



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

2023 CLASS SCHEDULE

Click [here](#) to register.

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

Sunday January 29
Sunday February 26
Sunday March 26
Sunday April 30
Sunday May 28
Sunday June 25
Sunday July 30
Sunday August 27
Sunday September 24
Sunday October 29
Sunday November 26
Sunday December 10

For more information:

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