

Getting Ready for Birth Without Medication

- In-Person or Online via Zoom
- Recommended to complete class by 36 weeks of pregnancy.
- **Class fee: \$250**

This class includes all the content of the Getting Ready for Birth class but with an emphasis on strategies for birthing without medical pain relief (typically, epidural) and avoiding other common medical interventions. This 12-hour class series allows time for learning and practicing coping techniques so you can decide which ones work best for you. Medical procedures and medical pain relief are covered in a non-judgmental manner so that you can confidently create your preferences/plan and make decisions throughout your birth process.

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

Class covers:

- how your body works and how labor works
- best practices, using evidence-based information, for labor and birth
- hands-on practice of pain relief strategies and comfort tools
- how to stay calm & comfortable, from breath-work to epidurals
- how doctors and midwives can help, including medical pain relief, induction, and cesarean delivery
- collaborative decision-making
- hospital routines and policies
- 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](#)