

Childbirth Classes



Childbirth Classes allow you and your birthing partner to meet in a small group with clinic staff and other expecting families. This 3 1/2 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 SAMMC; check in 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 Labor and Delivery, and the Mother-Baby Unit

Please call 210-916-7002 for class dates/scheduling



Walk in L&D Tours, 5th Floor Check In Area:
Mon and Wed @ 1000, Sun @ 1400