

"Open-Minded" Childbirth Education Classes

Weekday Evenings or Sunday Evening Classes

Learn about the natural, vibrant art of childbirth. Explore your birth options in an open-minded, non-judgmental atmosphere. Our role is to show you the many different options available. This will allow you to end up with the type of birth that's right for you. We keep our classes small so that you can receive the personalized attention you deserve.

> Our classes:

- Focus on birth as a life event rather than a medical procedure
- Address both the mother's and the partner's experiences
- Include a tour of Sutter Davis Birthing Center
- Include information on water birth
- Teach partners how to provide support for the laboring woman.
(Methods taught include breathing, touch, relaxation, imagery and using water)
- Include a Baby Care Class
- Include a Breastfeeding Class taught by a Lactation Consultant

For more information and sign ups call: Ellen Kassing 530.753.1191