



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 the birthing person 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
- Informed consent
- Induction/augmentation
- COVID-19 protocols

Post Birth

- The first 24 hours
- Postpartum recovery
- Perinatal mental health
- Feeding basics
- Community resources

2024 CLASS SCHEDULE

Click [here](#) to register.

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

Sunday January 28
Sunday February 25
Sunday March 24
Sunday April 28
Sunday May 26
Sunday June 23
Sunday July 28
Sunday August 25
Sunday September 22
Sunday October 27
Sunday November 24
Sunday December 8

For more information:
courtney.holmes@mothercraft.com
613-728-1839 x227