



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](http://www.hillcresthospital.org/childbirthed) or call 440.312.4647**