



Childbirth Preparation

Sharp Chula Vista Center 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**
 - Healthy 3rd trimester
 - Intro to the childbirth experience
 - Relaxation and breathing techniques
- **Class 2**
 - Labor and Delivery
 - Relaxation and Breathing techniques
- **Class 3**
 - Medications
 - Hospital Procedures
 - Pushing
 - Relaxation
- **Class 4**
 - Cesarean Delivery
 - Postpartum for mom
 - Birth run though

For more information or to enroll, click [here](#) or call 1-800-82-SHARP (1-800-827-4277).