

CHILDBIRTH EDUCATION



Why Should I Take a Childbirth Education Class?

Studies show that individuals who attend childbirth education classes tend to have improved birth outcomes, including lower rates of cesarean sections and medical interventions. Education allows you to be informed about your options and opens the door to making decisions that align with your birth preferences.

What Classes Are Offered at NorthPointe Birth Center?

We offer classes designed for individuals who are interested in learning about natural comfort measures and techniques. While we mainly focus on how to achieve an “unmedicated” labor and delivery, we also review the basics of pain management and medication offered in the hospital setting.

Class Options:

- 1. Full & comprehensive childbirth education.** Designed for first time parents or individuals who would like a full refresher. Each class/series goes over the following:
 - anatomy of pregnancy
 - the labor process
 - comfort measures
 - tips for support people
 - medical interventions
 - writing a birth plan
 - informed consent
 - postpartum experience
 - breastfeeding
 - practice

Comprehensive Childbirth Education Classes

Each class/series offers the same education content. We offer a handful of scheduled/times to accommodate individuals' schedules.

2024

4 Week Series (all from 6:00pm - 7:30pm):

- September 10, September 17, September 24, October 1
- November 12, November 19, November 26, December 3

1 Day Class:

- Saturday, August 17th 9:00 am - 2:00 pm
- Saturday, September 7th 11:00 am - 4:00 pm
- Saturday, October 12th 9:00 am - 2:00 pm
- Saturday, November 9th 11:00 am - 4:00 pm
- Saturday, December 7th 9:00 am - 2:00 am

2 Day Class (all from 5:30pm - 8:00pm)

- Tuesday, August 27th & Wednesday, August 28th
- Tuesday, October 15th & Wednesday, October 16th
- Tuesday, December 17th & Wednesday, December 18th

Price: \$150 for NorthPointe Birth Center clients. \$250 for non-clients.

2. **“Comfort and Coping” class.** Designed for individuals with previous birthing experience who now seek an unmedicated labor. Rather than offering a comprehensive education, Comfort and Coping focuses on comfort measures and techniques for achieving an unmedicated birth. This class goes over the following:

- stages of labor
- understanding pain in labor
- comfort measures

- tips for support people
- practice

2024

- Tuesday, August 13 6:30pm - 8:00pm
- Tuesday, October 29 6:30pm - 8:00pm

Price: \$50 for NorthPointe Birth Center clients. \$75 for non-clients.

To Register:

Call 815-525-4304 **OR** email mflanagan@beloithealthsystem.org

