



## Focus on Motherhood: Childbirth & Newborn Care Class

This class will enable participants to feel more comfortable with the labor and delivery process, increase confidence in the birth process and newborn care, and bring excitement to their new roles as parents. Participants will view short birth videos and meet with a certified child birth educator.



**The program offers three options:  
three home visits, in-person group  
sessions, or three virtual sessions.**

**Classes will be tailored to meet the  
needs of each mother-to-be and which  
trimester she accesses the class.**



**Register Now!**

[bit.ly/FocusonMotherhood](https://bit.ly/FocusonMotherhood)



### POSSIBLE LIST OF TOPICS

- Maternal changes and fetal development.
- Visualization, relaxation, and breathing.
- Role of the support person.
- Available pain and comfort measures.
- Available medication and anesthesia.
- C-section, interventions, and complications.
- Birth and newborn care.
- Importance of skin-to-skin bonding.
- Breastfeeding and bottle feeding.
- Safe sleeping.
- After birth care and changes for mom.
- Birth control.
- Community Resources.

**All classes are free and available to women in Bucks County!**

*For more information about this FREE service, please email Liz Chodelka at [Lchodelka@maternitycarecoalition.org](mailto:Lchodelka@maternitycarecoalition.org) or call 215-518-1804.*