

Childbirth Education Classes



**Childbirth
Empowers
Women**

One Time Day Classes

English

Every 1st or 3rd Thursday

Spanish

Every 1st or 3rd Wednesday

Day Classes 10:00am-2:00pm

5 Week Evening Series

Tuesdays or Wednesdays

6:00pm- 8:00pm

(Start dates varies)

Class Topics

Physical and emotional changes of pregnancy

Signs of labor

Stages of labor

Role of the support person

Labor coping skills such as:

Using a focal point, breathing patterns, laboring/pushing positions, touch and massage

Medications used during labor and birth

Variations in labor such as:

Pitocin, Vacuum Extractor, Forceps, and a Episiotomy

Cesarean Births (C-Section)

WakeMed Maternity Center Tour

Postpartum and birth control

Newborn care through one year of age

(Evening classes only)



For more information

Please contact:

(919)-250-4656

(English)

(919)-250-

1025(Spanish)