



Maternity Options of Miami, LLC

Childbirth Educational Programs

Our experienced Childbirth Educator’s goal is to not only give you information, but to help you discover and cultivate internal resources already within you that will help you meet the challenges birth and parenthood can bring. No matter what type of birth you’re planning – or if you don’t have a plan yet – our classes are a time for you to ask questions, explore your feelings around birth and parenting, and prepare to meet your little one.

We encourage partners to participate in child birth classes whenever possible so both of you have a chance to practice together, ask questions, and take another step with one another on the way to meeting your little one.

Registration

Call **786-558-4668**, to speak to our class registrar. You may leave a message and your call will be returned.
.....You can also email us at info.desk@maternityoptionsofmiami.com.
We recommend that you register as early as possible during your pregnancy and to further enhance the birth and parenting experience, the father or support partner is encouraged to attend all classes.

Birth Center Tour

Available Monday-Fridays..... Free

“MOM” is more than just an alternative to hospital or home birth. Our birth center has six uniquely distinguished suites with deep tubs, spacious rooms to move, amenities, space for families, and the privacy and relaxed environment you need. Call **786-558-4668** for more information.
You may also see Virtual Tour on our Maternity Options of Miami YouTube Channel.

Pregnancy and Prenatal Care – What to Expect

1 session, 2 hours\$30.00

Congratulations!! This childbirth education class focuses on physiologic childbirth, both in and out of the hospital. The series includes information on the anatomy & physiology of birth as well as nutrition and exercise to ease common pregnancy related ailments and prepare for birth. Also included are sections on labor support, the role of the birth partner, and medical intervention should medical pain or labor management be necessary. We will also explore the social-emotional aspect of pregnancy, birth, and becoming a new parent — with a special

focus on informed decision making, increasing self-efficacy, reconnecting with intuition and improving communication skills.

Breastfeeding Guide and Newborn Care

1 session, 2 hours \$30.00

Join us for this helpful class where you and your partner will discover the benefits of breastfeeding, information that will create a strong foundation for your breastfeeding success. Learn some tips and tricks for positioning and establishing a good latch, how to tell if your baby is eating well, and get information about returning to work, pumping essentials and much more.

Childbirth Preparation Series – Part I – Stages of Labor

2 sessions, 2 hours each..... \$50.00

Part I – Coping with labor. This session is especially useful for partners and support people. The most important way to approach the birth of your baby is with confidence and relaxation. This series discusses coping with labor, comfort measures, encouragement, centering yourself, massage, water therapy, birth ball and breathing and all birthing options. All you need to prepare for the birth of your baby in a safe and relaxed environment.

Part II – Labor Positions and Exercises. This session will go over signs of labor and the benefits of different labor positions. Exercises using birth balls and other accessories is very useful during active labor and we encourage you to be an active participant in the birth process. Using movement and gravity during labor can shorten and ease labor by giving your baby lots of opportunities to move into the best position for birth. You may bring your own birth ball and yoga mat to this class – demonstrations will be made. Partners and/or support people are invited to attend.

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