



Hillcrest offers a wide variety of childbirth classes designed to meet even the most challenging schedules.

Suggested Guidelines:

Register for Prepared Childbirth classes around your fifth month of pregnancy and begin attending class by month seven.

All Childbirth preparation classes include:

- The process of labor and birth
- Cesarean birth
- Supportive coaching techniques and comfort measures (i.e. breathing and relaxation)
- Medical interventions
- Medications available
- Postpartum care and emotional needs

Traditional Classes

Lamaze

Lamaze Four Week Series

Traditional four week Lamaze series focusing on partner coaching and support.

Lamaze PLUS

A six week birthing and baby care class combined. The first four weeks is a traditional Lamaze class, followed by Baby Basics and Breastfeeding Basics.

Fast Track

This is a two-day, condensed class to prepare you for the birthing process.

*Less time spent on relaxation and breathing techniques.

*Class meets three hours.

Just the Facts

A one-day, condensed class to prepare you for the birthing process.

*Less time spent on relaxation and breathing techniques.

*Class meets from 9-4pm.

Alternative Classes

HypnoBirthing®

A unique method of mind and body education that teaches expectant mothers and their support person how to trust and work with their birthing bodies using:

- Hypnosis, guided imagery and deep relaxation
- Stress management techniques
- Releasing fear and tension which accompany pain

Mind. Body. Baby.

Understand the mind, body and baby connection- you are one. Practice techniques to respond to labor positively and slowly, without fear.

Identify your expectations of labor pain, as much of it depends on you.

Private Services

- Cesarean birth and Vaginal Birth After Cesarean (VBAC)
- Private childbirth classes based on individual needs
- Hypnobirthing
- Holistic Services (Reiki, Guided Imagery and Hypnotherapy)
- Sibling preparation to attend delivery, with physician approval

To register and view additional birthing services visit
www.hillcresthospital.org/childbirthed or call 440.312.4647