

Getting Ready for Your Birth

- In-Person or Online via Zoom
- Recommended to complete class by 36 weeks of pregnancy.
- **Class fee: \$200**

We will explore the expected and unexpected, the wide range of normal, and the choices you may be faced with during your labor and birth. During this 7-hour class we debunk common myths and answer your questions 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
- 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 care
- Included with registration, no additional fee: Life with Baby: Easing the Transition and Mind Body Birth: Comfort Measures

Class dates and registration

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