Frequently Asked Questions

Can I register for these classes if I am not delivering at NVH?
Yes, this class available for anyone. Most information is general education related to labor and delivery, however, it will be a good idea to talk with your provider about facility specific practices such as, pain medication options and criteria, guidelines for guests/support people, and standard of care/policies for certain medical procedures.

Can I take the childbirth class #2 from a different session?
If class #2 in your session comes up and you haven’t finished going through the material or just can’t make the class, email us at birthcenterclasses@nvhosp.org to arrange attending a class #2 from another class session. You’ll be in a class with a different instructor and participants, however it is all the same curriculum!

Who should participate in the childbirth classes?
They are intended for any pregnant woman regardless of whether it is your first pregnancy or not. Support people are also strongly encouraged to participate as there is valuable information for getting prepared prior to delivery, what to expect during labor, and aftercare of mom and baby.

How much do the classes cost?
NVH offers these classes for free.

Who should participate in the breastfeeding class?
It is intended for any pregnant woman regardless of whether it is your first pregnancy or not. Support people are strongly encouraged to participate to learn how to support mom and baby.

What if I need to cancel or reschedule?
Email the birthcenterclasses@nvhosp.org to notify the instructors of any registration changes.

Is it necessary to attend both the childbirth class and breastfeeding class?
General breastfeeding education is included in the childbirth class sessions. If you are looking for an in-depth class taught by a lactation consultant then it is recommended to sign up for both. You can also sign up for the breastfeeding class without taking the childbirth class sessions if you are looking for a review/refresher/ or are new to breastfeeding.