

Childbirth Education Classes



Class Details

Classes are offered on different dates throughout the year. To learn more about each class, ask your doctor or visit our Events Calendar:

1. Visit our website <https://www.rfgh.net/>
2. Find the **Community** tab at the top of the page
3. Under the **Community** tab, click **Calendar of Events**

To sign up,
please call:



(207) 858-2318



What We Offer

Redington-Fairview General Hospital offers three different childbirth education classes to help you feel more confident in your experience as a new parent.



Understanding Birth

This class covers what to expect during birth, different comfort techniques, medical procedures and more!



Understanding Breastfeeding

This class covers how breastfeeding works, different feeding positions, and more!



Understanding Your Newborn

This class covers newborn traits, diapering, crying and comforting, and more!