Description of Childbirth Classes

Healthy Pregnancy:
Class topics will include: exercise, nutrition during pregnancy, infections in pregnancy, discomforts of pregnancy, the no’s of pregnancy, preterm labor, warning signs, healthy tips, prenatal doctor visits, tests, and terminology.

Labor and Delivery:
Class topics will include: preparation for childbirth, signs of labor, when to come to the hospital, at the hospital, cervical exam, procedures during labor, pain management, vaginal delivery, and cesarean section.

Postpartum and Newborn Care:
Class topics will include: vaginal birth care, episiotomy care, C-section care, breast care, menstruation, postpartum depression, getting ready for baby, newborn care, safety, newborn appearance, bathing, umbilical cord care, diaper changes, feeding choices, and newborn growth and development.

Infant Safety:
Class topics will include safety measures and tips, home safety, SIDS, shaken baby syndrome, car seat safety, and CPR and Heimlich maneuver demonstration.

Breastfeeding:
Class topics will include: benefits of breastfeeding, best time to start, anatomy/physiology of the breast, colostrums, when and how, proper latch on, positions, frequency and duration, pumping, how to know baby is getting enough, and how to combat common difficulties.