

# CHW Private Childbirth Classes



**Please let us know what you're interested in learning and we'll tailor a Private Childbirth Education class to suit your needs.**

- Anatomy and Physiology of Labor and Delivery - this is the foundation for which all classes are built upon. You should choose this to be included in your education unless you've already taken a regular childbirth class.
- The Phases and Stages of Labor and Delivery - includes learning about Pre-Labor signs, Early Labor, Active Labor, Transition, and the Pushing Stage.
- Induction - learn the why and how of medical inductions and about natural alternatives.
- Medications - covers different types of medications, including the epidural, which might be used during Labor and Delivery and their possible side effects.
- Interventions and Procedures - detailed information about the different types of interventions and medical procedures that hospitals use today and indications for their use.
- Building A Birth Plan or "Wish List" - helps you prioritize what's important to you and what your goals are. This is a great way to facilitate good communication with your healthcare provider.
- Relaxation - the foundation upon which all labor coping techniques are added.
- Breathing - patterned breathing that will help with various stages of labor and delivery. We make these easy to learn and they can do world of good!
- Coping Techniques - practice using music, essential massage, simple visualization, vocalization, focal points, using the Birth Ball and more!
- Positions to Labor in - learn a variety of different laboring positions, from early labor to pushing!
- Coaching - the realities of coaching a woman through labor and birth and how to prepare for this important role.
- Birth Videos - view a hospital birth, birth center birth or a home birth. Choose to see a medicated birth or a natural birth. It's up to you.
- Breastfeeding - latching, positioning, feeding times, preventing problems, troubleshooting, milk supply, etc.

Wouldn't it be nice to meet with a private educator in your own home or in a private room at the clinic? Wouldn't it be nice to practice labor coping skills one on one with your educator? Wouldn't it be nice to be able to ask as many questions as you feel you need? Private classes are a great way to learn about childbirth and breastfeeding!

Name \_\_\_\_\_ Phone \_\_\_\_\_ Best time to call \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Have you given birth before? \_\_\_\_\_ Have you had a cesarean? \_\_\_\_\_ What is your due date? \_\_\_\_\_

Is there anything you are interested in learning or going over that isn't listed above? \_\_\_\_\_

Please bring this completed form to the front desk in our office or email it to [info@drdummar.com](mailto:info@drdummar.com)

If you prefer, you can also mail it to:

Community Health and Wellness / CBE  
345 West 600 South  
Suite 401  
Heber City, UT 84032