

## Childbirth Education Classes

The following is a list of some of the options for child birth education in our area. The link below also has several other options for you to choose from. If you would like to take any of the classes we encourage you to call no later than 20 weeks to sign up for a class, as they can fill up fast.

<https://vermontbirthnetwork.wordpress.com/childbirth-educators/>

**Beginnings: A Center for Childbirth and Parenting Education:** Beginnings offers five 2.25 hour classes, two 5 hour weekend classes or one 4 hour private class in childbirth education. Other classes offered include: preparation for breastfeeding, infant care, prenatal infant massage, CPR for infants and pediatrics, sibling preparation, refresher class and VBAC (Vaginal Birth After Cesarean) programs. Classes are offered in South Burlington and Essex Junction. Medicaid insurance is accepted. **802-658-5959**

<http://www.beginningschildbirth.com>

**Birth Journeys:** Offers classes in Burlington in childbirth education, 2<sup>nd</sup> time around classes, newborn care, comfort measures class, hypnosis for birth, breastfeeding, soon-to-be-sibling class, infant massage and CPR certification. Other services include labor doula services, playgroups, massage, chiropractic, post and antepartum support and belly casting. **802-324-8809** <http://www.vtbirthjourneys.com>

**Wellspring Hypnotherapy Center:** Three-week series focusing primarily on the inner journey of childbirth, teaching self-hypnosis techniques for an easier pregnancy and birth. Carolyn Lewis has also partnered with Birth Journeys to provide combination early pregnancy classes as well. Both course series include CDs or MP3 recordings. Also offer private classes. Located in Essex Junction. **802-872-0089**

<http://www.wellspringhypno.com>

**Vermont Birth Haven:** Offering classes in Preparation for childbirth, sibling celebration class, labor doula services and postpartum support. **802-578-2458** <http://www.vtbirthhaven.com>

**Blooming Babies:** HypnoBirthing - Four-class series teaches self-hypnosis techniques for labor and birth. Includes HypnoBirthing book and three relaxation CDs. Private classes also available. Breastfeeding classes and lactation consultant available for in-home visits and while you are still in the hospital. Alice Norris, RN, IBCLC at **802-488-5153**. <http://bloomingbabiesvt.com>

**Naturally You Childbirth:** "Conscious BirthWork" Course offered pre-conception through mid-pregnancy. Birth Preparation Series also offered. Eron Cardinal, CCCE has been teaching and attending births since 1999. **802-363-9597**. Email: [naturallyyouchildbirth@gmail.com](mailto:naturallyyouchildbirth@gmail.com)

**Evolution Prenatal & Family Yoga Center:** Evolution offers childbirth classes in Burlington and Essex Junction to easily fit your schedule, including weekend (Fri. night 6-8:30 pm/Sat.9am-4 pm) and Weeknight (6-8:45 pm for 3 weeks). Our birth classes focus strongly on partner support for labor and birth and are unbiased in our approach to teaching about all types of birth. We also offer newborn care, breastfeeding, sibling preparation, doula support, playgroups and prenatal/postnatal yoga and strength training for all levels. **802-899-0339**  
<https://www.evolutionprenatalandfamily.com>