



The Birth Center's Spring 2020 Class Guide

The Birth Center offer a wide range of core classes including a Childbirth Full Series (for Birth Center patients), Childbirth Education for the Planned Hospital Birth (for those planning hospital births), Childbirth Refresher (for families who have had a baby before), Optimal Birth Experience, Breastfeeding Basics and Mother Infant Assessment.

Please read on for a description of each class. You may register on our website at <https://thebirthcenter.com/classes>. If you are a Delaware Medicaid client, please call and speak with Anna Marie to register for classes at 302-658-2229 extension 115.

In addition to classes, we offer several weekly support groups that are free and open to everyone. These include support groups for families with little babies (birth to 5 months), big babies (5 months and up), and two weekly breastfeeding support groups. Links for these groups can also be found on the classes page <https://thebirthcenter.com/classes>.

All classes, tours and support groups are being held virtually during the COVID-19 stay-at-home order. Attendees will receive an email to join the class 24 hours prior to the start.

Childbirth Full Series: Healthy Birth

Taught by our registered nurses, this hybrid course has an online component as well as two in-person 2-hour classes. Each in-person class is held from 6:00 to 8:00 pm on a Wednesday or Thursday evening in the 3rd-floor classroom at TBC and is held on the same night of the week for 2 consecutive weeks.

This series covers everything you need to know about giving birth! Classes are taught by our registered nurses. It is a great place to not only learn about labor and birth, but also to meet friends who will be having their baby in the same month! We suggest that you take this class between 28-34 weeks.

Class Includes:

Prelude and the First Stage of Labor
(Pre-recorded)

Second Stage of Labor and Delivery
(Pre-recorded)

Postpartum (Pre-recorded)

Labor Review and Rehearsal (Live class held on Zoom)

Hospital and a Birth Story (Live class held on Zoom)

Caring for Your Newborn (Live class held on Zoom)



Cost - \$185

Childbirth Education for the Planned Hospital Birth

Taught by a certified childbirth educator and doula, this hybrid course has an online component and two in-person sessions.

The series is designed for those expecting parents seeking a natural childbirth in a hospital setting. It teaches the complete labor birth process, as well as relaxation and breathing techniques, good positions to assume during labor (even with an IV and continuous monitoring), and how to navigate the hospital system. Please wear comfortable “workout” clothes, no dresses or skirts.

You will also learn the skills you need to be confident in caring for your newborn; skills such as swaddling, diapering, bathing, dressing, nail care, comforting a crying baby, safety, and much more!

Part one of the course is online. Part two is offered on a weekday evening from 5:30 pm to 8:30 pm, this covers everything from labor through postpartum. Part three is the following week 6:00 pm to 8:00 pm and covers Caring for Your Newborn. The dates shown below reflect the first in-person portion. The two in-person classes are held on the same day of the week for two consecutive weeks. It is strongly recommended you complete the online portion before attending the in-person portion.



Cost – \$150

Childbirth Refresher

Taught by our registered nurses, this hybrid course has an online component as well as an in-person 2-hour class for all expectant parents who have completed the childbirth full series with a previous pregnancy. Brush up on the physiology of birth and relaxation techniques.

The online component includes a review of the stages of labor and how mom may feel during each stage. Time is spent in-person class processing past birth experiences and accepting that each birth is different and unique. There will also be a labor rehearsal where you and your partner will practice relaxation, deep breathing, and supportive positioning in the birth rooms. You can become familiar with the tub, the stools, and the birth balls with a review on how each can help you cope with labor.

The in-person portion is offered once every other month.

Cost – \$60

Mother Infant Assessment

This class is mandatory for The Birth Center clients. Learn how to care for both mom and baby during the first few days at home. Learn what is normal in a newborn, how to be sure baby is getting enough to eat, and the importance of rest to aid mom's healing process. The goal of this class is to help parents feel more prepared to take baby home after an early discharge. This class should be taken by 34 weeks and can be taken in-person or online.



Cost – Free

Breastfeeding Basics

One of the most important things you can do to prepare for breastfeeding success is educate yourself. This in-person class at The Birth Center gives plenty of opportunity for hands-on practice with dolls, to get your questions answered, and learn the fundamentals of breastfeeding success. The class is taught by one of our International Board Certified Lactation Consultants (IBCLC).



