



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!

2020 CLASS SCHEDULE

Click [here](#) to register.

Registration and full payment required before classes begin.

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

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

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

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