

Childbirth Education

Women's College Hospital offers a comprehensive course in Childbirth Education. These education sessions will empower and equip you and your birth partner with knowledge and confidence for your impending birth. Preparation skills are the key tools that will enable you to have a positive birth experience.

The goal of the class is to provide participants with information about:

- > reproductive anatomy (how the body works around pregnancy and birth)
- > stages of labour (what happens during labour)
- > medical interventions (what they are, risks/benefits, options)
- > pain medication options, including epidural anesthesia
- > infant feeding (breastfeeding)
- > newborn appearance and routines
- > postpartum recovery (physical and emotional)
- > labour coping strategies: relaxation, breathing, positive positioning
- > birth plans
- > role of support people

Dates:

Register now for a two-day weekend course. The following sessions are available:

Weekend courses, from 9 a.m. - 4 p.m.:

- January 27-28, 2018
- February 24-25, 2018
- March 24-25, 2018
- April 28-29, 2018
- May 26-27, 2018
- June 23-24, 2018

Cost: \$200 per course

To register for a course, or for more information, please contact familypracticeprograms@wchospital.ca or 416-323-6400 ext. 4950

