

Childbirth Education Classes

Our childbirth education class is designed to help expectant parents prepare for childbirth and early parenthood and includes a virtual hospital tour. The class is taught by registered labor and delivery nurses and certified childbirth educators and covers:

- The stages of labor, birth and postpartum
- The signs of labor
- When to come to the hospital
- Breathing and relaxation exercises
- Strategies to help cope with labor
- Medical interventions including anesthesia, Cesarean birth and induction of labor
- Immediate postpartum care
- Immediate newborn care during the hospital stay

About the Classes

Classes are held at Mass General on Saturdays and Sundays and are open to all Mass General obstetrical patients who are at least 32 weeks pregnant or postpartum at the time of class, along with their partner or support person. They include a virtual hospital tour and a lunch break.

Please note: In cases of severe weather, class may be cancelled on short notice. Please check this website or call [617-726-2000](tel:617-726-2000) pager #28533 for the latest update. If class is cancelled, we will try to reschedule you into another class if there are available openings. Otherwise, we will refund your registration fee.

Class Dates

Classes listed in **red** are currently full. If the class you would like to attend is sold out, please email the organizer to be placed on the wait list.

- **Saturday, August 29, 7:30 am - 2:30 pm, (in-person), Status: full**
- **Saturday, September 5, 7:30 am - 2:30 pm (in-person), Status: full**
- **Sunday, September 6, 7:30 am - 2:30 pm (in-person), Status: full**
- **Saturday, September 19 7:30 am - 2:30 pm (in-person), Status: full**
- Monday, September 21, 6:00 pm - 9:15 pm (2-day, Class 1, virtual)
- Tuesday, September 22, 6:00 pm - 9:15 pm (2-day, Class 2, virtual)
- **Sunday, September 27, 7:30 am - 2:30 pm (in-person), Status: full**
- Saturday, October 10, 7:30 am - 2:30 pm (in-person)
- Sunday, October 11, 7:30 am - 2:30 pm (in-person)
- Sunday, October 18, 7:30 am - 2:30 pm (in-person)
- Tuesday, October 20, 6:00 pm - 9:15 pm (2-day, Class 1, in-person)
- Tuesday, October 27, 6:00 pm - 9:15 pm (2-day, Class 2, in-person)
- Saturday, October 31, 7:30 am - 2:30 pm (in-person)

Registration

The registration fee is \$190 per couple. One registration is for two people. If you are interested in any class date, please email smohammedkelly@mgb.org with your name, due date, name of your Mass General OB/CNM,

mailing address, and which class and date you want to attend. If you have emailed and not received a response within 48 hours, please call [617-726-2000](tel:617-726-2000) pager #28533. Once the payment invoice is ready it will be emailed to you from the class organizer.

Classes fill up quickly, so you should plan to register for a class around week 24 of your pregnancy to ensure space is available before your due date.

Childbirth Education Class Cancellation Policy

A minimum of six couples is required to run the class. If this minimum is not met, we will cancel that class at least one week before the date. If your class is canceled, you may re-register for another class of your choice. If you need to cancel, you must do so by one week before your scheduled class or you will be charged a \$90.00 cancellation fee. If you need to cancel due to a medical issue requiring hospitalization that precludes you from attending or because you have delivered your baby already, we will provide a full refund once you contact the organizer.

