This class is best for those that already have had a baby. This ‘turbo’ 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. A demonstration of breathing and relaxation techniques is given for you to practice at home.

Class discussion includes:
- Pushing stages, birth process, and postpartum recovery
- C/section birth and expectations of immediate postpartum recovery.
- Epidural anesthesia, medical pain management and medication options
- Up to date hospital policies, procedures and common interventions, and fetal monitoring
- The importance of “kangaroo care” with baby
- 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. 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 $65