



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

2026 CLASS SCHEDULE

Click [here](#) to register.

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

Sunday April 26
Sunday May 24
Sunday June 28
Sunday July 26
Sunday August 23
Sunday September 27
Sunday October 25
Sunday November 22
Sunday December 13

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