



## Local and Virtual Options for Childbirth Classes

Whether you're planning your first birth or your fourth, finding the right childbirth education can make a big difference — and there are great options available both locally and online.

Many of these resources also offer breastfeeding classes. The list includes trusted local educators we know and recommend, as well as classes that have been positively reviewed by members of our community.

There's a wide variety in presentation styles, lengths, topics covered, and pricing. Some may even be reimbursable by certain insurance providers — be sure to check with yours for details.

### Local Childbirth Educators:

**Emerge with Amy LePage:** Interactive, body-based birth education to help you meet the wild ride of pregnancy, birth, and postpartum with greater comfort and confidence. Classes welcome all family configurations and explore mindset, the pain/fear cycle, pelvic floor and birth anatomy, comfort measures and positions, support skills, communication and advocacy, nervous system regulation, immediate postpartum, the fourth trimester, and more. Amy also offers Prenatal Yoga & Strength classes and Prenatal Bodywork/Massage focused on pain relief, breech support, and birth prep. She is a Spinning Babies® and CAPPA-certified birth educator.

<https://www.emergewithamylepage.com/home/childbirth-education>

**LifeTree Birth Care:** Mary Etna Haac is a local instructor with LifeTree Birth. She teaches evidence-based birth classes based on best evidence, informed decision-making principles, and support skills to help you have the type of birth you want. These classes are hybrid in-person at Gifford and virtual.

<http://www.lifetreebirth.com/evidence-based-childbirth-class.html>

### Other Online-based Programs:

**Mama Natural:** This class was originally designed as an online class and is self-paced. It is very pro-natural birth and strongly advocates for avoiding any unnecessary interventions. Classes emphasize relaxation, breathing and active support from partners. Online and self-paced. <https://www.mamanatural.com/>

**Tinyhood:** This website contains a collection of classes about pregnancy and parenting, including online birth preparation classes. The curriculum is fairly middle of the road but has a good outline of what birth is like and a basic toolbox for labor coping. Tinyhood also offers a free breastfeeding class. Online and self-paced. <https://www.tinyhood.com/>

**Lamaze:** This is not your mother's Lamaze. The organization revamped several years ago and offers an evidence-based program that helps you prepare for any kind of birth. Consistent with evidence, educators discuss pain-coping and relaxation. They also review information you need to help make informed decisions about induction, vaginal birth after cesarean (VBAC), and labor interventions. This program supports unmedicated labor and birth but makes no expectation for you to do that if you choose otherwise. Several different classes are offered, including one free class. You can preview a part of every classes for free. Online and self-paced. <https://www.lamaze.org/Lamaze-classes-online>

**Kopa Birth:** 12-hours of video-format classes. These are designed to be interactive, with time in the videos to hit pause and practice what the teacher is presenting. They are pro-natural birth and geared toward couples planning a hospital birth in a setting that may not support unmedicated birth as well as Gifford does. Some of the lessons may reflect how to negotiate certain care practices — such as skin-to-skin, delayed cord clamping, intermittent monitoring and no IVs — that are usual practice at Gifford. <https://www.kopabirth.com/>