

Childbirth Education Classes 2026

Birth & Beyond: A Family Experience A *SERIES* of four classes before the birth of your baby for those 6 to 8 months pregnant. Learn about the labor and birth process, comfort techniques, pain management, cesarean birth, breastfeeding and immediate newborn care. Class includes a tour of The Family Birthplace at Cape Cod Hospital and hospital orientation. (\$65) *Monthly on Consecutive Tuesdays, 6pm to 8pm*

Dancing Thru Pregnancy An award-winning, researched program demonstrating improved pregnancy and birth outcomes. An ongoing weekly dance fitness class; move, breathe and meet friends. Our goal is to help pregnant persons be healthy and fit, develop body-trust and self-advocacy, be fully present at birth, recover well, have agency over their own bodies, have healthy babies and feel the joy of movement during this unique time! Provider permission required; weekly ongoing participation is recommended. (\$10)

Start date April 29th, 2026

Weekly on Wednesdays, 6pm to 7:30pm

Infant and Child CPR You will learn the lifesaving skills of infant and Child CPR and choking relief; newborn to puberty. We will be using the American Heart Association's research-proven practice-while-watching technique, including hands-on CPR practice. Basic infant safety recommendations are also discussed. ***This course is for parents and caretakers and does NOT offer certification.*** (\$35/person)

The 2nd Thursday of every month, 5:30pm to 8pm

The Basics of Baby Care Parents, grandparents and caregivers learn the basics of newborn care including recommendations from the American Academy of Pediatrics. Explore topics such as family adjustment, soothing techniques, bathing and swaddling, baby safety, sleep, normal newborn appearance and when to call the pediatrician. (\$25)

The 3rd Thursday of every month, 6pm to 8pm

Coping and Comfort Explore alternative approaches to pain relief during labor. Learn and practice comfort techniques such as relaxation, breathing and massage. (\$25)

The 4th Thursday of every month, 6pm to 8pm

Instructor: Alissa Krieger-DeWitt RNC-OB, Certified Childbirth Educator, PMH-C
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Parents, Babies and Pizza Why not?! Learn tips and tricks of all sorts for your family and bring baby so they can meet up with their friends! A guest speaker such as a pediatrician, emergency room physician, educator, musician, chiropractor, chef, financial planner, physical therapist, and more will share their expertise. Don't miss it! (NO FEE)

The 1st Thursday of every OTHER month alternating months of sibling class, 5:30pm to 7:30pm

I'm Going To Be A Big... Brother or Sister! This class is for siblings welcoming a new baby into the family. Class includes hands on experience with our practice babies, where we will explore feelings about becoming an older sibling and engage in age-appropriate discussion about baby's arrival. *Must be attended with a parent or caregiver.* (NO FEE)

The 1st Thursday of every OTHER month alternating months of Pizza Party, 6pm to 7:30pm

Labor Essentials This is a one-time prenatal class for those unable to attend our Birth & Beyond series or if a "refresher" class is needed. Topics include the labor and birth process, hospital procedures, pain management options, cesarean birth, and the postpartum period. A tour of The Family Birthplace at Cape Cod Hospital and hospital orientation are included. (\$65)

Offered every 3 months; February, May, August, and November on a Saturday, 9:30am to 3pm

CLASSES AND TOURS BY APPOINTMENT:

Scheduled Tours of The Family Birthplace Join us for a tour of The Family Birthplace. We will bring you to maternity and share the details of our unit - an environment that supports parent-baby bonding designed with comfort and safety in mind. (NO FEE)

See online registration for dates and times AND by request

Vaginal Birth After Cesarean (VBAC) Learn the facts about a VBAC, including an overview of labor and delivery, pain management and discussion of statistical data for parents who have previously delivered by C-section. During this supportive class we will also discuss coping skills to help you find peace with whatever your birth experience may bring. (\$25)

Cesarean Birth Whether this is your first C-section for medical reasons, or you are scheduled for a repeat cesarean, this class will prepare you for the process and procedure including partner support. We will discuss tips for recovery, breastfeeding after a cesarean and more. (\$25)

The Early Bird: 1 to 4 months Pregnant Learn what you need to know for a safe and healthy pregnancy. We will discuss fetal growth and development, nutrition, exercise, early concerns and warning signs. (\$15)

*For current schedule and registration: [capecodhealth.org](https://www.capecodhealth.org)

see ***Classes & Events*** and then ***Childbirth & Parenting Education and Support Groups.***



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