

Understanding Birth eClass

Can't come to a childbirth class? We'll bring it to you! Consider the *Understanding Birth eClass* your go-to guide for answers you can trust on childbirth. This interactive online course covers essential information on labor and more, and highlights ways partners can help throughout the process. You'll also get a sense of what labor is really like as you watch several birth stories. You'll even have an opportunity to create your own birth plan!

You can access the eClass from any computer or mobile device with an Internet connection. Allow 4-6 hours to complete.

What's included?

- Videos, animations, and optional read-along audio
- Quizzes, interactive exercises, notes pages, and extended activities
- Essential tools, including a birth plan checklist and contraction timer
- Audio library with soothing sounds, lullabies, and relaxation exercises
- PDF library, glossary, and web links
- Class completion certificate

Cost: \$100

To register: Go to ynhh.org/events and search "Childbirth and Parenting Classes" or call 1-888-700-6543.

How it works:

- Once you purchase your seat to the eClass, we will email you login instructions.
- You'll have access to the class for 90 days and access to the Parent's Toolbox for 18 months.
- Check with your insurance company for possible reimbursement of class cost.



Childbirth & Parenting Education of Greater New Haven



*Offering a variety of classes to help you prepare for your
growing family*

- Childbirth Preparation – 5-week series or 1-day class (includes YNHH maternity tour)
- Childbirth Preparation for Twins or Triplets
- Breastfeeding
- Infant CPR & Car Seat Safety
- Early Parenting
- 4th Trimester Support Group

ChildbirthEducationGNH.org

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