

Blossom Birth & Family Complete Childbirth Prep Classes						
Class	Main Focus	Description	Length of Series	Class Schedule	Materials/Special Instructions	Instructors
Childbirth Prep Series	A practical approach to Childbirth that goes beyond what is typically covered in basic books or classes. Perfect for those who are unsure of their birth plans and want a comprehensive class.	A balance between theory and practice, providing a true view of labor and delivery with its many variations and personal coping techniques.	3-weeks: 4-hour classes 5-weeks: 2.5-hour classes 12 hours total instruction	Class meets once a week usually on Sunday evenings & Saturday afternoons	Digital Handouts	Deanna Dawson Jesus Catherine Crider
Birthing Naturally: Partner Supported Childbirth ___	Focuses on Birthing parent(s) who are committed to avoiding medical interventions and wish to be supported by a partner.	Simple and thorough techniques that enable the birthing person to channel one's strength, confidence, and relaxed disposition when preparing for labor and birth. Check out full class curriculum here.	8 weeks 2.5-hour classes 20 hours total instruction	Class meets once a week on Sunday evenings	Study Guide Booklet: \$25 due to the instructor in addition to your registration fee.	Lori Ismail
Hypnobirthing - The Mongan Method ___	Perfect for Birthing families who wish to experiencing a unmedicated birth in a more comfortable manner.	HypnoBirthing® is as much a philosophy of birth as it is a technique for achieving a satisfying, relaxing, and stress-free method of birthing. You will learn how to call upon your body's own natural ability to focus and relax and thus lessen, or even eliminate, discomfort.	5 weeks 2.5-hour classes 12.5 hours total instruction	Class meets once a week on Sunday evenings	Digital Handouts	Tracie Lynch
Navigating Your Birth: Secrets from a Doula	Those are leaning towards a hospital birth and wish to be prepared for what the birth experience in that setting entails. This class also focuses on community building between the families.	A full Childbirth Prep Course focused on the experience at the hospital from a Doula's perspective. Topics include how to prepare for birth, what to expect at each stage, your choices in labor, advocacy, and much more. Special format with testimonials and dynamic practices. Check out full class curriculum here.	6 weeks 1.5-hour classes 9 hours total instruction	Class meets once a week on Thursdays evenings	Digital Handouts	Cameron Seeberger
Childbirth Prep Express	For those unable to attend a more in-depth class or very close to their due date and other time constraints.	This is a general overview of the process of labor, common hospital procedures, and a brief intro to coping tools.	Two days 3-hour classes 6 hours total instruction	Class meets once on the weekend usually on Saturday and Sunday mornings	Digital Handouts	Catherine Crider
Special and Supplemental Childbirth Prep Classes						
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Childbirth Prep Refresher	For those who may not have taken a childbirth class with their first child or want to revisit the labor and birth process from an experienced perspective.	Curriculum shaped by students. Common topics: stages of labor, comfort measures, revisiting previous birth experience(s), common labor protocols, medical interventions, introducing your older child (ren) to his or her new sibling.	One day 4-hour class	Usually on the weekends	Digital Handouts	Catherine Crider
Comfort Measures for an Easier Labor	Focused on equipping the birthing person with tools and techniques to help make labor easier to work through (whether you are aiming for an unmedicated birth or expect to have an epidural).	It's a mindful approach to preparing for labor. learn numerous tools and options for navigating labor	One day 4-hour class	Usually on the weekends	Digital Handouts Please come dressed comfortably and ready to move, this is an active class! Students are encouraged to use their own birth ball.	Catherine Crider
Partner Support Prep	Focused on the birth partner. Ideal for those who intent to have an active role in the birth while providing the best physical and emotional support to the birthing person.	Learn how to apply support techniques through the entire pregnancy, labor, delivery and postpartum journey to help create the best experience for your family.	One day 3-hour class	Usually on the weekends	Digital Handouts Class curriculum is catered to the perspective of the partner. Birthing partners are welcome to learn about birth from a new view. Please note: this is not a complete Childbirth Prep Class.	Catherine Crider

Last updated on: 2/17/2022

Classes with a focus on unmedicated birth.