Preparing For Birth
(4 Class Series)

This comprehensive program shares helpful, evidence-based information relevant to those planning to birth in the hospital. A good understanding of birth promotes more confidence and participation in decision-making with caregivers. You’ve heard labor stories, watched birth shows on television, read books, surfed the internet - and still you’re not sure what to expect, we can help.

For some expectant parents the information about childbirth is best absorbed in smaller chunks. This also gives you a chance to create friendships with other couples who are having a baby around the same time.

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, newborn assessment and 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 length is 2 hours. A tour of the Birthing Center will be included. 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 $125