

## Prenatal classes

Prenatal classes are available to teach you about the different stages of pregnancy and can help you with questions you may have. Topics that may be covered could include expectations and concerns of pregnancy, healthy living in pregnancy, preparing for labour and delivery, options during delivery, unexpected outcomes including caesareans, after birth and breastfeeding.

- **Tummy talks** – cost: free
  - Two-part online prenatal series that will help you prepare for labour and birth. Experienced Registered Nurses host these live and interactive webinars and present information to help you make informed decisions during childbirth.
  - Read more at: [info.tummytalks.ca](http://info.tummytalks.ca)
  
- **Douglas College** – cost \$189
  - Offers prenatal classes in the following communities: Burnaby, New Westminster, Coquitlam, Chilliwack, North Delta, North Surrey, Langley and Abbotsford
  - You will learn valuable tools and tips for prenatal care, including the challenges of late pregnancy, what to expect during labour, hands-on massage skills your partner can use to keep you comfortable, and how to deal with post-partum depression. You will also learn the fundamentals of baby care, including how to provide a safe and nurturing environment that will support your baby's physical and emotional growth. Topics include diapering, bathing and dressing, safe sleeping arrangements, arranging a safe home for your baby, feeding from birth up to 4 months, carrier and car seat safety, and overall health and wellness.
  - Read more at: [www.douglascollege.ca](http://www.douglascollege.ca)
  
- **Online Prenatal Class** – cost \$120 per couple.
  - Classes can be booked through Vimmi at your convenience.
  - Classes are approximately 2 hours.
  - Classes are private.
  - Topics that will be discussed will be:
    - Understanding Labour (When to come to the hospital, stages of labour)
    - Induction
    - Understanding Medical Procedures (Pain Medications and Assisted Deliveries)
    - Comfort Techniques for early and active stages
    - Understanding Caesarean Births (The procedure and Reasons for surgery)
    - Understanding Newborns (What to expect during the first few hours after delivery)
  - Contact Vimmi Bhatti, Registered Nurse at [VBHATTI1@hotmail.com](mailto:VBHATTI1@hotmail.com) cell number at 778-888-9366. Private and Punjabi classes are available.
  -
  
- Some community recreation centres run prenatal classes. Check your local recreation guide or call your community centre.