

Childbirth Classes & New Parent Support Groups



Visit overlakehospital.org/classes for details and registration information.

We recommend taking classes in the following order:

First Trimester

Healthy Pregnancy, Healthy Baby

This online, self-guided class is designed to prepare expectant families for the journey through early pregnancy. Free.

Second Trimester

Childbirth Center Tour

Get a first-hand look at the Childbirth Center with this online tour. Free.

Pelvic Floor Wellness: New & Expectant Moms

Learn ways to reduce pregnancy-related problems and strengthen pelvic floor muscles. Live, virtual instruction. Free.

Yoga for Pregnancy

Practice breathing exercises, easy postures and guided meditation in this six-week, prenatal yoga series. Live, virtual instruction. \$75.

Third Trimester

Understanding Birth

These courses are designed to give you an overview of the third trimester, labor, birth and postpartum healing. On-demand course: \$85; four-week series with live, virtual instruction: \$120.

Understanding Your Newborn

Learn how to care for your newborn during the first three months of life. Self-guided course with optional live, virtual demo/support meeting. \$45.

Infant Safety and CPR

For expectant and new parents, grandparents and family members. Completion cards not awarded. Live, virtual instruction. \$35.

Breastfeeding Basics

Essential information to help prepare you for breastfeeding. On-demand: \$35; with live, virtual instruction: \$45.

Labor Coping Skills

Learn and practice comfort measures and positions to use while laboring at home and in the hospital. Live, virtual instruction. \$45.

Baby Has Arrived!

After Baby Comes

A group for new parents to talk about feeding, sleeping and navigating the complexities of parenthood. Weekly live, virtual meetings. Classes divided by baby's age:

0-3 months, Tuesdays, 10-11 a.m. Free.

3-6 months, Tuesdays, 2-3 p.m. \$60.

6-12 months, Tuesdays, noon-1 p.m. \$60.

Balance After Baby

Postpartum support group for new moms experiencing feelings of sadness or anxiety.

Tuesdays, 1:30-2 p.m. Free.

Infant Massage

This four-week series introduces new parents and caregivers to the world of infant massage. Live, virtual instruction. \$60.

Yoga After Birth (Postpartum)

Practice breathing exercises, restorative postures and guided meditation in this six-week, postpartum yoga series. Live, virtual instruction. \$75.