

# Spinning Babies for Parents

- Live online, via Zoom and In Person
- Recommended to take class any time after 26 weeks of pregnancy.
- **Class fee: \$145 \*This is discounted to \$100 when you register for a birth class**

This provides clear instructions on how to use Spinning Babies® for a more comfortable and confident pregnancy and labor. Learn how to use the techniques for when labor seems long, painful or has a stall. Explore how knowing where the baby is in the pelvis, why it matters and what you can do to help your baby get in an ideal position. Together, you and your support person can use these techniques before and during labor to help "make room for baby!"

This three-hour class adds confidence and skills for the birth partner and reassurance for the birthing person.

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

Class covers:

- body balancing activities for pregnancy and labor
- tips for flipping baby to be head down in pregnancy
- positions to shorten labor and avoid medical interventions
- techniques to change baby's position for progress during labor and birth

## Class dates and registration

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