

Virtual Childbirth Education Classes

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email/call Mary Barlow w/ questions

Class Name	Class Length	Price	Day Offerings	Time Offerings	Course Description and total Attendees
<p>Coping &amp; Comfort for Birth-Virtual Class</p>	<p>6 hours/2 hours a week for 3 weeks</p>	<p>\$45</p>	<p>Wednesday or Thursday  2 offerings each month</p>	<p>6:00-8:00 pm</p>	<p><b>Cap class with 10 registrations (This may be up to 20 people with the partners).</b></p> <p><b>Description:</b> This is a virtual class taught by a Certified Childbirth Educator. This is a comprehensive class for parents seeking an interactive childbirth class from the comfort of their home. It is offered as 3 two-hour classes. Additional materials and course link will be sent via email. You will also be asked to gather simple items in your home. We encourage pregnant women to invite their support person to attend, but it is not a requirement to participate. <i>You will need to have a computer or a phone with audio and visual capability.</i></p> <p><b>Course Information Include:</b></p> <ul style="list-style-type: none"> <li>• Review labor and birth physiology</li> <li>• Learn warning signs and complications</li> <li>• Practice various comfort &amp; coping measures</li> <li>• Learn when to go to the hospital and what to bring</li> <li>• Experience 3 Relaxation Meditations</li> <li>• Create a birth plan with your partner</li> <li>• Apply everything you learn in a Birth Rehearsal</li> </ul> <p><b>Please note:</b> The course information should not replace any information you receive from your Healthcare Provider. Call your Healthcare Provider if you have any questions about your pregnancy &amp; upcoming birth.</p> <p><b>Event Contact Information:</b> 801-387-4010 childbirthclasses@imail.org</p>

How to sign up →



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Birth Basics Virtual Q&A	90 minutes	\$12	2 <sup>nd</sup> Tuesday of each month	6:00-7:30 pm	<p><b>Cap class with 10 registrations (This may be up to 20 people with the partners).</b></p> <p><b>Description:</b>            This is a virtual class taught by a Certified Childbirth Educator. This is a fun and interactive Q&amp;A. Participant and Instructor interaction is based on the information in the Birth Basics online Childbirth Preparation course. <b>Previous completion of the free online Birth Basics course is a pre-requisite to this class.</b> We encourage anyone who is attending the birth with the mother to also participate. However, this class is also helpful for mothers without a partner. <i>You will need to have a computer or a phone with audio and visual capability.</i></p> <p><b>Course Information Includes:</b></p> <ul style="list-style-type: none"> <li>• A guided and interactive question and answer session via a virtual real-time Childbirth Educator.</li> <li>• Labor Rehearsal: practice of techniques and birth plan preferences.</li> <li>• Birth Preparation Meditation.</li> </ul> <p><b><u>Please note:</u></b> The course information should not replace any information you receive from your Healthcare Provider. Call your Healthcare Provider if you have any questions about your pregnancy &amp; upcoming birth.</p> <p><b>Event Contact Information:</b>            801-387-4010            childbirthclasses@imail.org</p>

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Virtual Breastfeeding Class	2 hours	\$15	1 <sup>st</sup> and 3 <sup>rd</sup> Thursdays of each month	6:00-8:00 pm	<p data-bbox="1045 167 1881 232"><b>Cap class with 10 -15 registrations (This may be up to 30 people with the partners).</b></p> <p data-bbox="1045 277 1199 305"><b>Description:</b></p> <p data-bbox="1045 350 1881 662">Taught by an International Board-Certified Lactation Consultant (IBCLC), this is a virtual one evening, 2-hour class. The evidence-based information will help educate expectant parents about the art of breastfeeding and its benefits to both mom and baby, while building confidence in women that breastfeed. Learn how to have a positive experience and get breastfeeding off to a good start with proper latch-on techniques, nursing positions, engorgement prevention, as well as milk expression and proper storage. This class is open to all expectant parents.</p> <p data-bbox="1045 708 1402 735"><b>Course Information Includes:</b></p> <ul data-bbox="1094 740 1682 946" style="list-style-type: none"> <li>• Health benefits</li> <li>• Economic benefits</li> <li>• Ins and outs of milk production</li> <li>• Common temporary breastfeeding problems</li> <li>• How to prevent breastfeeding problems</li> <li>• How to overcome breastfeeding problems</li> </ul> <p data-bbox="1045 992 1860 1052">* We recommend having a life size baby doll available for practicing the instructor lead positions and holds during the class.</p> <p data-bbox="1045 1097 1871 1230"><b>Please note:</b> The course information should not replace any information you receive from your Healthcare Provider. Call your Healthcare Provider if you have any questions about your pregnancy &amp; upcoming birth.</p> <p data-bbox="1045 1276 1381 1377"><b>Event Contact Information:</b> 801-387-4010 childbirthclasses@imail.org</p>



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Hypnosis for Birth	Five, 2.5-hour sessions	\$95	Tuesday/Thursday  Offered approx. every 6 weeks	6-8:30 pm	<p><b>Cap with 10 registrations (up to 20 people with partners)</b></p> <p><b>Description</b> This course is five 2 ½ hour sessions and includes Childbirth Education preparation as well as Self-Hypnosis techniques to help parents achieve a calm, peaceful, and deeply satisfying birth. Birth Partners are strongly encouraged to attend as they will learn how to support mother with the many techniques. There is included homework, meditation recordings, electronic documents, a class syllabus, and e-mail support between each class to learn the skills proficiently. We encourage parents to take this class between 15-34 weeks gestation; however, you may take it any time during your pregnancy.</p> <p>For this virtual class, parents will need to have a computer or a phone with audio and visual capability. They are also asked to gather a few items from their home to use in a comfortable area for labor support activities.</p> <p>The class syllabus will be mailed to your home.</p> <p>The key objectives of this course are centered around:</p> <ul style="list-style-type: none"> <li>• Birth Preparation Education</li> <li>• Self-Hypnosis</li> <li>• Breathing Techniques</li> <li>• Coping &amp; Comfort Techniques</li> <li>• Deep Relaxation</li> <li>• Communication</li> <li>• Practice (in class and at home)</li> </ul> <p>This course is taught by RN Childbirth Educators specialized in Hypnosis techniques for pregnancy, labor, and birth.</p> <p><b>Please note:</b> The course information should not replace any information you receive from your Healthcare Provider. Call your Healthcare Provider if you have any questions about your pregnancy &amp; upcoming birth.</p> <p><b>Event Contact Information:</b> 801-387-4010 childbirthclasses@imail.org</p>