

## Childbirth Classes

### St. Luke's Baptist Hospital- Prepared Childbirth

A tour of the labor and delivery, postpartum and nursery units is included. Designed for mothers and their partners who have never attended preparation classes, this class covers many aspects of pregnancy and childbirth:

- Physical and psychological changes.
- Hospital admission procedures and routines.
- Cesarean birth.
- Pain management options.
- Partner's role in labor and delivery.

[www.stlukesbaptisthospital.com](http://www.stlukesbaptisthospital.com)

(210)297-7005 to register

Pricing: \$25 for the class series.

Classes: 12-hour course is offered in two formats: weekly evening sessions or two six-hour weekend sessions.

### Birth Blessings- Childbirth Classes

Instructor: Pat Streff (210)326-7557

Classes consist of four sessions, two hours each, covering everything from anatomy and physiology of birth to postpartum recovery. These classes will provide you with the knowledge and tools necessary to labor, birth, and nourish the new gift of life you are now anticipating. Classes are tailored to include natural or medicated birth with evidence-based information to assist you in that decision. One of the very important goals of these classes is to instill confidence in the birthing process and in the mother's ability to know how to give birth.

Classes: Four 2-hour sessions - \$250.00 with payment due at the first class

### Bradley Method

[www.sabradleyteachers.com](http://www.sabradleyteachers.com)

The Bradley Method® teaches natural childbirth and views birth as a natural process. It is our belief that most women with proper education, preparation, and the help of a loving and supportive coach can be taught to give birth naturally. The Bradley Method® is a system of natural labor techniques in which a woman and her coach play an active part. It is a simple method of increasing self-awareness, teaching a woman how to deal with the stress of labor by tuning in to her own body. The Bradley Method® encourages mothers to trust their bodies using natural breathing, relaxation, nutrition, exercise, and education.

Classes: Twelve 2-hour sessions

### HypnoBirthing

[www.hypnobirthing.com](http://www.hypnobirthing.com)

HypnoBirthing is a unique method of relaxed, natural childbirth education, enhanced by self-hypnosis techniques. HypnoBirthing® provides the missing link that allows women to use their natural instincts to bring about a safer, easier, more comfortable birthing. Emphasis is placed on pregnancy and childbirth, as well as on pre-birth parenting and the consciousness of the pre-born baby. As a birthing method, HypnoBirthing® is as new as tomorrow and as old as ancient times.

Classes: Five, 2 1/2-hour classes.