

Childbirth Classes

- It is recommended that all our patients take a prenatal class before 30 weeks gestation.
- It is also recommended that all our patients take a childbirth class between 30-36 weeks gestation.
- If you are interested in natural childbirth, VBAC, or planned cesarean, please discuss specific recommendations with your provider.

Local Educational Resources:

- **Justine Cain** *The Bradley Method of Natural Childbirth*
256-365-6308
Justine_c638@bradleyteacher.com
- **Northeast Alabama Regional Medical Center**
256-235-5132
Stork School, Prenatal Classes, Childbirth Classes, New Siblings Class.