

# Understanding Birth

*Empowering Birth Experiences*



## Class Dates

- January 8, 2026
- April 9, 2026
- July 9, 2026
- October 8, 2026

All classes will be from 4:30pm - 7:30pm.

All classes will be at Redington-Fairview General Hospital.

To sign up,  
please call:



(207) 858-2318



## Topics Covered

### ✓ Pregnancy

Baby development, feeling uncomfortable during pregnancy, nutrition, preterm labor, your emotions, and more.

### ✓ Labor

Signs that labor is near, the different stages of labor, and more.

### ✓ Birth Stories

Different families and situations show how labor happens in real life.

### ✓ Comfort Techniques

Having support during labor, breathing and relaxation, massage, labor and pushing positions, partner advice, and more.

### ✓ Medical Procedures

Making your own decisions, induction, fetal monitoring, IVs, pain management options, and more.

### ✓ Cesarean Birth

Reasons for cesarean birth (also called "C-section"), types of cesareans, risks, anesthesia, and more.

### ✓ Newborns

Newborn hospital procedures, skin-to-skin contact, safe sleep, crying, and more.

### ✓ Postpartum

Care for your body, breastfeeding basics, baby blues, perinatal mood and anxiety disorders, self-care, and more.