

Birth Without Fear

Childbirth Education
Classes



fernandez

Built for Birthing

Why should you attend the childbirth classes?

- Builds your confidence and enhances the ability to give birth
- Helps you overcome the fear of childbirth
- Maximizes your chances of having a natural and satisfying birth experience
- Helps nurture confident birthing and partner support
- Empowers you to make informed choices about birthing
- Educates and motivates you to follow a healthy lifestyle to keep pregnancy comfortable and make a smoother postnatal recovery



“Birthing should be one of those unforgettable experiences in your life; not the most fearful”.

What happens in a childbirth class?

- Exercises, dietary tips and relaxation techniques are given for a healthy and comfortable antenatal and postnatal period
- Provides information about normal pregnancy and labour
- Keeps you and your partner informed of the options available in medical interventions
- Equips you with a variety of coping strategies such as breathing control, relaxation, comfort measures, massage techniques, positioning in labour
- Teaches you healthy birth practices that promote natural birth
- Educates you on breastfeeding and postnatal care
- Addresses the importance of antenatal and postnatal mental health of the couple



A childbirth class also gives you an opportunity

- To have your questions answered by an expert
- To discover how to work more effectively with your care provider so that together you can make informed choices about your birth preferences

Childbirth classes are also available in Hindi & Telugu

To register for the Physical or Online Childbirth classes, please call **73373 20895**. One-on-One classes are also available.

ENGLISH CLASS SCHEDULE

Class	Day & Time	Topic
CLASS 1 (16 wks & above)	SATURDAY Physical 10AM – 12.30PM Online 10AM – 12.30PM	• Nutrition and Exercising in Pregnancy
CLASS 2 (30 wks & above)	SATURDAY Online 10AM – 12.30PM	• Labour and Non-medicated Comfort Measures
CLASS 3 (33 wks & above) only after they attend Class 2	SATURDAY Physical 2PM – 4.30PM SUNDAY Online 10AM – 12.30PM	• Massage, Birth Positions and Labour-related Exercises • 6 Healthy Birth Practices
CLASS 4 (after attending Classes 2 & 3)	SUNDAY Online 2PM – 4.30PM	• Breastfeeding Essentials and Neonatal Care • Postnatal Health

