

### **Preparation for Delivery and Birth**

- Childbirth Express (6 hours)
  - Virtual- \$179
  - In-Person- \$179
  - Childbirth Express provides the birthing person and their support person with essential information and support as they prepare for labor and delivery. Topics covered in class include pregnancy basics, understanding labor and birth, medication and anesthesia, the basics of Cesarean birth, and the early post-partum period.
- Childbirth Preparation
  - In-Person (12 hours)- \$249
  - Childbirth Preparation provides the birthing person and their support person with essential information and support as they prepare for labor and delivery. Topics covered in class include pregnancy basics, understanding labor and birth, medication and anesthesia, the basics of Cesarean birth, and the early post-partum period. Material is covered at a more leisurely pace and class includes time for relaxation and labor practice exercises.
- Expecting Multiples
  - Virtual (6 hours)- \$179
  - Expecting Multiples is designed for the unique needs of parents expecting twins, triplets or more. Topics covered include maintaining a healthy pregnancy, identifying preterm labor, discussion of both vaginal and Cesarean birth with multiples, information about the Neonatal Intensive Care Unit (NICU) services, basic care and breastfeeding of multiples, and discussion of the unique post-birth challenges and rewards of parenting multiples.
- HypnoBirthing (12.5 hours)
  - Virtual- \$350
  - In-Person- \$350
  - Hypnobirthing is a comprehensive childbirth class that goes through each step of labor and birth and provides the training and tools to have a more comfortable birthing experience. Class participants receive a hard copy of the book *Hypnobirthing- the Mongan Method*, professionally written relaxation scripts for home practice, downloadable audio tracks, and handouts for writing birth preferences. Participants will learn signs of labor and how to time contractions, fear release exercise, deep relaxation techniques, calm breathing methods, how the baby moves through the pelvis and optimal birth positions, labor and birth rehearsal, preparation for the birth partner to provide support to the birthing mother, natural means of induction, discussion of medical interventions, and information about golden hour and bonding with the baby.
- From Bump to Baby (6 hours)



- Virtual- \$199
- In-Person- \$199
- From Bump to Baby is an express version of our 3 most popular classes: Childbirth Express, Newborn Care, and Breastfeeding. Topics covered include: baby care basics; information on labor, birth, and early postpartum; and how to prepare for a successful, rewarding breastfeeding experience.
- Comfort Measures for Birth and Beyond (3 hours)
  - In-Person- \$59
  - Comfort Measures for Birth and Beyond focuses on non-medicated pain management options for comfort during labor. Topics covered in class include: why comfort measures?; methods of relaxation; labor positions; comfort for pushing; postpartum comfort; and labor review.
- Moving Through Labor: A 3-Hour Dancing for Birth Class (3 hours)
  - In-Person- \$40
  - This 3-hour **Dancing For Birth™** class, Moving Through Labor, offers birthing persons a unique opportunity to practice movements that will assist in progressing through each phase and stage of labor. Designed to help you prepare for labor so that moving feels intuitive, this class emphasizes the use of gravity, movement, and instinct to facilitate a smoother labor experience. In a supportive and nurturing environment, you will learn how to utilize various movements that open the pelvis, create space for the baby, and encourage optimal fetal positioning. With a focus on body-based learning, this class will empower you to connect deeply with your body and your baby, building the muscle memory and confidence needed for labor. You'll also gain strategies to continue practicing these movements throughout the remainder of your pregnancy, helping you feel more prepared and in tune with your body's needs. Guided by evidence-based childbirth education, this class will not only teach you about labor but allow you to embody it. You'll explore different labor positions, learn how to work with gravity to progress labor, and develop the confidence to let your body guide you through the birth process. \*This is not a stand-alone birthing class. Participants are encouraged to attend a full birthing class such as Childbirth Express or an Understanding Birth eClass prior to attending Dancing for Birth\*
- Moving Together for Birth (1.5 hours)
  - In-Person- \$34
  - In this body-based childbirth class, the birthing person and their supporter will learn how to work together while using gravity, movement, and instinct to promote an easier labor and birth experience. Research has shown that movement may shorten the labor process, reduce pain, and decrease the use of medical interventions. **Dancing For Birth™** partner classes offers you an opportunity to practice moving for birth! We birth in our bodies, so we need to learn about birth with our bodies. Muscle memory helps so much during labor!



