



Choosing Childbirth Classes

Pregnancy is a very special time in our lives. An opportunity need to be given to ask questions, tell stories, relate our concerns and fears and be heard, be supported, be encouraged and generally enjoy the experience of bringing a new life into this world.

We live in the world where birth has been misrepresented through media, Hollywood movies, stories of well-meaning relatives and friends. Fear and feelings of “no control” surrounds birth, instead it could be a life changing, empowering experience.

“There is nothing to be feared. It is only to be understood” ~ Marie Curie

To be prepared for one of the most important days in your life you need to take prenatal classes. Choosing the right childbirth class is very important.



~ content provided by Anna Bushmina, Homeopathic Practitioner (Canada), MD (Europe). Anna is also a mother, wife, creative writer and an artist and can be contacted at www.birthzenjoy.com. Hope these tips help you choose your childbirth educator...Thank you Anna!

Check the Certification

You probably checked with your practitioner to make sure that they were prepared and educated enough to be your team member at birth, why not do the same of your childbirth educator? There are a couple of childbirth education organizations out there. [Lamaze International](#), [The Bradley Method](#) and [International Childbirth Education Association \(ICEA\)](#) are the biggest ones. They have also been around for a very long time.

Time in Class

In addition to issues like finding a class on the right day and at the right time, you will want to consider the number of hours you spend in class. Labour is like a marathon. You need time to get yourself in a good shape for it. So even though we live a busy lives, consider classes which will offer enough time to prepare you not only physically, but mentally and emotionally, giving you space and time to explore your feelings, fears and strengths.

How many students are in the class?

An ideal class has between 3-8 couples. You need enough to start a good discussion, but not so many that you are just a number to your teacher.

Partner oriented

Most childbirth classes leave your partner on the “back seat” so to speak. Most of them finish classes not sure of their role during labour. They aren’t sure they can cope with seeing their partner in pain and expect labour to be the gory catastrophe they have seen on television and in movies.

So choose classes which will encourage your partner to view himself as an active partner in the whole pregnancy journey, connecting with both mom and baby, and fully appreciating their important role. Some classes more than others will give your partner tips and tricks on how to support you best during labour.

Class Content

A childbirth class should be evidence based and cover such important topics as:

1. Staying healthy and low risk during pregnancy
2. Avoiding unnecessary pain in
3. Labour
4. Birth Planning
5. Comfort Measures
6. Relaxation
7. Epidurals and other medication in labor and birth
8. Support in labor
9. Common Interventions in Labor
10. Unexpected Outcomes
11. Breastfeeding
12. Parenting Skills

first aid/ wellness scenario #19

Answers next bulletin

? What Naturopathic remedies are good for reducing itch? What is good for burns? What is a great anti-septic?

*Answers to last 2HEALTH Bulletin's scenario:

1. What are 3 tips for protecting your back...so you can be Ergo Savvy?

- > sit back in a chair and use a low back support if needed
- > while standing, ear should be over shoulders
- > use a body pillow for proper sleep posture



It is also important to find out if the instructor is going to support you after you finish the class in case you have further questions or concerns.

Pregnancy is a very special time of your life. Use this time to prepare yourself and your partner for the most incredible journey of your life – parenthood.

The kind of pregnancy, labour and birth our children experience has a profound and lifelong effect on their health, including their mental, emotional, and physical health.

Take care and feed that growing babe well.

This bulletin is for information only. Please consult your childbirth professional to address your specific needs and concerns.