

Welcome to Your Free Beginning Prenatal Class

Lessons to help you be your
own birth boss.

The *free* ←
Beginning
Prenatal Class

Your Journey Towards Birth Preparation

Things You Know

Maybe you're a bit nervous about what will go on in the delivery room and what to expect around this big life event. In my experience, most couples want to know more about birth, but aren't sure where to start.



Some Road Blocks to Preparation

Maybe this sounds familiar -- looking & calling around trying to find a birth class. It seems like they filled up before you can check schedules with your partner, or they just aren't a good fit for what you need.

For me, the biggest issue was finding a class that would fit both of our schedules. I worked random days as a nurse and my husband put in long hours in a metal factory. I really wanted him there -- how could I make this work?

That's Where On-Demand Preparation Was Born

After seeing how much *happier* couples who had done prenatal class were with their birth, I was convinced **there HAD to be a better way to get couples prepared together.**

This class has three lessons for you, as you head towards your due date.

Remember this class gives you:

- **Experience** -- the instructor has 20 years of labor and delivery experience, and has had 3 children of her own.
- **Speed** -- I know your time is so valuable -- I don't want to waste a second as we give you the tools you'll need
- **All about YOU** -- Find a topic you're interested in, dwell on it -- not so interested in others, just do a quick skim and move onto other areas.

Let's get started!

What are the lessons in this class?

Tap what lesson you want to go to:

Third Trimester Testing & Moore

Helps you anticipate any testing your doctor might order, and be aware for problem areas to watch for during pregnancy.

Birth Plans 101

Three easy steps to getting what you prefer in labor & communicating with your healthcare team

Labor Movement Cards

Movement is one of the MOST important parts of labor -- but what positions are best? I'll share some secrets!

More Info for you:

[Your Next Step](#)

[About the Instructor](#)

You must not rely on the information from this class as an alternative to advice from your medical professional or healthcare provider or your child's healthcare provider. You should never delay seeking medical advice, disregard medical advice, or discontinue medical treatment as a result of any information provided on the Website. All medical information in this class and on my sites is for informational purposes only.

Free Video Lesson Just For You:

Why is This Important?

There is a lot to learn during your pregnancy -- so, why is *this* an important lesson? In this lesson you'll learn (it's actually a free lesson from [The Online Prenatal Class for Couples](#)

- **When** is labor and delivery open
- **Common testing** in your 3rd trimester.
- **How many contractions** are OK?
- Why **kick counts are so important**



But honestly, I see so many couples entirely hands-off to third trimester testing (not knowing why they're doing it or what the testing will show) and then caught off guard by the results and what the doctor recommends next.

By understanding that testing you're in the drivers seat by anticipating what your next choices could be. It's really going to help you out.

How to View the Lesson:

Because this is a video lesson -- it is hosted in my classroom. Here's how to get to it:

- I have made you an account in my [online classroom](#).
- You will get an email with the subject line: **Verify your email to access your course**
- That email will have your user name (the email you signed up with) and a magic link to make a password for your account.
- If you're not able to get in --[find out more here](#).
- You can always try "forgot password" to send you a magic link again.

Note: Some students may not have completed their classroom sign-up to view this lesson. You need to [do so here](#) before you can access it.

Log Into the lesson [HERE](#)

What's in this free lesson?

- An 11-minute video plus text (if you prefer reading)
- Outside resources to learn more
- Couples questions about the 3rd trimester

Birth Plans 101

1.

Get Your Birth Plan Template

This downloadable template makes it really easy to see what most people put on a birth plan (feel free to make your own, this just gets you started) and things to consider as you are making choices for your birth.

[Download The Birth Plan Template](#)

2.

Let's chat about why birth plans are important

I'm going to share about what birth plans do for YOU and also what they do for the hospital staff. Couples find this video SO helpful, don't miss it (if it doesn't embed here you can also [try this link](#))



3.

Make your birth plan!

In that downloadable template I also share some of the pro's and con's of things frequently seen on people's birth plans.

Now it's up to you to make those choices (but remember, you can always change your mind)

Remember, this is just the basics. If you are looking for more join [The Online Prenatal Class for Couples](#) where we talk more about options and birth plans.

So, what now?

Ok, I tried to pick some tools that can REALLY help you.

I really want you to know what your provider is doing, and what to **watch** for as you head into your due date. *Office visits often just aren't enough.*

I am a BIG believer of you **thinking** through your birth experience ahead of time and learning to communicate your wishes, whatever they are.

Taking the reigns of **moving** your body can be a HUGE win in labor. It really can make the difference, *I've seen it time and time again.*

But, I am the FIRST to tell you *this isn't enough.*

This was just the beginning.

This is just a a kit with *some tools...* it's **time for the next step.**

Today is the day for you to get started on the [full class](#) -- use **coupon code VIPMEMBER to get 15% off the course** ([coupon is already applied here](#)).

Get the Full Online Course

I know it's hard to imagine that you'll be in that labor room before you know it - - but time and time again people just don't get to the class and **end up regretting it.** I don't want that to happen to you!



THE Online
Prenatal
Class *for couples*

P.S, Not sure which one to pick? **Couples are happiest with the Bump to Bassinet Bundle Upgrade and all that it includes**, but I want you to pick one that fits your budget. Email me if you have *any* questions about the course!

About The Instructor:



Hilary Erickson, BSN-RN

Some people know me as the curly head behind Pulling Curls, and others know me as The Pregnancy Nurse.

I have been a nurse since 1997, and I have **20 years of labor and delivery experience**. I'm one of the most sought after prenatal educators because I *get new moms*. I know what you need to know, and I know how to help you understand it quickly (and keep it fun).

I absolutely love that I get to do it every day with thousands of couples.

"We loved Hilary's straight forward and honest teaching on what you really need to know when it comes to all things, labor, delivery, postpartum, and newborn care. Her humor and vulnerability make the classes even better."

Sarah H. / Former Student

"Hilary is a great instructor with tons of experience."

Brittany C. / Former Student

"Hilary is great and definitely knows what she is doing!! I will admit I am terrified of labor and delivery but after taking this course I feel more prepared and at ease. Worth the money!"

Lauryn D. / Former Student

[Read More Reviews](#)