

COTTAGE CHILDBIRTH CLASSES HAVE GONE VIRTUAL

Childbirth Education at Cottage Health

Cottage Health is dedicated to the health of our community. We have a few distance learning opportunities available on our website at cottagehealth.org/classes-events

Birth - eClass - Understanding Birth Online

Course: This is a unique online learning experience that provides you with a complete course to prepare for your upcoming birth. This class offers self-paced tutorials and video modules that can be viewed as often as you wish.

A Virtual Childbirth Center Tour: This free virtual tour of our childbirth center includes pictures of the birth center rooms and the postpartum unit.

A Childbirth Preparation Live Chat: This is a virtual conference call in which you will have the opportunity to speak with a certified childbirth educator about some basics of labor and birth. You will also have the opportunity to ask questions to some of our specially trained nurses.

A Breastfeeding Class Live Chat: This is a virtual conference call in which you will have the opportunity to speak with one of our certified lactation consultants. Topics include:

- advantages of breastfeeding
- nutritional needs of you and your baby
- physiology of lactation

This class is intended to help you gain the confidence to breastfeed.

Infant/Child CPR Live Chat: This class is modeled after the American Heart Association (AHA) guidelines for the public and covers CPR (Cardiopulmonary Resuscitation) and choking first aid for infants and children. Participants will receive a kit in the mail including an infant manikin to practice these skills. One kit can be used multiple times for your whole family. After review of the modules, participants are welcome to join an online Live Chat session with one of our certified AHA instructors for more instruction, and the opportunity to ask questions.

Please contact us at childbirthed@sbch.org for any questions or concerns.