



# Childbirth Preparation

## Four-week Class

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
- 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

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