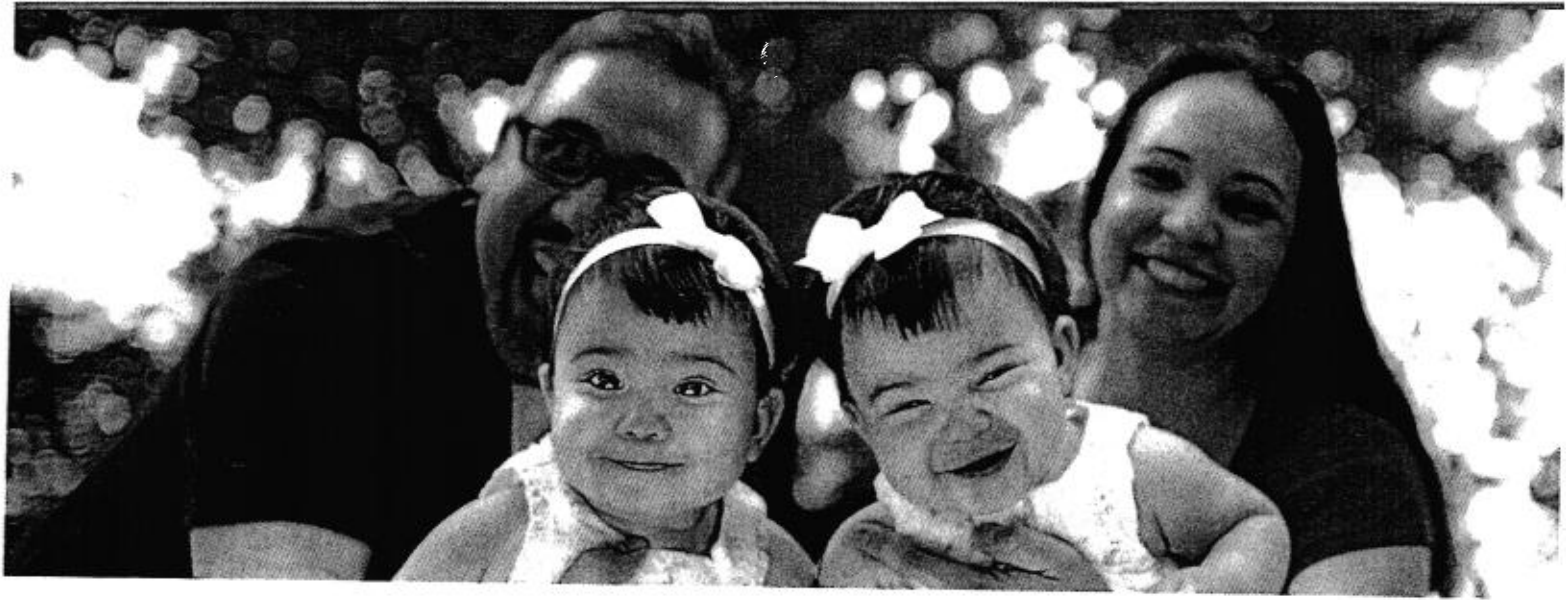
**AHCCCS:**

AHCCCS PLAN NAME: \_\_\_\_\_ ID# \_\_\_\_\_

**OB PACKAGE PLAN: "self-pay only" YES NO**

REQUEST A COPY IN OB REGISITRATION OFFICE OR CALL 480-543-2698 IF YOU HAVE ANY QUESTIONS.

Please fax the Pre-Registration Form to: Banner Gateway OB Registration **Fax# 480-543-2733** or mail with the envelope provided.



## **Pregnancy & Postpartum Adjustment**

**Are you feeling sad, alone, detached, anxious? We are here!**

The baby blues effect 75-80% of new Moms. You may feel mild depression one moment and feel happy the next, this usually lasts 2-3 weeks. For 15% of Moms it will not go away after the first few weeks and will develop into a mood disorder. You may feel increased anger, worsening fears, thoughts of not being a "good" Mom, isolation, feelings of trauma from birth, and not connecting with baby. Remember....

- You are Not Alone! You are Not to Blame!
- And with Help you will Get Better!

Where: Banner Gateway Medical Center, 1900 N. Higley Rd. Gilbert AZ 85234. \*No cost or registration

When: Thursday's 10-11:30 am and the 2nd Tuesday each month 6-7:30 pm. Partners and Babies Welcome

Call Michele Stanley RN 480-543-3050 or email [Michele.Stanley@bannerhealth.com](mailto:Michele.Stanley@bannerhealth.com) for questions

**Pregnancy & Postpartum Adjustment Support Group**



Banner Health.

## **Banner Gateway Medical Center**

1900 N Higley Rd., Gilbert, AZ 85234

Main Phone: (480) 543-2000

Dear Patients, Banner Gateway Medical Center is pleased to offer a free digital copy of  
***Your Childbirth Experience: Pregnancy & Newborn Guide Handbook***

### **eBook Link (English):**

<https://www.bannerhealth.com/services/maternity/support>

### **eBook Link (Spanish):**

<https://user-1mbmgix.cld.bz/Banner-Health-Your-Childbirth-Experience-Spanish>

## **Other Helpful Information**

### **Pregnancy Related Support Groups, Classes, and Events:**

<https://www.bannerhealth.com/calendar>

Phone: (800) 230-2273

### **Online Registration:**

<https://access.bannerhealth.com/OnlineRegistration/>

### **Billing:**

<https://bhbillpay.webview.com/>

Phone: (888) 543-3806

### **MyBanner – Patient Secure Portal Registration:**

<https://mybanner.iqhealth.com/self-enroll/>

Phone: (480) 684-6000