



Childbirth preparation classes

The childbirth preparation classes provided by Mercy Medical Center will help you as a woman build the confidence you need to participate actively and knowledgeably in your baby's birth. You will learn about nutrition, exercise, labor tools and coaching, medications, newborn characteristics, and care of the new mother and baby. Experienced nurse educators teach a broad range of labor-coping techniques including relaxation and breathing.

Choose to attend four 2_-hour sessions on Tuesday evenings or a series of five 2-hour classes on Wednesday evenings. A comprehensive all-day Saturday class is provided for those who cannot attend evening classes or who prefer a single all-day class.

For parents who have previously given birth, a 2_-hour refresher class offers a review of the most important aspects of birthing.

For specific dates and times of classes, call 208.463.5983 or consult the Community Calendar.