



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

2022 CLASS SCHEDULE

Click [here](#) to register.

FEE : \$140/couple
Class offered in English only!
Start Time: 9:00 AM

Sunday January 23
Sunday February 27
Sunday March 27
Sunday April 24
Sunday May 22
Sunday June 26

Format for July–December classes TBD

Sunday July 24
Sunday August 28
Sunday September 25
Sunday October 23
Sunday November 27
Sunday December 18

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

For more information:
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