

## Childbirth education classes

**Childbirth education classes make a difference.  
Enjoy the fun and adventure.**

It is a funny phrase in a way – but so apt – “You don’t know, what you don’t know”. Many pregnant moms and dads are missing out on essential information that is vital in order to make informed decisions about their pregnancy, birth and parenting experiences.

Don’t be tempted to be part of the instant generation in childbirth, where everything must be available at a click of a button, one takes note of what “strangers” are saying as everybody has an opinion on social media – and takes their advice instead of professionals in their field of expertise. Don’t be too busy to attend a full course of childbirth education classes – because it is “not necessary and after all we have the internet for our answers”. Don’t opt a quick fix and do a short crash course. This all often leads to making poor choices about birth options, increasing interventions in birth and causing complications to rise. We need to go back to basics, and really learn about options to experiences. Learn properly about making informed decisions based on the knowledge of alternatives. Let us turn our attention away from ourselves and think about what is best for our baby!

So what should we be learning at childbirth education classes – we should be looking at all options that are available for labour and birth – the facts, pros and cons of each option. The practical ways of coping with the pain of labour – relaxation, massage, visualisation, breathing techniques (in other words the skills for coping with a stressful life in general). It should be a fun-filled way of stretching our minds, our beliefs and thoughts and making educated decisions about our lives. What should birth be all about? So, don’t short-change yourself and try to do classes in a crash course style – this experience makes a difference to the rest of your life as well as impacting your baby’s direction of health for ever.

Yes, it does make a difference whether your baby is born vaginally or by a caesar, yes it does make a difference whether your baby is breastfed or not. Find out what the evidence about these options actually says so you can make wise decisions.



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option with Covid around ...**