

Childbirth Education Class

Topics to be covered:

- Pregnancy Overview & fetal growth-Importance of good nutrition
- Pregnancy exercises
- Pregnancy Warning-signs/when to go to the hospital
- Preterm Labor
- Signs that labor is near & when to come to the hospital
- Stages of labor (early labor, active, transition & pushing)
- Birth (video of a birth)
- Support during labor & what roles do we all play? (partner, family & friends, nurse & doctors)
- Breathing exercises and how it can help relax the mind and body (slow, paced, patterned)
- Comfort positions for labor
- Positions and breathing during the pushing stage
- Birth Plans and decision making for your labor and delivery
- Induction and augmentation of labor
- Medical Procedures during labor (IV, use of fetal monitor)
- Pain Control Options (IV pain medicines, epidurals, spinals, pudendal blocks)
- Medical Procedures during birth
- Reasons for cesareans (planned, unplanned, emergent)
- Reducing your risk of a cesarean birth
- Newborns
- Skin-to-Skin and the first feeding
- Breastfeeding
- Medical procedures for newborns
- Postpartum (your physical recovery from birth)

- Available to ALL pregnant women & their support partners
- Prepare for a more satisfying birth experience
- Taught by an experienced L&D Nurse and Lactation Consultant