

Childbirth Classes

Childbirth is one of the most exciting and sometimes fearful times in the life of every parent to be. The purpose of childbirth education is to help parents gain understanding and confidence in their ability to deal with pregnancy. The classes provide information on healthy lifestyles, body changes during pregnancy, childbirth, labor and delivery, common obstetrical practices and newborn baby care. Breastfeeding and bottle-feeding information are also a part of these classes. We feel this information will reduce the stress of pregnancy, increase the enjoyment of childbirth, relieve fear of the unknown, and enhance the outcome of the pregnancy.

Who Should Attend Classes?

All pregnant women will benefit from the classes. We encourage the father and/or person planning to accompany the mother during labor and delivery to attend.

When To Attend Classes?

Childbirth Classes should begin in the 6th or 7th month of pregnancy. Lourdes Hospital offers free childbirth classes.