



mothercraft™
ottawa

Prenatal Classes

Taught by a Certified Childbirth Educator, this class offers a comprehensive overview of labour, delivery and the first 24 hours for both mom and baby. You will receive current, evidence based information guided by best practices, hands on activities, community resources and an opportunity to try our pregnancy simulator for partners.

Suggested for the third trimester!

CLASS OUTLINE

Labour and Delivery

- Basic physiology and anatomy of birth
- Signs, symptoms and coping strategies for each stage and phase of labour
- Comfort measures and medical pain relief options
- Hands on practice for moms and partners
- Induction/augmentation options
- Assisted deliveries

Post Birth

- Mom and baby post birth for the first 24 hours
- Postpartum recovery
- Perinatal mental health
- Feeding basics
- Community resources

FEE
\$140/couple

Class offered in English only!

Mothercraft is a scent free and nut/peanut free facility.

2020 CLASS SCHEDULE

To register, click on your preferred date.

Sunday January 26

Sunday February 9

Sunday March 29

Sunday April 19

Sunday May 24

Sunday June 28

Sunday July 26

Sunday August 23

Sunday September 27

Sunday October 25

Sunday November 22

Sunday December 13

Registration and full payment required before classes begin.

9:00 am to 4:00 pm
Mothercraft Ottawa
475 Evered Ave.

For more information:
classes@mothercraft.com
613-728-1839