

Visit eCommunity.com/obclass to register for our Childbirth Education Classes.

Birth and Baby – In Person

This three-week class is geared toward first time parents or parents who have not had a baby in the past 5 years. The childbirth educator will cover the last month of pregnancy, the labor and birth process, relaxation and pain management options, postpartum and care of the newborn. You will receive a book in class. A maternity suite tour is included.

Duration: 3-week evening series. You will attend a 2-hour evening class each week.

Location: Community Hospital North or Community Hospital South

Birth and Baby – Virtual

This three-week class is recommended for first time parents or parents who have not had a baby in the past 5 years. The childbirth educator will cover the last month of pregnancy, the labor and birth process, relaxation and pain management options, postpartum and care of the newborn.

Duration: 3-week evening series. You'll attend a 2-hour evening Webex session each week.

You will receive a welcome email from the instructor with a Webex link to a live, virtual class and an access code for an e-book.

Birth and Baby Express – In Person

This is the express version of our classic Birth & Baby series. It's a one-day class for first-time parents. A maternity suite tour is included.

Duration: 1 day, you will attend a 5-hour class with a break for lunch

Location: Community Hospital East or Community Hospital North

Birth and Baby Express – Virtual

This is the express version of our classic Birth & Baby series. It's a one-day class for first-time parents.

Duration: 1 day, you will attend 5 hours with a break for lunch

You will receive a welcome email from the instructor with a Webex link to a live, virtual class and an access code for an e-book.

Maternity Suite Tours

In-person tours are provided during in-person childbirth education classes, to those who have registered.

Virtual tours of our maternity suites are always available online! Watch virtual video tours of our maternity suites to learn more about what is offered at each location.

Visit eCommunity.com/pregnancy and watch virtual tours in the “Tour Our Maternity Suites” section.

Breastfeeding Basics - Virtual

The lactation consultant will share tips to prepare you for breastfeeding in this one-session class for expectant parents. We recommend taking this class in the third trimester. Dads and partners are encouraged to attend!

Duration: 1 evening Webex session for 2 hours

You will receive a welcome email from the instructor with a Webex link to a live, virtual class and an access code for an e-book.

Natural Labor Discussion Virtual

This one-session virtual class discusses how to prepare your body for labor, comfort measures, birth hormones, and tips for how to have a non-medicated birth. For first time parents, it is preferred, but not required, to complete the Birth and Baby series first.

Duration: 1 evening Webex session for 2 hours

You will receive a welcome email from the instructor with a Webex link to a live, virtual class.

Expectant Dads Class – In Person

This is a one-session class for expectant dads. This class will be held in person. Topics include care and development from newborn to age 4 months. In addition to general topics, there is a question and answer time with a new dad. Resources will be sent via email.

Duration: 1 evening for 2 hours, in person

Location: Community Hospital North

Siblings Class – In Person

Parents and future siblings arrive with a doll or stuffy in tow to explore different stations to help prepare them for baby's upcoming arrival. Following exploratory stations, children will gather for a short video about becoming a sibling and have a discussion and demonstration from a Nurse Educator explaining in simple and age-appropriate terms the process of birth. Lastly, kids will be taken on a "parade" (tour) of the maternity unit.

Duration: 1 evening for 1 hour, in person

Location: Community Hospital North

Family and Friends CPR – In Person

This class teaches lifesaving skills of adult, child and infant CPR and AED use, and how to help adults, children and infants who are choking. You'll receive hands-on training with adult and infant mannequins and a Friends & Family CPR student manual. This class does not certify you in CPR.

Duration: 1 class for 2.5 hours, in person

Location: Community Hospital North

Payment for classes must be paid at registration. Payment is not accepted the day of class.