

PREPARING FOR BIRTH!

Are You Ready???



Why should you take Childbirth classes?

Knowing what to expect from the first contractions to the final push will empower you and go a long way to reduce your worries and prepare you for the journey to parenthood. The information provided in the class and the opportunity to discuss options with various labor scenarios helps the laboring woman and her partner feel informed and confident.

A live interactive session of learning accurate and helpful information is a much better way to prepare for birth than “word of mouth” or “Dr. Google” searching.

We would like to invite you and your partner to a prepared Childbirth class taught by an experienced teacher who has helped families for 30 years. The class will review the labor process and its variations, labor positions, comfort measures, pain relief options, post delivery care and breastfeeding.



Upcoming Classes

2019

January 6th
February 24th
March 31st
April 28th
June 2nd

July 21st
August 25th
September 29th
November 3rd
December 8th



Class Time: 9am – 2:30pm

Classes held at:

3580 Joseph Siewick Dr.
Fairfax, VA 22033
Lower level Conference Center (take
elevators down 1 level)

Please bring:

- 2 pillows
- 1 blanket
- Bag Lunch
- Snacks
- Water bottle

To Register: Send Email to: Karen Foster-Anderson at birthingbasics4you@gmail.com

Payment: Course Fee = \$150.00 (check or cash) to hold your space in the class

Preregistration Savings: Save \$10.00 off Course Fee by registering and making payment 2 weeks prior to the class.

Mail Registration to: Karen Foster-Anderson, 15421 Martins Hundred Drive, Centreville, VA 20120, ATTN: Birthing Basics Class

