

Childbirth and parenting resources at Hillsboro Medical Center

Healthy Beginnings Program

A Healthy Beginnings ambassador will introduce you to our Women's and Children's Center and answer questions about our services. There is no cost for the program. Provider referral is required.

Childbirth Preparation

Learn about labor and delivery, coping with contractions, comfort measures, pain management and medication--all geared to enhance your birth experience. In-person and virtual classes are available.

Breastfeeding Basics

Everything you need to know to get breastfeeding off to a good start including feeding cues, positioning, latch, pumping, benefits of breastfeeding and how partners can support breastfeeding. In-person and virtual classes are available.

Infant Care Calming Massage

Learn about newborn development and behavior, infant feeding and hunger cues, comfort techniques, diapering, bathing, safe sleep, self-care for new parents, and parent-infant bonding. In-person and virtual classes are available.

Newborn Sleep

Know the science behind those unpredictable naps and frequent wakeups. Learn about sleep cycles, explore common sleep challenges and practical tips to establish healthy sleep habits.

Comfort Measures: Creating Balance for an Easier Birth

Learn how your body works during labor and the tools that work best for you and your baby. Explore movement, vocalization, relaxation, massage, hydrotherapy, and more.

Baby Club

A weekly support group for new parents. Discussion topics may include newborn development, sleeping and eating behaviors, and lifestyle changes after baby. There is no cost to participate.

Braner Family Safety Resource Center

Part of the OHSU Doernbecher Injury Prevention program, the center offers safety education and resources. Services include car seat education, home safety and infant safety consultations. Contact the Braner Family Safety Resource Center at 503-418-5666.

<https://tuality.org/community-education-category/childbirth-parenting/>



We offer a range of birthing and parenting education classes and resources to help you welcome your new baby into the world.

503-681-1628

classes@tuality.org

Interpreters available in any language.

