

Childbirth Education Classes

Childbirth Education Classes are an important part of the necessary preparation for childbirth. In addition, if you plan to have your baby at the Alternative Birthing Center, childbirth classes are required. This is a listing of some of the local and private classes that are available to you. Please let us know if you have any questions or need help choosing the right class for you.

Private Classes

- **Birthing from Within**
Focused on initiating parents into birth and parenting, the Birthing from Within philosophy believes that “childbirth is a profound rite of passage, not a medical event” and that “the essence of childbirth preparation is self discovery.” It teaches that “the purpose of childbirth preparation is to prepare mothers to give birth-in-awareness, not to achieve a specific birth outcome.”
For more information, visit www.birthingfromwithin.com or ask your midwife.
- **Bradley Classes**
The Bradley Method is a series of 12 classes that teach families how to have natural births. Couples are taught how they can work with their bodies to reduce pain and make their labors more efficient.
For more information, visit www.bradleybirth.com or ask your midwife.
- **Hypnobirthing**
“HypnoBirthing is a unique method of relaxed, natural childbirth education, enhanced by hypnosis techniques that allows women to use their natural instincts to bring about a safer, easier, more comfortable birthing in a way that most mirrors nature. Emphasis is placed on both pregnancy and childbirth as well as on HypnoBirthing. It is presented in five childbirth classes.”
For more information, visit www.hypnobirthing.com or ask your midwife.
- **Lamaze**
The Lamaze philosophy of birth believes that “birth profoundly affects women and their families” and that “childbirth education empowers women to make informed choices in health care, to assume responsibility for their health and to trust their inner wisdom.”
For more information, visit www.lamaze.org or ask your midwife.

Additional Classes

- **Alternative Birthing Center Classes**
Taught by a nurse from the ABC, these classes help couples prepare for a labor and birth in the ABC. This is a four week series, focusing on natural methods of managing discomforts of labor with minimal medical intervention. A refresher class is also offered.
For more information, call 248.849.3919 or ask your midwife.
- **Holistic Childbirth Preparation Classes**
Offered at the Center for the Childbearing Year in Ann Arbor, this is a seven week course that emphasizes developing confidence in your body’s natural abilities and labor support techniques. Parents are encouraged to take responsibility for their own health care.
For more information, visit www.center4cby.com or ask your midwife.
- **Providence Hospital Classes**
These general childbirth classes, designed to help prepare you for birth are offered in a four week series or as weekend classes. Locations include Farmington Hills, Livonia, Novi, and Southfield. A tour of the labor and delivery unit is included. The hospital also offers a Baby Care Basics Class.
Call 888.440.7325 for dates offered or to register.
- **Childbirth Education Classes at our Livonia Office**
This class is an 8 hour Saturday class offered once a month at our Livonia office located at 7 Mile and Newburgh. The class is taught by one of the nurses from the Alternative Birthing Center and includes labor and birth information as well as preparation for c-section and a refresher section.
Call 734.542.9999 for dates offered or to register.