

Birth Care & Family Health Services

(717) 786-4010

fax (717) 786-4011

Childbirth and Breastfeeding Classes

Childbirth classes lead to better birth experiences and more realistic expectations. You will learn up-to-date information that will increase your confidence and decrease anxiety. These classes will help you and your partner to have an active role in your birth experience. We recommend taking classes at least 6 weeks prior to your estimated due date and registering 3 months before as class sizes are limited.



- Classes are held monthly 2 evenings on second and third Monday of the month
6:00-8:00PM
OR 1 Saturday class, 9:00AM-1:00PM
- Cost is \$80. Please pay the receptionist when registering by cash, check or credit card. Checks can be made payable to Birth Care
- All classes are held at the Birth Center: 1138 Georgetown Road, Christiana, PA 17509

Breastfeeding classes and Refresher childbirth classes will be offered every other month

Talk and Tour/ Meet the Midwives

Midwives will be available for a Talk and Tour/ Meet the Midwives at the Birth Center prior to childbirth classes on the second and third Monday of each month, from 4:00-5:30 PM. Reservations appreciated.

Upcoming classes for new parents:

- Monday, March 12 & 19 6:00-8:00PM **OR** Saturday, March 17 9:00AM-1:00PM
- Monday, April 9 & 16 6:00-8:00PM **NO SATURDAY CHILDBIRTH CLASS IN APRIL**
- Monday, May 14 & 21 6:00-8:00PM **OR** Saturday, May 19 9:00AM-1:00PM
- Monday, June 11 & 18 6:00-8:00PM **OR** Saturday, June 16 9:00AM-1:00PM

Breastfeeding Class schedule:

- Saturday April 14 1:30 – 3:30
- Saturday June 16 1:30 – 3:30

Refresher Class schedule:

- Saturday March 17 1:30 – 3:30
- Saturday May 19 1:30 – 3:30

Please bring a snack and drink to your class

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Child Birth Class Registration

Name:

Date of birth:

Partner:

Due date:

Address:

Phone:

Email:

Prepared Childbirth Class for new parents (\$80)

Monday evenings 6:00PM-8:00PM Dates: _____

OR

Saturday 9:00AM-1:00PM Date: _____

Refresher Childbirth Class for experienced parents (\$40)

Saturday 1:30PM-3:30PM Date: _____

Breastfeeding Class (\$40)

Saturday 1:30PM-3:30PM Date: _____

Birth Center Tour – no charge

Monday 4:00PM-5:30PM Date/ approximate time: _____

Secretary: added to registry log

\$5 discount offered for Breastfeeding Class if you are taking either Childbirth Class
Please bring a snack and drink to your class