



Child Birth Classes

Healthy childbirth begins with awareness about the changes that are natural during pregnancy. To understand the changes and make better of them requires the feeling of being confident and prepared. Pregnancy education for the expecting mother helps in staying healthy and nurturing positivity throughout the nine months, and after.

Childbirth classes help with :

- ▶ Improving chances of safe and satisfying labour
- ▶ Strengthening the body to support the life inside
- ▶ Coping with pain & being in control of birthing experience
- ▶ Keeping you motivated for a healthy and active lifestyle
- ▶ Help of Spouse/ partner support
- ▶ Breast feeding
- ▶ Post natal care of baby and mother

Nurturing body and mind :

The physical and mental health of expecting mother is prone to undergo changes. While some changes can be readily overcome, some factors create stress and anxiety. Having the knowledge of these factors helps to overcome them with strength of the body and confidence of the mind.

Classes Taken

- Effective exercising & lifestyle
- Understanding labour and pain
- Comfort measures to cope with pain
- Breathing control techniques
- Relaxation strategies
- Massage in labour
- Mothers and partners with hands on practice
- Breast Feeding
- Post natal mother and Baby care

General Schedule of classes

Ante Natal

- ▶ Diet and Exercise
 - 2nd Trimester
 - 3rd Trimester
- ▶ Labor and Pain
 - Medical Intervention
 - Pain Management and Coping Strategies
- ▶ Breast Feeding with baby care

Post Natal

- ▶ Exercise, Diet and baby care
 - 0-6weeks
 - >6weeks

Prepare for a joyful journey

Make your nine months the best. Sign-up for our childbirth class to stay informed and confident throughout the journey. Share the joy of health, happiness and positive outcomes.

** Typical Classes are 60-90min long Max participants allowed are 10 per batch*