Welcome to Prepared Childbirth!

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~Class One~

- Greetings/Introductions
- Housekeeping
- Pregnancy and Pre-Birth
- 6 Healthy Birth Practices
- Labor and Birth
  - Video
  - Stages of Labor (pg 39-42)
  - Positions (pg 20-23)

~Class Two~

- Class One Recap/Questions
- Signs of Labor (pg 38)
  - Yes Baby, Maybe Baby
- Labor Length (pg 34-35)
  - It’s a Roll of the Dice
- Due Dates – What do they really mean?
- Preterm Labor (pg 30)
- Induction Discussion (pg 49)
- Postpartum Stay – What to Expect
- Birth Plan
  - Community Resources
- Positioning Practice
  - Techniques for Relieving Back Pain (pg 16, 21, 23, 47)

~Class Three~

- Class Two Recap/Questions
- Video – Putting it all Together
- Pain Medication options (pg 51-53)
  - Epidural Discussion
- Monitoring and Other Interventions (pg 49-50)
  - Why and What to Expect
- Relaxation/Breathing Exercises (pg 24-26)

~Class Four~

- Class Three Recap/Questions
- Positions/Relaxation/Breathing Review
- Cesarean Section Discussion (pg 55-58)
  - Video *Warning* Shows Actual Surgery
- Birth Center Tour

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