

Basics of Childbirth Education and Relaxation for Birth – Virtual

These five-week virtual (Zoom) sessions meet on consecutive Tuesdays from 6 – 8 pm. The virtual classes include basics of childbirth education, breathing techniques, and relaxation for pregnancy birth and beyond, the last session covers newborn care and infant feeding information. Classes are taught by Certified Childbirth Educator Ann Buscemi, ICCE CHT.

Our Childbirth Education course covers:

- Physiology of normal birth
- Non-medical and medical comfort measures for labor and birth
- Cesarean birth
- Standard hospital procedures during labor, birth and early postpartum
- Relaxation tools for birth and beyond
- Partner preparation for birth support and more

2026 schedule

Tuesdays, from 6 to 8 pm:

- September 15, 22, 29, October 6, 13
- November 10, 17, 24, December 1, 8

Where

Via Zoom (link will be emailed to registrants)

To register

Contact obgynmidwiferyprograms@cooleydickinson.org and include the start date of the session for which you'd like to register. After you register you will receive a confirmation email with the Zoom link for all the classes in the series. You will also receive a reminder email the week before the series starts. Save this Zoom link as it is needed to be able to attend your classes.

And if you are looking for a refresher on Infant Feeding and Self Care in the Fourth Trimester, but don't want the full Childbirth Course, check out our one-night Fourth Trimester Class (which is the final session in each Childbirth Course).