This is a popular solution for the parents-to-be with tight schedules. Learn about childbirth and those beginning days of postpartum care. A demonstration of breathing and relaxation techniques is given for you to practice at home. This accelerated workshop is designed to provide couples with the fundamentals of labor and birth, strategies for coping, and developing a personal plan for their labor and birth experience.

Class discussion includes:
- Prepare for all aspects of birth from knowing when to leave for the hospital to recovery after your baby is born.
- Pushing stages, birth process, postpartum recovery
- c/section birth and expectations of immediate postpartum recovery.
- Pain management strategies – including pharmacology and epidural anesthesia
- The importance of “kangaroo care” with baby
- Some natural coping methods such as relaxation, breathing and massage is practiced
- Up to date hospital policies, procedures and common interventions, and fetal monitoring
- The importance of the partner’s role as support person is stressed, with practical suggestions and helpful techniques for each stage of labor and birth.

Most expectant parents begin this class during weeks 30-32 of pregnancy. Class is held from 9:00 a.m. – 3:00 p.m. Bring a snack if needed. A tour of the Birthing Center will be offered after the completion of class time. Registration required. One registration accommodates the expectant mother and her support person. Please wear comfortable clothing suitable for practicing movements and labor positions. Bring 2 pillows. Fee $115