

Getting Ready for Cesarean Birth

- Recommended to take class any time after 26 weeks of pregnancy.
- **Class fee: \$80**

This class is for those who have a high likelihood of a cesarean birth, or will have a planned cesarean birth. We highlight options available and help you discover your preferences for the birth of your baby. We guide you to strategize for an empowered, family-centered cesarean, offering ideas for setting the tone to experience joy, calm, and confidence with a team approach.

Class is for the pregnant person and a partner/support person. We welcome all expectant families, regardless of birthing location.

Class covers:

- reasons for a cesarean birth
- warning signs and when to seek care
- overall experience - from night before to recovery room
- hospital routines and policies, including anesthesia
- support person's role
- the first days in the hospital

Class dates and registration

- [Check class dates and availability](#)
- [Register for this class](#)

Suggested classes to accompany Getting Ready for Breastfeeding: Getting Ready for Breastfeeding & Getting Ready for Your Newborn