

Childbirth Preparation

Four-week Class

This class occurs once a week over four weeks, providing you and your partner a detailed overview of preparation for delivery, the labor process and what to expect during postpartum.

Topics in each class include:

Class 1

- Preterm Labor
- Signs of Labor
- Coping Skills and Relaxation

Class 2

- Stages and Phases of Labor
- Labor Positions and Pushing
- Birth Film
- Coping Skills

Class 3

- Hospital Procedures
- Medications
- Hospital Tour

Class 4

- Cesarean Birth
- Newborn Characteristics and Procedures
- Postpartum Recovery

To enroll, click here for information about [in-person](#) or [online](#) classes.