



COURSE OUTLINE

Week 1

- Pregnancy anatomy and body changes
- Nutrition, exercise, and sleep tips
- Emotional challenges
- Natural pain relief and coping
- Pregnancy risks and emergencies

Week 2

- Labour stages (early, active, transition, pushing)
- How to know when to go to the hospital
- Effective labour positions and breathing
- The birth experience

Week 3

- What to bring to the hospital
- Induction and augmentation of labour
- Medications and epidurals
- Medical interventions
- C-Birth

Week 4

- Physical recovery after delivery
- Emotional adjustments and challenges
- Intimacy and family planning
- Breastfeeding techniques, tips, and tricks

Week 5

- Your baby's first hours and days
- Baby's sleep, feeding, and bathing
- Common baby conditions and concerns
- Soothing a crying baby
- Bonding and brain development
- Basic infant safety



**Prepare for your
little one's big arrival!**



FREQUENTLY ASKED QUESTIONS

Where are the classes held?

At the South Health Maternity & Wellness Clinic
Address: 12100 MacLeod Trail SE
Public parking is free

What to do if the session I want is full?

While our classes fill up quickly and are capped at 10 clients, feel free to email info@readybaby.ca requesting that your name be placed on a waiting list for the session of your choice in case a spot should open up.

Who and what should I bring to my birthing classes?

Please do bring the birth support person of your choice to each class as they will learn how to best support you and how to help make the big arrival of your little one a shared experience. Due to physical space constraints, we ask that you bring only one person with you. Also bring a water bottle and dress in light layers as the room temperature may vary.

What can I expect to come away with?

You can expect to understand the basics of:

- Pregnancy anatomy and physiology
- The building blocks of a healthy pregnancy
- How to recognize labour and how to cope with the pain
- Important decisions surrounding your delivery
- The hospital experience for mom and baby during and after delivery
- Basic breastfeeding advice, including hands-on simulation
- Baby care and safety

You will also go home with a handout from each class to use as a reference and reminder of the topics covered, as well as important resources to help you in your journey.

What if I miss a week?

ReadyBaby is not obligated to make up class time or course content if you are not able to attend, and no refund or discount is offered for missed classes. However, we will do our best to invite you to attend the missed class on another day (if available and appropriate), and will provide you with the handouts from the missed class.

When in my pregnancy should I begin the course?

It is optimal to have your FIRST class fall between your 28th and 32nd weeks of pregnancy so that you can complete all 5 weeks well before your due date. You may forget important information if you begin too early, but you want to avoid running out of time to complete the course should your little one arrive a little ahead of schedule.