

Childbirth Preparation Four-Week Class

Sharp Mary Birch Hospital for Women & Newborns

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

Class 1

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

Class 2

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

Class 3

- Birth Plans
- Hospital Procedures
- Medications
- Hospital Tour

Class 4

- Cesarean Birth
- Newborn Characteristics and Procedures
- Postpartum Recovery