

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
 - Virtual (10 hours)- \$229
 - 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 Twins
 - Virtual (6 hours)- \$179
 - Expecting Twins is designed for the unique needs of parents expecting multiples. 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)
 - Virtual- \$59
 - 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.
- Dancing for Birth (3 hours)
 - In-Person- \$40
 - **Dancing For Birth™** class is a body-based childbirth education dance class. Don't just learn facts that may go in one ear and out the other—practice birthing! We birth in our bodies, so we need to learn about birth with our bodies. Muscle memory helps so much during labor! Learn how to use gravity, movement and instinct to have an easier labor and birth experience. Your instructor will provide evidence-based childbirth and parenting education as you come to understand how to nurture the process of labor. Learning to connect with your body and your baby will help eliminate your fears and build confidence in your ability to give birth. This 3-hour class allows participants to move, relax, and learn in a nurturing safe space where sharing and practicing labor positions are encouraged. Pregnant participants attend solo without their birth partner. *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- \$32
 - 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- \$49
 - 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- \$99
 - 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- \$49
 - 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.
- 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.



- **Baby's First Year and Beyond- Giving Your Baby the Best Start (3 hours)**
 - Virtual- \$79
 - In-Person \$79
 - Baby's First Year and Beyond – Giving Your Baby the Best Start provides the learner with information about what to expect from your baby beyond the first few weeks and how caregivers can positively influence the growth of children to achieve academic and emotional success. Topics covered in class include feeding and nutrition, common health topics, child care and early education, sleep and safety, parenting and discipline, and area support and parenting help.
- **Understanding Breastfeeding eClass- \$49**
 - 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- \$49**
 - 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.