

Getting Ready for Your Birth Again: A Refresher

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

This class is an interactive conversation for pregnant families with prior birth experience. We explore the variations among spontaneous labor, induction, vaginal and cesarean birth. We will build upon what worked and what didn't work out so well for you before to develop strategies for a positive birthing experience. Parenting tips are shared collaboratively for smoothing the transition to a growing family.

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

Class covers:

- differences between first and subsequent labors and births
- how to stay calm & comfortable, from breath-work to epidurals
- how doctors and midwives can help, including medical pain relief, induction, and cesarean delivery
- vaginal birth after cesarean (VBAC)
- collaborative decision-making
- hospital routines and policies
- the first days in the hospital
- when to call and when to go
- warning signs and when to seek help

Class dates and registration

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