

“Preparing for Childbirth and Baby”

Online Instructional Course

This class will give you a comprehensive look at the entire childbirth process from the beginning to the newborn.



Topics covered in this class include:

- What to expect during the third trimester
- Stages of labor
(how Mom's body changes physically and emotionally)
- Natural comfort techniques and measures
(positioning, breathing, visualization, use of birth props)
- Medical Interventions and Medications
(including preparing for a Cesarean Birth)
- Postpartum care and information
(including education on postpartum mood changes)
- The Support Person's role
(leading up to, during, and after baby's arrival)
- Breastfeeding
- What to expect from your newborn and early care information

Classes are taught by Kristina Ledlow and Julie Davis, who are both certified childbirth educators and certified birth doulas with over 30 years of combined experience . Julie is also a Lactation Specialist and Kristina holds a certification in Perinatal Mental Health. Both are passionate about moms and babies.

Classes will meet over the course of seven weeks for 1.5 hours each. Class sizing is limited to make the instructor accessible to each couple for questions. Cost for this class is **\$250** per couple.

For more information on schedule of class offerings, and to register, go to www.obgynpc.com/classes.

(Please note that the best time to take this class is toward the end of the second to beginning of third trimester, so the information is fresh and most useful.)

For questions, contact Kristina Ledlow at kledlow@obgynpc.com or call 269-345-6197, ext 270.



How important is Childbirth Education?

I read a book, isn't that enough?

-A book does not allow you the ability to talk with a birth professional, learn about the specifics of your hospital/birthing center, and interact with other expecting couples.

Will taking a childbirth class actually help me in labor?

-Yes. Childbirth Classes prepare you for what is to come. They give you and your partner confidence because you know what to expect from your body as well as your surroundings.

I'm not interested in Natural Labor, so do I really need to learn the techniques they teach in class?

-Absolutely. It is SO important to learn how to naturally comfort yourself in labor even if you plan to have a medicated birth with an epidural. Not all epidurals give the kind of pain relief that mothers desire. Also, early labor is often outside of the hospital setting without access to medication. Natural comfort techniques are not just for the physical either. So much of labor is mental and emotional, and Natural comfort techniques can help you meet those needs with confidence.

What about my Partner? Are they involved?

-For a partner to be fully able to support their laboring mother, they need to know what to expect as well. They need to learn the tools to be able to help mom focus on what is to come. They are VERY involved.

My friend just had a baby. She told me that she could tell me everything that happened. Isn't that the best advice?

-Every woman's labor and delivery is going to unfold differently. It may be similar to, or completely different from your friend's birth experience.

Does my provider care if I attend a Childbirth class?

-YES! Go to childbirth class so you can work with your provider to have the best possible birth experience based on all the information they have shared with you and you have learned through instruction.