

Creekside Dynamic Health

Private Prenatal Classes

With Lauren Abbott LCCE, CD(DONA), RYT 200

Some expectant parents have special needs with regards to childbirth preparation. These needs may include a quickly approaching due date, medical concerns that make attending a regular class difficult, or even a challenging schedule leading up to baby's arrival. Private prenatal classes allow for added flexibility.

Our classes are designed to meet expectant parents' individual needs, delivered in a flexible, casual environment. This format is perfect for all kinds of parents: first time parents who prefer one to one learning, parents who may have a partner who works out of town and cannot attend traditional classroom style courses, or parents who work shifts. Customized classes are also a good option for parents who just want a refresher on certain topics. Parents will learn everything they need to know to feel confident in their birth choices, coping skills and postpartum planning.

For most first- time parents, a full course is recommended. In four hours (two 2-hour sessions) you will receive a complete childbirth preparation course, designed and tailored to suit your needs. Topics are presented in a variety of ways, including discussion, hands-on practice, videos, take- home handouts, and couple work. You will also be given the opportunity to tour Vernon Jubilee Hospital's Labour and Delivery area.

For parents needing less instructional time, focusing on a specific topic, or as a refresher, classes can be delivered in one- hour sessions. Parents may book as many one-hour sessions as they feel they need, (up to a maximum of three hours per session).

Private Prenatal Childbirth Preparation is based on the **Lamaze 6 Healthy Birth Practices**, proven to promote the safest, healthiest birth possible for parents and babies.

Class Topics

Stages of labour

Comfort measures

Breathing and relaxation

Medical Interventions

Caesarean Birth

Pain relief options

Informed decision making

Immediate postpartum period

Breastfeeding

Community resources/ referrals

When should you take a private prenatal class?

You are welcome to take a private prenatal class any time, usually after your 30th week of pregnancy. Booking earlier is recommended to secure your preferred dates.

If you are an expectant parent wanting education around early pregnancy and self-care you may book at any time you feel you need to.

Who can attend?

Parents are welcome to attend alone, with their partner, or any member(s) of their birth team!

Fees:

Full Course delivered in two 2-hour sessions.

Cost \$150

One 1-hour session (max. 3hrs/session).

Cost \$55**About the Instructor:**

I am a Lamaze Certified Childbirth Educator with over fifteen years of experience guiding expectant parents through their birth journey. I have taught large groups as well as small and private classes. I am also a DONA certified birth doula and I've attended well over 100 births. It's this combination of education and experience that gives me a unique insight into what parents need to have their best birth possible. Evidence based childbirth education, delivered with a flexible schedule, in a casual atmosphere, will help you labour and birth confidently, knowing that you are prepared! A safe, healthy birth provides a strong foundation for parenting!

Lauren Abbott LCCE, CD(DONA), RYT 200

Creekside Dynamic Health

Private Prenatal Childbirth Education takes place at **Creekside Dynamic Health**.

Call to reserve a time that works for you! **250-545-7107**

Free text/ telephone consultation is available prior to scheduling sessions in order to determine what kind of birth education and preparation is best suited, as well as to determine availability.