Spouses/partners are encouraged to attend! In addition to education, we know peer support is a critical key to success. That is why we invite each mama into our private Facebook group moderated by our registered nurses and our mentors. This is a safe place to ask honest questions and make lasting relationships with other parents. The result is a breastfeeding education package unlike any other because it is realistic, practical and entertaining!

Cost - \$45

Sibling Class: Preparation for Birth

This one-time class is for all expectant parents who wish to have their older child(ren) attend the birth. Children will be introduced to The Birth Center facility, instruments used during delivery, what it looks like when mom's water breaks and other fun activities! Plan to attend the class at any time during your pregnancy.

We require a designated "sibling support person" for each child you may want present at the birth. Please plan to have the expectant parents, child(ren), and all sibling support people attend this class.

This class will be offered by one of our registered nurses during office hours. It will be a one-on-one class with your family. Please call 302-658-2229, ext. 103 to schedule this experience.

Cost – \$10

Optimal Birth Experience

This class will explain how improving body balance will make room for your baby within your body. Increasing the room your baby has will allow gravity to naturally and properly assist with a head-down presentation within the womb.

We will review common daily activities that can actually inhibit the pelvic space so that you can try to avoid them. Dr. Moses will share why fetal positioning matters, as well as how balance and tone may increase your chances at an easier birth. New mothers will learn stretches and exercises that can easily be incorporated into their daily routines to help create optimal pelvic space. By the end of this course, attendees will have gained a greater understanding of the benefits and dynamics of body balance and movement during pregnancy. Taught by Chiropractor and Birth Center Doula, Dr. Andrea Moses.

Cost – \$35



Mama Baby Groups



Mama Baby Littles

Spend time with other new parents and their babies. The focus of this group is the discussion of topics relevant to parenting infants, the exchange of support and information, and general camaraderie with other parents. Group is a non-judgemental, supportive, and caring environment where mamas can feel comfortable sharing struggles and celebrations. This group is held weekly, free, and informal. Show up whenever you can!

Every other week, one of our registered nurses will discuss a topic during the first 30 minutes of the group. The rest of the group will allow mamas to catch up and chat like usual! See the calendar for the schedule of topics!

Group meets Wednesdays, 1-3pm, and is for babies newborn to ~5 months. Ages are not strict, move up to our big group when you feel ready. The bi-weekly topics span over 5

months. Many mamas may choose to move up to the big group when a topic comes up for the second time for that mama.

Will it be your first time at group? Here is what to expect! Shower or don't shower, just get out of the house. There are no expectations, we have all been there and the other mamas are in a similar spot as you. We know life with an infant can be hectic! You will have the opportunity to share your birth story. Don't want to share? That is okay too! But if you do, we are here to listen. Aside from the biweekly topics for the first 30 minutes, group is just a bunch of mamas hanging out and talking! It will feel good to get out of the house and connect with other mamas!

Mama Baby Bigs

Spend time with other new parents and their babies. The focus of this group is the discussion of topics relevant to parenting infants, the exchange of support and information, and general camaraderie with other parents. Group is a non-judgemental, supportive, and caring environment where mamas can feel comfortable sharing struggles and celebrations. This group is held weekly, free, and informal. Show up whenever you can!

Every other week, one of our registered nurses will discuss a topic during the first 30 minutes of the group. The rest of the group will allow mamas to catch up and chat like usual! See the calendar for the schedule of topics!

Group meets Thursdays, 1-3pm, and is for babies ~5 to 12 months. Ages are not strict, move up to our big group when you feel ready. The bi-weekly topics span over 7 months for the big group.

Breastfeeding Support Group

Led by one of our Certified Lactation Consultants. Come and talk with other nursing moms about breastfeeding.

Have your questions answered, your latch checked, your baby weighed and get overall support.

Parents with nurslings of all ages are welcome at either our two weekly group times: Tuesdays from am to 12 pm and Fridays from 1pm-3pm.



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**On rare occasions, a weekly group may be canceled. Please check the calendar on the website for the schedule.

Online Support

Facebook

Want to become a member of the private, mentor led Facebook group Birth Center Mamas or the TBC Lactation Group? There is a group for partners of pregnant and new mamas too! Email thebirthcenter@thebirthcenter.com to request to join. Please include the email address associated with your Facebook account to send the email invite.

Also, follow us on [Facebook](#) and [Instagram](#)!