



The BCB Childbirth Class

Cost: \$300 (covers pregnant person + birthing partner)

Deposit of \$100 due at registration. Remaining due by last class. Discounts available, especially for BIPOC folks, given the current disparities in maternal and infant health in our state and country.

Overview:

Maybe you're wondering why you can't just show up at the hospital and have a baby like "normal" people do, no 7-week course or hippie midwife needed. You are not alone. A beautiful, empowering birth can feel like an unnecessary luxury item - sure, you'd like to have it if you can, but you'd also like to go to an all-inclusive resort next week. We like to think of birth as more like hiking the Appalachian Trail. It's a transformative journey that you are embarking on and will get through, one way or the other. If you show up unprepared, you leave yourself at the mercy of the guides who happen to be there when you arrive (many of them wonderful!) and the weather that happens to come your way. If you train and plan and carefully choose your hiking companions, you're bound to have a more fulfilling and impactful experience - one both you and your partner can look back on for a lifetime.

Our 7-week childbirth starts with a brief history of childbirth (spoiler: it's been happening quite a while!), dips into anatomy, goes deep into the labor process, and finishes with some fun classes about prepping for birth (including registry items & what to pack in your hospital bag). We even top it all off with an infant care class that touches on baby wearing, infant CPR, safe sleep, breastfeeding, finding community, and how to set up a pack n play. Each class includes practicing comfort measures for labor from massage and visualization to the TENS unit and Rebozo. We have compiled the best evidence-based info, drawing from a mix of class brands such as Bradley, Lamaze, and Hypnobirthing. You will walk away feeling well-equipped to navigate and love your own birth experience.

Special note for partners: *It's common for the birth partner to feel overwhelmed (or even apathetic!) about birth. You're expected to watch someone you love go through a really intense, hard thing, and to support them when you likely know little to nothing about birth. That's a lot of pressure and we are here to help! Our class will give you the basic knowledge you need to understand labor and birth as well as practical tools to be a fantastic, supportive laboring companion.*

Format:

7 2-hour classes, 1x week
Up to 6 couples

Typical Class flow:

7:30pm - Positive Birth Story
7:35 pm - Comfort measure practice
7:50pm - Birth Video
8:00pm - Lecture part 1
8:45pm - Snack/Break
8:55pm - Lecture part 2
9:25pm - 9:30pm - End