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## Childbirth Education

Inova Well



## Welcome

Pregnancy can be an exciting time for new parents anticipating the arrival of their little one(s). This excitement can come with the feeling of being in unfamiliar territory. What will childbirth be like? How do we take care of a newborn? How do I breastfeed?

Inova Well is committed to helping you prepare for the birth and care of your newborn. We encourage parents to consider the type of information they need as well as their schedule when choosing health education classes. Most mothers and their birth partners will want to take a class that reviews what to expect during labor and delivery. Many parents also take classes that cover the caring and feeding of their infant. Mothers are encouraged to complete all classes by the 32nd week of pregnancy.

## CHILDBIRTH EDUCATION

### Childbirth Preparation *(four three-hour sessions)*

This four-session course provides you and a birth partner with essential information and support as you prepare for birth. It is recommended for those who prefer to learn at a slower pace, building relationships with your instructor and other participants in class. Relaxation techniques are demonstrated and practiced in class with the guidance of your instructor.

*Class topics include:*

- Pregnancy basics
- Understanding labor and birth
- Medication and anesthesia
- Basics of Cesarean birth
- Early postpartum period overview

### Childbirth Express *(one six-hour session or two three-hour sessions)*

Ideal for the expectant mom and birth partner with busy schedules, Childbirth Express is a compressed version of the Childbirth Preparation class. It is offered as a one six-hour weekend class or as two three-hour evening classes.

### HypnoBirthing *(five two-and-a-half-hour sessions)*

HypnoBirthing is a comprehensive childbirth class that will take you through each step of labor and birth, giving you training and tools to have a more comfortable birth. It has been proven to increase confidence, calm and comfort for the birthing mother and baby.

*Class topics include:*

- Simple breathing and relaxation exercises
- Self-guided hypnosis techniques
- Overview of the childbirth process
- How to support the birthing mother
- Discussion of the postpartum period
- How to bond with your baby

### Natural Childbirth *(one six-hour session)*

Our Natural Childbirth class starts from the perspective that childbirth is a normal and natural process. Our class teaches how to approach birth with confidence and relaxation.

The class is a blend of lecture, discussion and relaxation that teaches what to expect and helps participants develop the skills to move through labor. It is designed for those interested in natural childbirth options.

## Virtual Classes

We offer interactive online classes for those who can't attend onsite classes because of work schedules, time constraints or medical conditions. You can select from a variety of courses and explore them as your schedule allows.

*Classes include:*

- Understanding Pregnancy
- Understanding Birth\*
- Understanding Cesarean Birth
- Understanding Your Newborn\*
- Understanding Breastfeeding\*

*\*Also available in Spanish.*



## BABY CARE EDUCATION

### Newborn Care *(one three-hour class)*

This is a must-have, hands-on class for expectant parents or parents adopting a newborn.

*Class topics include:*

- What to expect from your new infant
- Bathing and diapering
- Holding and swaddling
- Sleeping and safety
- Feeding

### Baby Care for Dads *(one three-hour class)*

This class is a must for all dads-to-be! A skilled instructor introduces practical baby care basics and walks them through hands-on practice.

*Class topics include:*

- What to expect at the hospital
- Diapering
- Holding and swaddling
- Sleeping and safety

### Baby's First Year and Beyond – Giving Your Baby the Best Start *(one three-hour class)*

Learn what to expect from your baby beyond those first few weeks. Learn how caregivers can positively influence the growth of children to achieve academic and emotional success.

*Class topics include:*

- Feeding and nutrition
- Sleep and safety
- Common health topics
- Parenting and discipline
- Child care and early education
- Area support and parenting help



### Breastfeeding *(one three-hour class)*

Prepare for a successful, rewarding breastfeeding experience. Partners are encouraged to attend.

*Class topics include:*

- Latching
- How to hold your baby
- How often and how long to feed your baby
- How to avoid common problems

### From Bump to Baby *(one six-hour class)*

This one-day seminar consists of an express version of our three most popular classes: Newborn Care, Childbirth Preparation and Breastfeeding.

*Expectant parents will be introduced to:*

- Baby care basics with hands-on practice
- Information on labor, birth and the early postpartum period
- Tips on how to prepare for a successful, rewarding breastfeeding experience

### Infant Massage *(three one-hour classes)*

This three-class series teaches caregivers how to safely and effectively massage their infant, promoting caregiver/infant bonding, relieving baby's stress and providing stimulation.

*Class topics include:*

- Benefits of infant massage
- Knowing when and when not to massage your baby
- Types of massage



For more information, visit [inova.org/well](http://inova.org/well)

## Sibling Classes *(one 60-minute class)*

This interactive and educational class is designed for children ages three to seven who are expecting a new brother or sister.

*Class activities include:*

- Learning what it means to be a big brother or sister
- Creating a craft gift for the new baby
- Going on an age-appropriate hospital tour

## Grandparenting *(one two-hour class)*

Join a fun and informative class for the new grandparent.

*In this class, you will:*

- Refresh your memory on infant care
- Learn about important medical updates and the latest safety practices
- Discuss ways to support the new family, even from a distance

**Register for a childbirth education class at [inoa.org/childbirtheeducation](https://www.inova.org/childbirtheeducation)**

## Maternity Tours

Join us for a FREE tour of an Inova birthing center. We strongly recommend you schedule your tour early, around your 20th week of pregnancy, as maternity tour slots fill up quickly. Plan to attend a maternity tour of the hospital where you plan to deliver before your 32nd week of pregnancy.

*On the tour, you will:*

- Preview the labor and delivery, and postpartum units
- Learn what to expect and where to go when you arrive
- Learn more about the care and safety of your birthing center

**Register for an in-person tour, or watch a virtual tour at [inoa.org/maternitytour](https://www.inova.org/maternitytour)**

## New Moms Support Groups

Drop in to a new moms group when you are ready to meet new friends and talk about the joys and challenges of motherhood.

## New Moms Return to Work Group

Find out how other moms are growing into their new role and what you can do to ease your transition back to work.

## Parents Support Group

Moms, dads and partners are welcome to attend a parents support group, where they can learn about resources available to new families and get to know other new parents in the area.

An experienced maternal-infant health educator facilitates the informal discussion in each group. All support groups are FREE, registration is not required, and babies are welcome!

**Find a new support group near you at [inoa.org/newparentgroup](https://www.inova.org/newparentgroup)**

## Prenatal and Postpartum Fitness and CPR Classes

Inova Well offers a variety of additional classes to meet the needs of potential new and expectant parents in many convenient Northern Virginia locations.

*Available classes include:*

- Prenatal Yoga
- Mommy Bootcamp
- Strong with Baby Class
- Baby and Me Yoga
- Infant CPR
- Family and Friends CPR – adult, child and infant

**Register for a class at [inoa.org/mommyandme](https://www.inova.org/mommyandme)**

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*Please note that class and tour sizes are limited. Schedule your classes and tour early to ensure that your first choice is available. Attendees are encouraged to bring a snack and/or drink.*

