

Free Prenatal Classes

(offered in-person and on Zoom)

To register for upcoming classes, please download and complete the [Registration Form – Prenatal Classes \(PDF\)](#) and email it to: HSCPrenatalclass@easternhealth.ca. Please indicate in the email whether you prefer in-person or Zoom classes. An email with your appointment date and time, and a Zoom link (if applicable) will be sent to you.

Please see the descriptions below to select classes that fit your needs.

- [Three-Week Early Pregnancy Classes](#)
- [Five-Week Labour and Birth Classes](#)
- [Prenatal in a Day Class](#)
- [Refresher Classes](#)
- [Teen Pregnancy Classes](#)
- [Breastfeeding Class](#)
- [Newborn Care Class](#)

Types of Classes (see registration information below)

1. Three-Week Early Pregnancy Classes

These classes are designed for expecting parents less than 28 weeks pregnant and are usually offered the first three Wednesdays of each month (5:30 PM – 7:30 PM). Class topics include information on:

- Dietitian - Nutrition
- Physiotherapist - Healthy Exercise
- Nurse - Physical and emotional changes of pregnancy
 - Fetal development of the baby
 - Benefits of breastfeeding

2. Five-Week Labour and Birth Classes

These classes are designed for expecting parents having their first baby and are offered one evening a week (5 week series, Tuesday/Wednesday or Thursday) in the last three months of pregnancy. This class is taught by an experienced Labour & Birth Nurse. Class topics include information on:

- Labour and birth
- Relaxation and breathing
- Comfort measures and labour support
- Medical Interventions
- Hospital tour
- Benefits of breastfeeding
- Postpartum

3. Prenatal-in-a-Day

This full day class is provided in the last 2 months of pregnancy. This class is usually held twice a month from 9:00 AM to 4:00 PM. This class is taught by an experienced Labour & Birth Nurse. Class topics include information on:

- Labour and delivery
- Relaxation and breathing
- Comfort measures and labour support
- Medical Interventions
- Hospital tour
- Benefits of breastfeeding
- Postpartum

4. Refresher Classes

These classes are designed for expecting parents who have previously attended classes and/or have experienced childbirth. They are offered in the evening during the last three months of pregnancy. This class is taught by an experienced Labour & Birth Nurse. Class topics include information on:

- Labour and birth
- Recent changes in obstetrics
- Comfort measures and labour support
- Medical Interventions
- Hospital tour (siblings may be included)
- Benefits of breastfeeding
- Postpartum

5. Teen Pregnancy Classes

These classes are designed for pregnant teenagers and their support person. They can be attended on an individual basis or in small group sessions. This class is taught by an experienced Labour & Birth Nurse. Topics discussed are the same as the 5 Week Labour & Birth Classes.

6. Breastfeeding Class

This class is offered 1-3 times a month in the evenings. This class is taught by a Lactation Consultant.

- What to expect while in hospital
- Feeding cues
- Position/Latch
- Hand Expression

7. Newborn Care Class

This class is offered 1-3 times a month in the evenings. This class is taught by an Obstetrical Nurse. Class topics include information on:

- Newborn characteristics
- Baby bath, cord care, diapering
- Skin to skin, rooming in, Safe Sleep, car seat safety
- Crying/Colic, burping

- Newborn tests, jaundice