



Childbirth Education Classes

Instructed by Lisa Benedetto MS, CNM

Childbirth Education Classes are offered one Saturday per month by Lisa Benedetto, one of OB-GYN's nurse-midwives. Classes are located at OB-GYN & Midwifery Associates and are a one day intensive class, not a series. All patients of OB-GYN Associates are welcome to attend, regardless of designated doctor or midwife care during your pregnancy.

Support and knowledge can make a world of difference in your experience of pregnancy and childbirth. Lisa's class is a comprehensive childbirth education course designed to teach you the basics - and much more - about late pregnancy, childbirth, and the transition to parenting.

Childbirth education classes offer you a way to explore your own desires, goals, and feelings about this amazing experience. Lisa's class will assist you in exploring your options and choices during labor and birth, while encouraging flexibility to meet challenges along the way. Overall, this class will help you gain knowledge so that you and your partner or husband will feel well prepared and self-confident for the transition to come.

Class information will include:

- *Pregnancy in the Third Trimester
- *Signs of Pre-Term and Term Labor
- *Stages and Phases of Labor
- *Relaxation and Breathing Techniques
- *Review of Comfort Measures Including Medication Options
- *Newborn Expectations
- *Infant Feeding Options

The fee for the class is \$80.00 and is non-refundable. It is recommended that you attend a Childbirth Education Class between weeks 32-36 of your pregnancy. However, it is ok to attend the class that fits best with your schedule. You may register for the class of your choice at the front reception desk.

Cayuga Medical Center does offer free weekly tours of the Labor and Delivery Unit. It is encouraged to schedule a tour before your birth so you are more familiar with the hospital setting. You can call Cayuga Medical Center Maternal Child Health Unit at 607-274-4408 to sign up for the free weekly tour or schedule a private tour.