

ABC's of Prepared Childbirth and Newborn Care Classes

~ Seton Medical Center Williamson ~
Learning Center classroom



The ABC's of Prepared Childbirth and newborn care is a 10-hour course that prepares couples for the childbirth and newborn care experience.

The outline includes: Anatomy and physiology of pregnancy, labor terms, stages and phases of labor, when to go and what to bring to the hospital, breathing, relaxation, comfort measures, pain relief options, interventions, procedures, medical support, what to expect in the hospital and options in childbirth, including information on inductions, cesarean birth, postpartum and newborn care basics for the first 4 to 6 weeks of life.

Weekend Series: (two consecutive Sundays)

- **February 18 & 25 – 1:00-6:30pm**
- **April 15 & 22 – 1:00-6:30pm**

\$125 per couple Pre-registration required.

Register online through Seton Baby Talk:

<https://www.seton.net/classes/category/maternity/>

Or call 512-324-4252 for further information or questions.