

Topics Covered	6-Week Birth Class	Condensed Birth Class	Breastfeeding Class	Newborn Class	Baby Deluxe	Online Classes
Pregnancy Topics						
Nutrition for pregnancy & breastfeeding	X*					X
Troubleshoot discomforts of pregnancy	X					X
Essential exercises & stretches (pregnancy & postpartum)	X*					X
Labor & Birth Topics						
Overview of the labor & birth process	X	X				X
Our helper hormones of labor	X					X
Strategies for early labor at home	X	X				X
Movement, positioning & use of birth ball	X	X				X
Pain coping exercises	X	X**				
Exploring our fears	X	X				X
Creating an emotionally safe environment	X	X				X
Comfort measures & labor support (the partner's role)	X	X**				X
Pushing the baby out (gentle birthing without trauma)	X	X**				X
Troubleshooting strategies for difficult labors	X	X				X
Benefits, risk & alternatives to medical interventions in birth	X*	X*				X
Medical routines & procedures with the newborn	X*	X*				X
Creating a birth plan & advocating for your preferences	X	X**				X
Immediate postpartum recovery (1 st 2 hours)	X	X				X
Importance of skin-to-skin***	X	X	X	X	X	X
Newborn appearance & reflexes	X			X	X	X
Getting off to a great start with breastfeeding***	X	X	X		X	X

* This topic is covered in an online class that is included with your purchase, with some time allotted in class for Q&A.

** In our Condensed Class, significantly less time is spent on these topics as compared to our Six-Week Series. We do our best to give you the core information, tips and strategies and most parents report feeling “well prepared.” Nevertheless, on post-class evaluations, many parents express “wanting more” on some topics.

*** These topics are too important to leave out across the board, but the overlap, in terms of time devoted to the topic, is minimal.

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Postpartum Topics						
The immediate postpartum recovery period (1 st 2 hours)	X	X				
The mother's postpartum recovery	X	X**				X
Postpartum adjustment	X				X*	X
Postpartum depression & mood disorders	X	X			X*	X
Introduction to breastfeeding	X		X		X	X
Reading your baby's hunger cues			X		X	X
How often & how long to nurse			X		X	X
Latch & positioning at the breast [P1]			X		X	X
How to know baby is getting enough			X		X	X
When to seek help for breastfeeding challenges			X		X	X
Diapering choices & "how to"				X	X	
Baby wearing safety & "how to"				X	X	
Car seat safety				X	X	
Giving baby a bath (demo)				X	X	X
Techniques to calm a newborn				X	X	X
Newborn sleep & the 5 states of consciousness	X			X	X	X

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