

# Childbirth Preparation

## One-day Class

This one-day class will help participants prepare for labor, delivery and postpartum. With basic facts about childbirth preparation, this class is designed for busy individuals and features the following:

- Introduction
- Signs of Labor
- Stages and Phases of Labor
- Birth Video
- Labor Positions and Pushing
- Introduction to Coping Skills and Relaxation
- Hospital Procedures
- Pain Medications
- Cesarean Birth
- Postpartum Recovery
- Newborn Procedures

For more information or to enroll, click [here](#).