

Understanding Birth

Empowering Birth Experiences



Class Dates

- September 23 and 30, 2024
- January 13 and 20, 2025
- April 15 and 22, 2025
- July 16 and 23, 2025
- October 16 and 23, 2025

All classes will be from 4:30pm - 7:00pm.

All classes will be at Redington-Fairview General Hospital.

To sign up,
please call:



(207) 858-2318



Topics Covered

✓ Pregnancy

Baby development, feeling uncomfortable during pregnancy, nutrition, preterm labor, your emotions, and more.

✓ Labor

Signs that labor is near, the different stages of labor, and more.

✓ Birth Stories

Different families and situations show how labor happens in real life.

✓ Comfort Techniques

Having support during labor, breathing and relaxation, massage, labor and pushing positions, partner advice, and more.

✓ Medical Procedures

Making your own decisions, induction, fetal monitoring, IVs, pain management options, and more.

✓ Cesarean Birth

Reasons for cesarean birth (also called "C-section"), types of cesareans, risks, anesthesia, and more.

✓ Newborns

Newborn hospital procedures, skin-to-skin contact, safe sleep, crying, and more.

✓ Postpartum

Care for your body, breastfeeding basics, baby blues, perinatal mood and anxiety disorders, self-care, and more.