

## 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 \(goodbeginningscentralvt.org\)](#)

### **Lactation and Birthing Solutions** [Lactation Consulting Services \(lactationandbirthingsolutions.com\)](#)

**Vicki Rich, RN, IBCLC, RLC, CCE, CD** Morrisville, 802-888-3470

- Group classes held at Copley in the Stevens Conference Room, 5-week sessions on Thursday evenings, 6-8pm
- Private and refresher classes also available, with flexible scheduling to meet individual needs
- All classes include discussions about the process of labor, how to prepare, comfort measures, empowerment and advocating for self, medication options, early postpartum and breastfeeding education, and much more.
- Also offers birth doula services and lactation consulting post-birth

### **Blooming Babies** <https://www.bloomingbabiesvt.com/home>- **Alice Norris, RN, IBCLC** Richmond, 802-488-5153, [norris.alice@gmail.com](mailto: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** <https://www.emergewithamylepage.com/> - **Amy Lepage, Certified Childbirth Educator & Somatic Practitioner** Montpelier, 802-778-0300, [info@emergewithamylepage.com](mailto:info@emergewithamylepage.com)

- 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).
- Other classes include [Prenatal Movement](#) , [Preparing Your Pelvic Floor for Birth](#) , [Moving, Breathing Birth](#) , [Spinning Babies® Parent Class](#) and [Prenatal Somatic Bodywork](#)

### **Wellspring Hypnotherapy** [Wellspring Hypnotherapy and EFT Center](#)

[\(https://www.wellspringhypno.com/\)](https://www.wellspringhypno.com/)- Essex Junction, 802-872-0089, [info@wellspringhypno.com](mailto: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 \(vtbirthjourneys.com\)](http://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
- In person and remote classes offered include CBE for hospital birth, CBE for home birth, refresher classes, breastfeeding/chestfeeding and pumping, infant CPR, and hypnosis for birth.

**LaLuz Birth and Beyond** [LaLuz \(darlaluz.com\)](http://darlaluz.com) Meagan De Clerck, 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