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FOR IMMEDIATE RELEASE

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The Importance Of Prenatal Child Birth Classes

Just as every pregnancy and birth is unique, so too is every childbirth class. A good childbirth class not only prepares you for labor but for beyond.

The goal of the classes is to give you a complete understanding of the process of birth and techniques that will help you through that process. Topics that are often focused on include: what's going on during pregnancy, stages of labor, breathing & relaxation strategies for labor, tour of birthing center, newborn feeding, medication options, overview of labor variations, role of your partner, challenges of labor, as well as class questions.

Childbirth classes should take place in your last trimester. It is best to take a course that meets five or six times over the span of a few weeks. Giving you an opportunity to process the information and ask questions. It's also helpful to be part of a group of people approaching parenthood at the same time. You might make new friends, and you will surely find others who share your thoughts, concerns and challenges.

Cottage Hospital is pleased to offer a monthly childbirth class free to the public that offers the opportunity to prepare for this life changing event! Please call our birthing center at (603) 747-9145 or visit our website www.cottagehospital.org for more details.

Cottage Hospital is a 25 bed, critical access hospital serving the beautiful Upper Connecticut River Valley. For additional information regarding Cottage Hospital and any of its services please call (603)747-9000 or stop by and visit us at 90 Swiftwater Road, Woodsville, NH.

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