



mothercraft™
ottawa

Virtual Prenatal Classes

This virtual prenatal class offers a comprehensive overview of labour, delivery and a glimpse into the first 24 hours for both mom and baby. Participants will come away with current, evidence based resources as well as contact with your instructor via telephone/email to answer any additional questions.

Suggested for the 3rd 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
- Induction/augmentation
- Assisted deliveries
- Informed consent

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!

2021 CLASS SCHEDULE

Click [here](#) to register.

Sunday January 24
Sunday February 28
Sunday March 28
Sunday April 25
Sunday May 30
Sunday June 27
Sunday July 25
Sunday August 29
Sunday September 26
Sunday October 24
Sunday November 28
Sunday December 12

9:00 AM

The Zoom link and meeting ID will be sent to participants ahead of the scheduled class time.

For more information:

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