

# We want to take a childbirth birth class but...



## *Why is it advised?*

### **You'll be prepared for the birth experience**

Knowing what is happening in your body is essential to working with the sensations you're experiencing and allowing your team to work for you in keeping you and your baby safe.

## *How do we find the time?*

### **You have options!**

The Evidence Based Birth® Childbirth Class provides you with a comprehensive childbirth class and learning happens online and in person! There are also one day classes and private sessions available for those who need refreshers or are late in the game!

*Plus all Birth Freely Birth Classes classes have the option now to be live streamed or are offered totally online!*

[www.birthfreely.com/onlinebirthclass](http://www.birthfreely.com/onlinebirthclass)

## *What are the benefits?*

### **Benefits of a birth class:**

#### *You'll learn to breath.*

Sounds funny, right? You know how to breath! But now, think about your body squeezing near your diaphragm while you try to breath deeply for your baby. In class, you'll learn to breath for you baby during labor.

#### *You'll learn comfort measures.*

You and your partner will learn how to work together to make the labor experience more comfortable and even enjoyable!

#### *You'll build your community.*

Having a baby is an amazing experience but can be isolating. Meeting couples going through the same thing you are at the same time help build your tribe!

#### *You'll learn what's normal.*

No, you won't become an expert in the birth process, but you will have a firm understanding of what is normal which will allow trust in your team and yourself when the time comes.

## *How do we afford it?*

### **It's an investment! Inquire about discounts and scholarships.**

Birth Classes are an investment in the most intimate and exciting day of your life and can be budgeted for, just like your wedding was!

Add a class to your registry!

Ask for a gift certificate!

Forgo the fancy crib sheet and bumper set you'll never use and use the money to make your birth the best it can be!