

Who Should Take Childbirth Classes?

First-time Moms & Dads who might like to be more informed about the labor & delivery experience. Support persons such as your mother, sister or a friend are welcome to attend with you. A review course for second or third time parents is also available.

When in my pregnancy should I go to these classes?

We will help you to sign up for the classes when you are around 20 weeks pregnant. We recommend you start the classes between 28 and 34 weeks pregnant. Space is limited so we urge you to sign up and reserve your spot early.

Are the classes really necessary?

For most pregnant women, even if you already have a child, the labor and birth process can be both overwhelming and joyful. Many women and their partners have questions about what will happen during the last weeks of pregnancy and may even have fear when it comes to going into labor and giving birth. Because of this we have developed a class for our patients where you can gather information and lessen your anxiety. We also want to help your partner know how to assist and support you during this process.

When and where are the classes offered?

A series of 4 classes are held on Thursday evenings from 6:30 to 9 PM. The Classes are in the same building as your office appointments. There is a classroom in the upstairs part of the AOG building.

What benefits will I gain from attending these classes?

- ~ They will build your confidence in your body's ability to give birth.
- ~ Your fears will be decreased about labor and birth through education.
- ~ Your support person will be taught about childbirth & how to support you on the big day.
- ~ You will learn your pain relief options including relaxation, breathing, medication & epidurals.
- ~ A Le Leche League representative will be at one of the classes to discuss breastfeeding.
- ~ You will have an opportunity to talk with a local pediatrician about newborn care.

What if I can't attend?

If you cannot attend a series of classes we urge you to purchase a \$10 Manual that you can review at home. The manual is interactive with the internet and you can work at your own pace. It offers you a nice alternative if you are unable to actually attend classes. If you are interested in this option, please ask for more details.