

## **Preparation for Birth**

Welcome!

- We are happy you are joining us for our Preparation for Birth Class.
- The goal of the class is to help the mother- to-be and her birth partner understand the birth process, and roles that each of you (and the baby) play throughout labor and birth.
- Research tells us that one of the things that mothers-to-be enjoy most about childbirth class is that it was the first time that their partner became engaged in and excited about the birth!
- This is a condensed class so to help the whole class stay engaged please consider the following:
  - Turn cell phones on silent
  - Refrain from viewing/sending texts and listening to voicemails
  - Please keep private conversations during class time to a minimum

### **Role of the Childbirth Educator**

#### **Acknowledges that participants are diverse and unique in the following ways:**

gender, age, culture, profession, education, knowledge about birth prior to class, desire to participate in class, way they see themselves giving birth etc.

#### **Is unbiased:**

The childbirth educator provides evidenced based information about labor and birth, facilitates class discussions and question and answer, introduces ways that partners can actively work with mom to help her cope during labor, encourages participants to communicate with each other and their care provider so they can make decisions about how they want to labor and give birth.

The childbirth educator provides information and resources to help you make informed decisions. The childbirth educator does not have a personal preference about the decisions you will make about your labor, birth and parenting.

#### **Does not give medical advice:**

Your unique health and pregnancy history plays an important role in your labor and birth. Information presented in class is of a general nature. Your care provider is the only one who can answer questions specific to your labor and birth.