Together, the birthing person and their supporter learn how to tune-into the birthing body and your baby, how to create space in your pelvis for an easier birth, how to get baby into the optimal fetal position, and how to avoid back labor. Your instructor will provide evidence-based childbirth and parenting education as you come to understand how to nurture the process of labor. Connecting helps to eliminate fears and builds confidence in your ability to give birth together. This 90-minute class allows participants to move, relax, and learn in a nurturing safe space where sharing and practicing labor positions are encouraged. \*This is not a stand-alone birthing class. Participants are encouraged to attend a full birthing class such as Childbirth Express or an Understanding Birth eClass prior to attending Dancing for Birth\*

- Understanding Pregnancy eClass- \$45
  - This interactive online class covers essential information on the baby's development, helpful tips for a healthy pregnancy, and includes partner tips throughout. Chapters covered are fetal development, medical care, nutrition, exercise, discomforts, hazards, and emotions.
- Understanding Birth eClass- \$90
  - This interactive self-paced online class will help the learner understand pregnancy, learn about labor, see how the stages of labor unfold, and discover helpful comfort techniques.
- Understanding Cesarean eClass- \$45
  - This interactive self-paced online course covers essential information about preparing for, having, and recovering from Cesarean surgery. Chapters covered are Cesarean overview, signs of labor, preparing for surgery, anesthesia, surgical procedure, recovery in the hospital, and recovery at home.

### **Preparation for Infant Care**

- Breastfeeding (3 hours)
  - Virtual- \$79
  - In-Person- \$79
  - Breastfeeding class prepares the learner for a successful and rewarding breastfeeding experience. Topics covered include latching, how to hold your baby, how often and how long to feed, and how to avoid common problems.
- Moving Through Motherhood: A Gentle Mother's Circle with Movement & Connection (4.5 hours)
  - In-Person - \$80
  - Join a nurturing circle of mothers for a restorative blend of gentle movement, mindful conversation, maternal and child health education, and community connection. This class welcomes mothers with babies in arms, carriers, or nearby who are ready to rebuild strength, release tension, and reconnect with their bodies through rhythmic movement and functional



exercises. Whether you're nurturing the baby in your arms or preparing to welcome your baby earthside, this **Dancing For Birth™** class series will guide you in tuning into your body's wisdom, finding your flow, and embracing the season of life you are in. Each session offers space to move, breathe, share, and celebrate the power of motherhood physically, emotionally, and spiritually.

- Evidence-based education related to the maternal journey, newborn, and childhood development is woven into every class, helping mothers deepen their understanding of their babies, bodies, movement, and emotional well-being throughout their maternal journey. No dance experience needed. Babies welcome. Bellies welcome. Every stage of motherhood celebrated!
- Newborn Care (3 hours)
  - Virtual- \$59
  - In-Person- \$79
  - Newborn Care introduces newborn care basics. Topics covered include what to expect from your new infant, holding and swaddling demonstrations, feeding, bathing and diapering demonstrations, and sleeping and safety.
- Parenting in Early Childhood (3 hours)
  - Virtual- \$79
  - In-Person - \$79
  - This class explores older infant and toddler development and how parents can support their child's academic and emotional success in these early years. Topics include nutrition, developmental milestones, sleep, discipline and understanding your child's temperament. The class can be taken before or after baby's arrival, as the course material covers the age range 6 months – 3 years.
- Understanding Breastfeeding eClass- \$45
  - This interactive self-paced online course covers the essentials of breastfeeding. Chapters covered include how breastfeeding works, how to breastfeed, when to feed your baby, getting enough milk, breast care, and the breastfeeding lifestyle.
- Understanding Your Newborn eClass- \$45
  - This interactive self-paced online course covers essential information for the first six weeks and beyond. Chapters covered are: newborn traits; newborn behaviors; crying and comforting; feeding; diapering; bathing and dressing; newborn health, and newborn safety.

### **Preparation for Your Family**

- Sibling Preparation (1 hour)
  - Virtual- \$20



- In-Person- \$29
- An interactive class for children ages 3 to 6 who are expecting a new brother or sister. This class touches on what it means to be a big brother or sister. Storytime and craft are completed during class.
- Grandparenting (2 hours)
  - Virtual- \$49
  - In-Person- \$49
  - Grandparenting helps you refresh your memory on infant care, learn about important parenting updates and safety practices, and discuss ways to support the new family, even from a distance.
- Understanding Fatherhood eClass- \$45
  - This interactive self-paced online course focuses on the importance of expectant dads being involved right from the start. Learn how to support your partner through pregnancy and birth, as well as survival tips for those first few sleep-deprived months with a newborn.