

Childbirth Classes



Childbirth Classes allow you and your birthing partner to meet in a small group with OB staff and other expecting families. This 4 hour class is designed to help you prepare for the delivery of your baby and become familiar with the Birthing Center. Classes are held at BAMC at the first floor Women's Health Clinic.

Topics Include:

- Signs of labor / when to come into the hospital
- What to bring to the hospital
- What to expect in labor
- Comfort measures for labor / how your support person can help
- Pain management options / anesthesia
- Tour of the Labor and Delivery unit

Please call 210-916-7002
for class dates and to register
Seating is limited



Classes are the **1st and 3rd Sat** of each month
0800-1200 or **1300-1700**
(subject to change if the class falls on a holiday weekend)