

Childbirth Education Options

There are several opportunities for childbirth education in our area. Please review available options and register for classes by 26 weeks. Inquire about private classes if none of the options work for your family.

- ❖ Do you have **Blue Cross Blue Shield** insurance? Make sure to sign up for Better Beginnings before 34 weeks gestation [Maternal Health: Better Beginnings | BlueCross BlueShield of Vermont \(bluecrossvt.org\)](#)
- ❖ Do you live in Washington County or the towns of Hardwick, Wolcott, Elmore, Stowe, Bolton, Orange, Topsham, Williamstown, Washington, Brookfield, Braintree, Randolph, Chelsea, Tunbridge? If so, check out **Good Beginnings of Central Vermont** for classes and postpartum support [Home - Good Beginnings Central Vermont \(goodbeginningscentralvt.org\)](#)

Copley Childbirth Education Classes – Morrisville, 802-888-8100, thewomenscenter@chsi.org

- [Childbirth Education Classes](#) – A 5-week session for expectant parents who wish to experience birth with knowledge, confidence, increased comfort and active involvement for this major life event.
- [CPR course](#) - This American Heart Association HeartSaver CPR course covers adult, child and infant CPR.

Blooming Babies [Home | Blooming Babies VT](#)- **Alice Norris, RN, IBCLC** Richmond, 802-488-5153, norris.alice@gmail.com

- [Breastfeeding classes](#) – online, through Birth Journeys (see below)
- [Hypnobirthing](#): Private classes at Richmond Wellness. Covers relaxation techniques that support natural childbirth by reducing fear and tension; simple deep breathing techniques; how to practice deep relaxation during and between uterine contractions; the stages of labor and how to use the different skills learned in class in each stage; and how to use your mind during labor to keep you calm and positive.

Emerge [Emerge with Amy LePage](#) - **Amy Lepage, Certified Childbirth Educator & Somatic Practitioner** Montpelier, 802-778-0300, info@emergewithamylepage.com

- [Prenatal Movement](#) - Weekly movement/yoga class helping you feel better during pregnancy & lots of birth prep. tips for labor.
- [Preparing Your Pelvic Floor for Birth](#) - 2-hr. workshop to better understand these important muscles, how they are involved in the labor & birth process, and tips to practice during pregnancy to help these muscles relax and allow for the birth process to unfold.
- [Moving, Breathing Birth](#) - 2-hr. workshop to better understand how movement & breath helps during the labor process. Ways to create more space & balance in the pelvis & tips to calm the nervous system for you and your support person(s).
- [Empowered Childbirth](#) - 2-part class (6.5 hrs.) with everything you find in a traditional birth class PLUS an emphasis on holistic, anatomical and nervous system understanding and evidence-based information empowering you & your support person(s).
- [Spinning Babies® Parent Class](#) - 3-hr. class focused on Balance, Gravity & Movement that breaks down the Spinning Babies® approach, making their information accessible & easeful to understand & use during pregnancy and labor.
- [Prenatal Somatic Bodywork](#) - Release tension, balance your body, reduce aches & pains, navigate emotions before birth

Wellspring Hypnotherapy [Wellspring Hypnotherapy and EFT Center – What the Mind Causes, the Mind Can Cure! Let me Show you How...](#) - Essex Junction, 802-872-0089, info@wellspringhypno.com

- Options for video classes, private classes, or video/private class combination
- Classes center around the use of hypnotherapy and related mind/body techniques to create trust in the body and in the birth process.
- Does not cover labor and birth physiology, medical interventions, etc. Valuable for first time parents to combine this with a traditional childbirth class.

Birth Journeys [Vermont Birth Journeys \(vtbirthjourneys.com\)](#) So. Burlington/Essex Junction, 802-233-7909, vtbirthjourneys@gmail.com

- Classes taught by certified instructors who are also certified birth doulas
- Unbiased, evidence-based information with hands-on practice time in every class for comfort measures, breathing, relaxation and massage
- Classes offered include CBE for hospital birth, CBE for home birth, refresher classes, breastfeeding/chestfeeding and pumping, infant CPR, and hypnosis for birth.
- In person and remote options available

LaLuz Birth and Beyond Morrisville, 713-410-2742, laluzbirthandbeyond@gmail.com

- Private online classes with the potential for group online and group in-person classes
- Covers late pregnancy, medications, comfort measures, healthy birth practices, self-advocacy, and postpartum recovery and journey